



# COVID-19 OPERATIONAL RACE DAY PLAN

RECREATIONAL FIXED-SEAT ROWING DURING 2021 ROWING  
SEASON

NOELLE THOMAS, CAPTAIN OF THE COURSE & VICE PRESIDENT

Table of Contents

**INTRODUCTION ..... 2**

**RACE DAYS ..... 3**

    General .....3

    Committee Operations Roster .....3

    Awards.....6

**APPENDIX A – Approved 2021 Operational Plan ..... 7**

**KEY CONTACTS ..... 7**

## INTRODUCTION

Fixed-seat rowing is a team sport that takes place on Quidi Vidi Lake in St. John's, Newfoundland and Labrador, Canada. All operations take place out of the Royal St. John's Regatta Committee Boathouse, 10 Clancey Drive.

Participants use a boat known as a fixed-seat shell. Each shell has a Coxswain and six Rowers.

A crew typically rows either a full course or half course, depending on their registered category. The full course is 2.45 km (1.52 miles), while the half course is 1.225 km (0.76 miles). Crews begin their race at the top of the pond and then proceed to turn a buoy at the bottom. Crews finish their race by returning to the starting/finish line.

There are four feet between the Coxswain and the Rower in seat six (closest person to the Coxswain) and three feet between each Rower as their seat alternates between stroke and bow side of the shell.

With the support of Public Health and the Government of Newfoundland Labrador, recreational fixed-seat rowing resumed on-water training on Monday, May 3, 2021.

In a typical rowing season there are four on-water race days:

- June Holiday race (previously known as Discovery Day Race), which is held on the June Holiday weekend each year;
- Time Trials held in early July, two weeks after the June race;
- Regatta Day, traditionally held on the first Wednesday in August; and the
- Fall Fun Regatta, held in September.

Given that the COVID-19 pandemic has significantly reduced the ability to gather large crowds of people, the Royal St. John's Regatta Committee ("the Committee") plans to maintain separate return to play plans for the on-water racing and the "Garden Party" portion of a typical Regatta Day, which will include input from multiple stakeholders, as well as with City of St. John's Special Events approval.

For the operational aspects of an on-water race day, ***all of the previously approved criteria regarding sanitization, building restrictions, scheduling and distancing of cohorts would apply (Appendix A)*** along with the organizational and safety aspects below, which would be required of the Committee and teams during a race day.

## RACE DAYS

### General

Directional signage and COVID-19 signage will be prominent throughout the operational areas, and the dock area will remain fenced as it is during training to ensure only Committee Members, Staff and rowing cohorts are able to access the dock.

Full access to the boathouse will be restricted to Committee Members and Staff. Committee Members and Staff will be permitted to the washrooms upstairs in the Boathouse, and only rowers will be provided access to the interior washrooms downstairs in the Boathouse, which will be monitored for numbers by Staff. Individuals are required to wear a non-medical mask when entering the Boathouse. Rowers will not be permitted to use the change room area and will be required to arrive prepared to row.

Public access to washrooms will be only on the exterior of the building. Staff will maintain regular sanitizing of both the interior and exterior washrooms every hour.

Crew cohorts (including coaches and coxswains) must register for each race day, which will allow for any contact tracing if required. No spares (additional rowers) will be permitted to fill in with a crew unless provided via e-mail prior to race day to [general@stjohnsregatta.com](mailto:general@stjohnsregatta.com) as part of their ten-person cohort.

### Committee Operations Roster

#### Timing Tower requirements:

The Timing Tower (structure at the start/finish line closest to the Dominion parking lot) is approximately 216 square feet of space, with an open garage door frontage facing Quidi Vidi lake. The Timing Tower would have a maximum of six individuals and would consist of:

- 1 Gunner
- 1 Chief Judge/Starter
  - o 1 judge
- 1 Chief Timer
  - o 1 timer
- 1 Committee member to control the electronic timing system/website updates

The six individuals required to be inside the Judges tower will be seated as shown below (note that the Gunner and Chief Judge/Starter are not shown as they will be outside on the deck area) and will be required to maintain a distance of at least two metres at all times. Non-medical masks (NMM) must be worn at all times unless *seated* and eating/drinking.



Any other person who needs to communicate with the Committee members in the Timing Tower may do so either via walkie talkie, or from outside on the staircase (i.e. Captain of the Course if required for consultation with Chief Judge).

