



MANITOBA

ROWING ASSOCIATION

To Whom It May Concern,

May 11, 2020

On behalf of the Manitoba Rowing Association Board of Directors, this document has been put together in a two phased approach for the hopes of Return to Play for the sport of Rowing in Manitoba.

Our number one priority is the health of our athletes, coaches, volunteers and wider rowing community and to ensure we do everything possible to do our part in flattening the curve and ensuring Manitobans are healthy throughout this pandemic.

The detailed Return to Play suggested plan is below. Once you have had a chance to review our plan, please let me know if there is anything further you need from us, and hopefully, when we can get back to the sport we all love.

Sincerely,

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RECOMMENDED BEST PRACTICES DURING COVID-19 – PHASE ONE

Presented by: Manitoba Rowing Association

Rowing Clubs in Manitoba are prepared to meet and exceed current Public Health regulations through the following Recommended Best Practices as outlined below. Additional actions will be addressed as mandated.

REFERENCE NO.	DEPARTMENT	PROCEDURE
CH-001	Clubhouse	The clubhouse will be closed to all rowers. Coaching staff will open the boat bays for all club activity. There is no access to washrooms or changerooms.
CH-002	Clubhouse	Place appropriate signage on rowing club front door and at boat bay doors outlining the physical distancing guidelines in place.
CH-003	Clubhouse	Place signage encouraging good handwashing and respiratory hygiene.
CH-004	Clubhouse	Make available hand sanitizer stations in common areas
CH-005	Clubhouse	Increase the frequency throughout the day of cleaning, sanitation and disinfecting of all common area locations, especially high traffic areas. Create a log sheet for cleaning frequency tracking.
CH-006	Clubhouse	Educate coaches on hygiene, sanitation, and its impact of preventing the spread of communicable diseases.
CH-007	Clubhouse	Coach is to remind each rower of the physical distancing requirements plus to not to touch anything except their own belongings.
CH-008	Clubhouse	Rowers caught disobeying any safety protocols will be requested to comply or leave the facility immediately and face possible sanction such as ban from returning while safety protocols are being utilized. Each rower must be asked if they have returned from travel outside of Manitoba within the last 14 days, if they have they will be asked to leave the property immediately as they must be in self-quarantine for 14 days (signage to be posted).
RO-001	Rowing Operations	All Winnipeg Rowing Club payments are to be made online through Regatta Central for Winnipeg Rowing Club and via check for Manitoba Rowing Association.
RO-002	Rowing Operations	Rowers must register for a time to row, so we can ensure social distancing, and fill out the health questionnaire online before coming to the club.

RO-003	Rowing Operations	We request rowers arrive only 10 minutes ahead of their scheduled time to ensure a limited number of people are waiting to use the dock.
RO-004	Rowing Operations	Do not permit athletes to congregate in the parking lot either before or after practice.
RO-005	Rowing Operations	Restrict the number of people inside each boat bay at any given time to allow for a minimum of 6 feet distance from each other.
RO-006	Rowing Operations	Rowers will be rowing in singles initially. Crew rowing to commence when direction from provincial officials permits. The exception would be rowers residing in the same household will be able to row in boats together.
RO-007	Rowing Operations	Rowers will bring their own tools for making any adjustments to the boats. The usual shared tools will not be available at this time.
RO-008	Rowing Operations	All coaches and members will be tasked with ensuring everyone is adhering to the rules of the club and anyone failing to comply will be asked to leave the property immediately.
RO-009	Rowing Operations	Oar handles will be washed after each row with soap and water provided. Best efforts to have the same rowers use the same oars each practice will be done, although full sanitization of this and all other equipment to be done prior to and after each use.
RO-010	Rowing Operations	Any club/shared boats will be washed with soap and water after each use.
RO-011	Rowing Operations	Rowers will go straight from the parking lot to the boat bays to row.
RO-012	Rowing Operations	The clubhouse will be closed. There is no access to washrooms or water fountain. Please bring your own full water bottle.
RO-013	Rowing Operations	Remove benches to assist with physical distancing requirements
RO-014	Rowing Operations	Each rower is to place their oars on the dock, immediately before getting their boat to launch. Oars are to be placed a safe distance from other oars.
RO-015	Rowing Operations	Single rowing shells are on average 27 feet long and boats will be placed bow to stern on the dock allowing for safe distancing while launching and returning to the dock.
RO-016	Rowing Operations	The coaches will open the boat bay doors and put out stretchers a minimum of 2 meters apart for singles to use, the coaches will also put the stretchers away and close up the bays after practice is finished.

