



MANITOBA

ROWING ASSOCIATION

To Whom It May Concern,

[April 5, 2021](#)

On behalf of the Manitoba Rowing Association Board of Directors, this document has been put together for the 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. As per our current public health orders, masks will be worn at all times, until rowing begins.

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.

Sincerely,

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RECOMMENDED BEST PRACTICES DURING COVID-19 in 2021
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. MASKS ARE TO BE WORN AT ALL TIMES IN THE CLUBHOUSE AND BOAT BAYS, AND ON THE TARMAC AND DOCK.

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	Changerooms, stretching area, weight room, and erg room will be available for use, to a maximum of 10 people per area ensuring physical distancing can be observed.
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. A log sheet will be used 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	Coaches are to remind rowers of the physical distancing requirements and to only handle personal belongings and equipment.
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 in place.

RO-001	Rowing Operations	Masks are to be worn at all times in the building and boat bays, and while on the tarmac and dock. Masks may be removed once rowing begins.
RO-002	Rowing Operations	All Winnipeg Rowing Club payments are to be made online through Regatta Central for Winnipeg Rowing Club and via cheque for the Manitoba Rowing Association.
RO-003	Rowing Operations	Rowers must register for a time to row for contact tracing purposes.
RO-004	Rowing Operations	Rowers will complete the Manitoba COVID-19 Screening Questions daily (signage will be posted) and arrive only 10 minutes ahead of their scheduled time to ensure a limited number of people are waiting to use the dock.
RO-005	Rowing Operations	Athletes are not to congregate on the tarmac or in the parking lot before or after practice.
RO-006	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-007	Rowing Operations	Rowers will be rowing in various crew combinations.
RO-008	Rowing Operations	Rowers will bring their own tools for making any adjustments to the boats. The shared tools will not be available at this time.
RO-009	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-010	Rowing Operations	Boats and oars will be washed before and after each row with soap and water and disinfectant products provided. Best attempts at utilizing the same oars each session will also occur, with complete sanitization of all equipment before and after each use.
RO-011	Rowing Operations	Any club/shared boats will be washed with soap and water and disinfectant provided, before after each use.
RO-012	Rowing Operations	Change rooms, stretching area, erg room, weight room are all available for use, up to a maximum of 10 people per area while adhering to all physical distancing regulations. Sanitize before and after using any equipment.
RO-013	Rowing Operations	The water fountain and kitchen will be closed. Rowers will arrive with full water bottles. Appropriate signage will be placed in these areas to reflect the closures.
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	A designated member will open and close the bays after the session. The doors will be disinfected after each closure.
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 personal 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 before and after each row with soap and water and disinfectant 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	Assign a gas can and equipment bag to each coach
C-002	Coaches	Coaches will set up and clean up their own motorboat.
C-003	Coaches	May remove masks once in the motorboat.
C-004	Coaches	Use hand sanitizer provided in the motor bay
C-005	Coaches	Regularly sanitize any surface that is contacted.
C-006	Coaches	Practice handwashing and standard hygiene practices