



**Vernon Rowing & Dragon Boat Club**  
Swan Lake, BC

We are thrilled to be sharing another great season of rowing with you.

The advice from Health Authorities, Rowing Canada and Rowing British Columbia will continue to inform our programs and activities.

The rowing program must reflect the restrictions that are so important to maintaining our communities health, and demonstrate to the wider community the values of our sport and club. Team work, trust, patience and discipline will all be needed to make our season a success.

It is important that we all understand, embrace and respect these changes. We hope that the ability for our club to demonstrate that we are able to keep our community safe, while still participating in a sport we love, will be a rewarding experience for us all.

**On water safety is extremely important to us as always. Heightened awareness for considerations such as cold water, fog and wind will be carefully assessed prior to each practice. The decision to cancel a practice with rowers' safety in mind will continue to be made by your coach.**

**Please remember this is a challenging time to be planning programming. Our hope is that a collaborative effort between our coaches and rowers to ensure our environment is safe will allow us to share a great season of rowing. The COVID-19 situation is extremely fluid and we will continue to obey all directions from Health Authorities, including ceasing programs as required.**

**Finally, it is critically important that the changes that are in place and detailed in this document are fully understood. As well as needing to have all registrations in place prior to rowing (Rowing Canada, VRDBC Program Registration and Payment), rowers will need to complete a COVID 19 Participant Agreement form.**

Registration	Registration is open for the Full Season fee. At this time Punch Passes are not available as that program is for crew boats. Please contact <a href="mailto:lisa@VRDBC.com">lisa@VRDBC.com</a> if you would like to discuss this.
Practices	Morning practices must sign up by 6.30pm the night before. Afternoon practices must sign up by midday that day. Sign up will be on a google sheet to be emailed to members. VRDBC offers designated training times to athletes who identify as “at risk” during COVID-19
Health	<b><u>It is critical that anyone who is feeling at all unwell stays home.</u></b> The health of our rowing community, staff and the wider community depends on this and is of the utmost importance to us. Please contact your family doctor or call 811 if you are unwell.
Entry Gate and Parking	The gate will be locked during on water sessions and the tumbler code will be emailed at the start of the season. We have plenty of parking space. There must be wide separation between cars, a minimum of 4 metres
On Site	Masks must be worn at all times when on shore and inside the athlete area. There will be no portable toilet onsite this season. Please allow a minimum of 3 metres space around yourself and others at all times. Your coach will ensure this is maintained as well as co-ordinating boat launching so that there is no congestion on the dock. The dock will be marked with numbers for where to place your oars and launch.
Oar House	The oar house will remain locked and will only be accessed by coaches. This will ensure that there is no contamination or potential sharing of the virus on shared surfaces. Oars will be placed outside before each practice and your coach will sign boats in and out. Please bring your own water and medical tape as these will not be available.
Rowing Shells	Rowing will be in singles. If rowers are living in the same household then rowing can be in doubles. You will need to bring a clean pair of socks to each practice, and the socks will need to be long enough to cover above your ankle.
Ending the Practice	Please leave oars outside the oar house, your coach will sanitize them before returning them inside. Club boats will need to be thoroughly washed with soap and water and then the shoes sanitized. All cleaning gear will be sanitized after each use.