RO-017	Rowing Operations	Instruct all members to stay home and not attend rowing when feeling unwell and or displaying any symptoms of ill health.
AE-001	Athlete Expectations	Practice physical distancing by staying a minimum of two (2) meters away from other people at all times.
AE-002	Athlete Expectations	Rowers to only touch their own boat, oars, water bottle and other belongings.
AE-003	Athlete Expectations	Rowers are to not loiter in the parking lot before or after the row.
AE-004	Athlete Expectations	Rowers to wash boat and oars after each row with sanitization equipment.
WS-001	Workplace Safety	Educate coaches to recognize the symptoms of COVID-19 in each other and the rowers.
WS-002	Workplace Safety	Establish a communication plan to keep your staff informed and updated on issues affecting the workplace.
WS-003	Workplace Safety	Instruct all staff members to stay home and not attend rowing when feeling unwell and or displaying any symptoms of ill health.
WS-004	Workplace Safety	Train staff on proper hand washing and sneezing/coughing practices and have them sign off on the training document for assurance they understand the importance of implementing these practices. This approved Return To Play document to be displayed on the websites of the MRA and all member Clubs.
WS-005	Workplace Safety	Conduct meetings by phone or online wherever possible. For in-person meetings, ensure safe social distancing (6 feet) between attendees.
WS-006	Workplace Safety	Coaches will stay 6 feet apart from all other coaches and rowers.
WS-007	Workplace Safety	Ensure appropriate signage is present throughout the facility.
WS-008	Workplace Safety	Provide necessary sanitation supplies.
WS-009	Workplace Safety	Have hand sanitizer available for coaches and rowers at stations throughout the facility.
C-001	Coaches	Only coaches will be allowed to enter the motor boat bay.
C-002	Coaches	Coaches will set up and clean up their own motor boat.
C-003	Coaches	Assign a gas can and equipment bag to each coach
C-004	Coaches	Use hand sanitizer provided in the motor bay
C-005	Coaches	Regularly sanitize any surface that is contacted.
C-006	Coaches	No visitors to the facilities.
C-007	Coaches	Practice handwashing and standard hygiene practices.

C-008	Coaches	Will open all boat bays upon arrival and close them after.
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RECOMMENDED BEST PRACTICES DURING COVID-19 PHASE TWO
Presented by: Manitoba Rowing Association

Rowing Clubs in Manitoba are prepared to meet and exceed current Public Health regulations through the following Recommended Best Practices as outlined below. Additional actions will be addressed as mandated.

REFERENCE NO.	DEPARTMENT	PROCEDURE
CH-001	Clubhouse	Place appropriate signage on rowing club front door and at boat bay doors outlining the physical distancing guidelines in place.
CH-002	Clubhouse	Place signage inside front entrance encouraging good handwashing and respiratory hygiene.
CH-003	Clubhouse	Make available hand sanitizer stations in common areas
CH-004	Clubhouse	Doors to change rooms and stairwell will remain open during practice times.
CH-005	Clubhouse	Only the washrooms and change rooms will be available. The erg room, weight room, and kitchen will be closed to members
CH-006	Clubhouse	Increase the frequency throughout the day of cleaning, sanitation and disinfecting of all common area locations, especially high traffic areas. Clean door handles and door code pads. Create a log sheet for cleaning frequency tracking.
And CH-007	Clubhouse	Water fountain will be closed and appropriate signage to note closure. Rowers are encouraged to bring a full water bottle from home.
CH-008	Clubhouse	Educate coaches on hygiene, sanitation, and its impact of preventing the spread of communicable diseases.
CH-009	Clubhouse	Coach is to remind each rower of the physical distancing requirements plus to not to touch anything except their own belongings.
CH-010	Clubhouse	Rowers caught disobeying any safety protocols will be requested to comply or leave the facility immediately and face possible sanction such as ban from returning while safety protocols are being utilized. Each rower must be asked if they have returned from travel outside of Manitoba within the last 14 days, if they have they will be asked to leave the property immediately as they must be in self-quarantine for 14 days (signage to be posted).