#### **Race Control requirements:**

Race Control refers to those Committee members who maintain the flow of the event (posting of official team times, calling teams to their boats to prepare for their race etc.) and who are located in the Museum on the third floor of the Boathouse. The Museum is approximately 200 square feet.

- 4 Committee members required

Any Committee/Staff member required to be in the museum will be required to maintain physical distance of at least two metres between individuals at all times. NMM must be worn at all times unless *seated* and eating/drinking. There will be no through foot traffic and only those required to access the Museum for race control purposes will be permitted to do so. Only Committee and Staff will have access to upstairs in the Boathouse.

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### **Bottom of the Pond Judges:**

The Committee's largest of the two pontoon boats will be used this season as the Judges Boat for the bottom of the pond (near the turning kegs/buoys). Judges will be separated at the corners of the boat for maximum separation.

- 1 Chief Judge (driver)
  - o 3 Judges

NMM must be worn at all times unless *seated* and eating/drinking. Committee members required to enter/exit the judges boat will do so one at a time and maintain a distance of two meters while doing so (single file). \*If possible, Committee members asked to work this portion of the roster will be vaccinated, due to closer proximity within the boat.

### **Safety/Chase boat requirements:**

For every race there is a requirement to have two boats following the crews, a Safety Boat and a Chase Boat. Both are used to control the flow of traffic on the pond, and to ensure the safety of crews and committee while on the water. Both boats are 16 foot Boston Whalers.

- Safety Boat
  - o 2 Committee members (1 driver, 1 Safety Officer)
- Chase Boat
  - o 2 Committee members (1 driver, 1 Safety Officer)

NMM must be worn at all times unless *seated* and eating/drinking. Committee members required to enter/exit the judges boat will do so one at a time and maintain a distance of two meters while doing so (single file). \*If possible, Committee members asked to work this portion of the roster will be vaccinated, due to closer proximity within the boat.

### **Dock Marshalls, Staff and Dock Security:**

- 4 Dock Marshalls (two per set of five boats on either side of the dock – far left and far right)

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- Dock Marshalls are responsible for all aspects of dock operations during a race day, including ensuring that crews are prepared to row at their scheduled time and are in the shells and push off of the dock at the appropriate time. They will also be required to ensure the safe return of shells after a race. Dock Marshalls will be required to usher teams to their Shell Space to enter their boats one team at a time, and exit the fenced area one team at a time, and will ensure that team cohorts continue to wear their NMM until the boat pushes off of the dock.
- 4 Staff (two per set of five boats on either side of the dock – far left and far right)
  - When shells return to the dock, Staff will be required to sanitize and prepare shells for the next race per shell sanitizing requirements listed in the operational training plan in Appendix A.
  - Staff will be responsible for maintaining the perimeter inside the fenced dock and will ensure that team cohorts leave the area as soon as their race has completed.
- 4 Committee members for Dock Security
  - One Committee Member stationed at each entrance/exit of the fenced area to ensure only authorized personnel and one way foot traffic.

NMM must be worn at all times while on the dock/at or inside the fenced area. Public access to the operations is restricted at all times with no exceptions.

### Race Considerations:

A *minimum* (more depending on the distance of each race) of 30 minutes will be scheduled between each race start time, allowing for a minimum of 30 minutes to sanitize each set of shells.

Each set of five shells will alternate race times with one set being used for a race, while the other set is sanitized, similar to training spin times.

Teams preparing to race are not permitted to interact with the teams returning to the dock, this risk will be mitigated as teams will be separated by one-directional traffic flow and will be returning to the opposite side of the dock as the boats preparing to row.

Shells will return to the same side of the dock from where they pushed off, however will be ushered in toward the dock by the Dock Marshalls to ensure separation of crews as they exit their shells.

Teams *must* leave the dock area as soon as their race has concluded and they exit the shells.

## Awards

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The "Winners Circle" which is commonly used to present medals and trophies will be fenced separately with one-directional foot traffic only. Medals will be sanitized and placed on a table. The Coach, Coxswain or another member of the ten-person Cohort of the winning crew will present the medals to the crew on behalf of the Committee. Teams will have their photo taken by the Committee from a distance, a short opportunity for the team cohort to take their own photos with personal phones or devices will be permitted, and then teams will be ushered away from the area to sanitize and prepare for the next race winners.

Masks must be worn at all times within the Winners Circle, including during photos.

## APPENDIX A – Approved 2021 Operational Plan



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## KEY CONTACTS

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