

Implementation of Training Groups (Sport Cohorts)
Maple Bay Rowing Club
September 7, 2020

1. Management of groups

- a. Those who decide to be in a training group, need to fully understand the implications of the risks and the contacts that each member has outside the club
- b. We feel that **2 groups of 6** are manageable, with a **max of 8** participants per rowing session (sign up on Google Sheets ahead of time)
- c. Those who don't want to be in a training group can still attend practices at the same time as members of the training groups
- d. Stagger practices if needed, especially on Sundays when a larger group tends to attend. This would mean one group would have to wait in the parking lot until all members of group 1 have taken their boats to the beach; safety boat would also launch at this time and all would wait for group 2 to launch. Landing on the beach would need to be staggered with safety boat staying on the water until it is safe for group 2 to land. All boats in group 1 would have to be washed and put away prior to group 2 bringing boats into the compound.
- e. Only have 1 quad per rowing session (per group of 8)
- f. Sign-up on Google Sheets will be adjusted to accommodate training groups

2. Safety on land

- a. Wet launching and landing at the beach naturally ensure that each crew/boat maintains a safe distance apart
- b. Limit to 1 large crew boat (4x) at a time; while carrying a 4x, participants must wear a mask
- c. 4x stretchers will be set up in the parking lot to allow plenty of space for other crews to social distance in the compound area around boathouse
- d. Site leader will continue to set up stretchers and wash buckets ahead of time, so that boats are placed well apart
- e. All existing hygiene measures will continue to be enforced (frequent hand washing, sanitizing and disinfecting)

3. Safety in the Field of Play

- a. Have a mix of small boats (1xs and 2xs) and one 4x at a time to minimize the number of participants who are less than 2 metres apart for any length of time
- b. Limit practices to a maximum of 1 ½ hours on the water to limit time together
- c. There will not be any high intensity workouts, but predominantly steady state rowing

4. Safety of coaches and safety boat drivers

- a. While on the water, safety boat drivers/coaches should have a mask available at all times in case they need to help a rower
- b. Participants should also have a mask in their boat with them, in a sealed bag in case they need assistance and cannot social distance
- c. When off the water, coaches should only assist in carrying a 1x or a 2x
- d. All participants who help move the safety boat should wear a mask if they cannot socially distance from others also helping

5. Cleaning practices for 4x's

- a. Masks to be worn when cleaning the larger boats (4x)
- b. Wash buckets will be set out before practice by site leader
- c. For larger boats; 2 people wash boat, 2 people fetch oars and wash them, 2 people flip boat over
- d. Masks worn when boat being put back on racks
- e. Safety boat driver/coach is responsible for disinfecting their boat, as per usual

6. Contact tracing

- a. White board photo of attendance and boat allocation to be taken after each practice and sent to president, as per usual
- b. A list of training groups posted at boathouse; those wanting to change must row a 1x for 2 weeks after leaving group, or stay home
- c. Google Sheets sign up will require attendees to indicate which group they are a part of (A or B)

7. Communication

- a. Newsletter will be sent to all members explaining the process (Juniors will not be participating in this Phase)
- b. Once approved by the Board, this plan will be published to the MBRC website
- c. Susan will meet each group on the first rowing night to explain the implementation of this phase

Approved by the MBRC Board, September 7, 2020