RO-001	Rowing Operations	All Winnipeg Rowing Club payments are to be made online through Regatta Central for Winnipeg Rowing Club and via check for the Manitoba Rowing Association.
RO-002	Rowing Operations	Rowers must register for a time to row, so we can ensure social distancing, and fill out the health questionnaire online before coming to the club.
RO-003	Rowing Operations	We request rowers arrive only 10 minutes ahead of their scheduled time to ensure a limited number of people are waiting to use the dock.
RO-004	Rowing Operations	Do not permit athletes to congregate in the parking lot either before or after practice
RO-005	Rowing Operations	Restrict the number of people inside each boat bay at any given time to allow for a minimum of 6 feet distance from each other.
RO-006	Rowing Operations	Rowers will be rowing in singles initially. Crew rowing to commence when direction from provincial officials permits. The exception would be rowers residing in the same household will be able to row in boats together.
RO-007	Rowing Operations	Rowers will bring their own tools for making any adjustments to the boats. The usual shared tools will not be available at this time.
RO-008	Rowing Operations	All coaches and members will be tasked with ensuring everyone is adhering to the rules of the club and anyone failing to comply will be asked to leave the property immediately.
RO-009	Rowing Operations	Oar handles will be washed after each row with soap and water provided. Best attempts at utilizing the same oars each time per rower will also occur, with complete sanitization of all equipment after each use.
RO-010	Rowing Operations	Any club/shared boats will be washed with soap and water after each use.
RO-011	Rowing Operations	There is no use of indoor rowing machines, weight equipment, or stretching mats. Appropriate signage will be placed in these areas to reflect the closures.
RO-012	Rowing Operations	The water fountain and kitchen will be closed. Fill your water before coming to the rowing club. Appropriate signage will be placed in these areas to reflect the closures.
RO-013	Rowing Operations	Remove benches to assist with physical distancing requirements
RO-014	Rowing Operations	Each rower is to place their oars on the dock, immediately before getting their boat to launch. Oars are to be placed a safe distance from other oars.

RO-015	Rowing Operations	Single rowing shells are on average 27 feet long and boats will be placed bow to stern on the dock allowing for safe distancing while launching and returning to the dock.
RO-016	Rowing Operations	The coaches will open the boat bay doors and put out stretchers a minimum of 2 meters apart for singles to use, the coaches will also put the stretchers away and close up the bays after practice is finished.
RO-017	Rowing Operations	Instruct all members to stay home and not attend rowing when feeling unwell and or displaying any symptoms of ill health.
AE-001	Athlete Expectations	Practice physical distancing by staying a minimum of two (2) meters away from other people at all times.
AE-002	Athlete Expectations	Only touch your own boat, oars, water bottle and other belongings.
AE-003	Athlete Expectations	Do not loiter in the parking lot before or after your row.
AE-004	Athlete Expectations	Wash your boat and oars after your row with sanitization products provided.
WS-001	Workplace Safety	Educate coaches to recognize the symptoms of COVID-19 in each other and the rowers.
WS-002	Workplace Safety	Establish a communication plan to keep your staff informed and updated on issues affecting the workplace.
WS-003	Workplace Safety	Instruct all staff members to stay home and not attend rowing when feeling unwell and or displaying any symptoms of ill health.
WS-004	Workplace Safety	Train staff on proper hand washing and sneezing/coughing practices and have them sign off on the training document, for assurance they understand the importance of implementing these practices.
WS-005	Workplace Safety	Conduct meetings by phone or online wherever possible. For in-person meetings, ensure safe social distancing (6 feet) between attendees.
WS-006	Workplace Safety	Coaches will stay 6 feet apart from all other coaches and rowers.
WS-007	Workplace Safety	Ensure appropriate signage is present throughout your facility.
WS-008	Workplace Safety	Provide necessary sanitation supplies.
WS-009	Workplace Safety	Ensure hand washing signage is present at all wash stations.
WS-010	Workplace Safety	Have hand sanitizer available for coaches and rowers at stations throughout the facility.

C-001	Coaches	Only coaches will be allowed to enter the motor boat bay.
C-002	Coaches	Coaches will set up and clean up their own motor boat.
C-003	Coaches	Assign a gas can and equipment bag to each coach
C-004	Coaches	Use hand sanitizer provided in the motor bay
C-005	Coaches	Regularly sanitize any surface that is contacted.
C-006	Coaches	No visitors to the facilities.
C-007	Coaches	Practice handwashing and standard hygiene practices.
C-008	Coaches	Will open all boat bays upon arrival and close them after.