



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

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

The impact COVID-19 is having on almost all aspects of our activities and daily life is considerable and has shaped our ability to open our club. 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.

Below is the initial phase for our return to the water, that has been designed with your health and safety in mind. We hope you understand and support these changes, and we also hope that they will be adapted and relaxed as soon as possible.

The second phase of our season is also included. This is a draft and will be adapted as needed and implemented as soon as practicable. The gradual resumption of our programs will rely on updates from Health Authorities, Rowing Canada and Rowing BC.

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 attend a video call to discuss protocols and agree by email to the protocols.**

**Initial Rowing Program- in singles, or doubles if rowers are from the same household**

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	Please sign up at least 60 mins before a practice. Sign up can be made on google sheets (to be texted to members) or by texting 250 938 7769
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	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. <b><u>There must be wide separation between cars, a minimum of 4 metres</u></b>
On Site	There will be no portable toilet onsite to assist with reducing communal spaces where the virus may be spread. Please allow a minimum of 2 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 position. The dock will be cleaned prior to, and after each session, please only touch the section of dock closest to the trench.
Oar House	The oar house will remain key 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. Your coach will be the only person who unstraps club boats. 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. Rowers will need to be able to enter and exit the boat at the dock, without assistance and row without pontoons.
Duration of Practice and Distance	It is early season so the duration and distance will be discussed prior to launching. Catering to all abilities is a priority for us.
On water safety	As always on water safety is as important as the enjoyment of rowing. Rowing in the flow pattern and close to the shore is very important. If you capsize you will need to stay with your shell and follow your coach's instructions.
Ending the Practice	Please leave oars outside the oar house, your coach will sanitize them before returning them inside. Club boats will first need to be wiped down and then the shoes, foot stretchers seat and oarlocks sanitized. All cleaning cloths will then be left in a bag outside the oar house. Your coach will strap down boats, please don't leave your boat unattended on the racks if it is windy.

*Changes to initial rowing program are in italics*

Second Phase 2020 Rowing Program- in singles, or doubles if rowers are from the same household or as advised by Health Authorities

Registration	Registration is open for the Full Season fee. At this time Punch Passes are not available as this program is for crew boats. Please contact <a href="mailto:lisa@VRDBC.com">lisa@VRDBC.com</a> if you would like to discuss this. <i>A Learn to Row program will be added.</i>
Practices	Please sign up at least 60 mins before a practice. Sign up can be via google sheets (to be emailed to members) or by texting 250 938 7769. <i>Rowing outside of the practice schedule in privately owned shells will be possible.</i>
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. Contact your family doctor or call 811 if you are unwell.
Entry Gate	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. <b><u>There must be wide separation between cars, a minimum of 4 metres</u></b>
On Site	There will be no portable toilet onsite to assist with reducing communal spaces where the virus may be spread. Please allow a minimum of 2 metres space around yourself and others. 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 position. The dock will be cleaned prior to, and after each session, please only touch the section closest to the trench.
Oar House	<i>The oar house will be locked by a tumbler lock.</i> Oars will be placed outside before each practice and you coach will sign boats in and out. Please bring your own water and medical tape as these will not be available.
Rowing Shells	<i>Rowing will be in singles or in boat sizes that meet updated health guidelines.</i> If rowers are living in the same household then rowing can be in doubles. Your coach will be the only person who unstraps club boats. 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. The use of pontoons or giving assistance dockside will be possible if the coach and rower are both wearing cloth face masks while in close vicinity of each other.
Duration of Practice and Distance	Catering to all abilities continues to be a priority for us.
On water safety	As always on water safety is as important as the enjoyment of rowing. Rowing in the flow pattern and close to the shore is very important. If you capsize you will need to stay with your shell and follow your coach's instructions.
Ending the Practice	Please leave oars outside the oar house, your coach will sanitize them before returning them inside. Club boats will first need to be wiped down and then the shoes, seat and oarlocks sanitized. All cleaning cloths will be left in a bag outside the oar house, Your coach will strap down boats, please don't leave your boat unattended on the racks if it is windy.