



# ORILLIA ROWING CLUB

P.O. Box 981, ORILLIA, ONTARIO L3V 6K8

EMAIL: [INFO@ORILLIAROWINGCLUB.COM](mailto:INFO@ORILLIAROWINGCLUB.COM)

WEBSITE: [WWW.ORILLIAROWINGCLUB.COM](http://WWW.ORILLIAROWINGCLUB.COM)

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## COVID-19 Code of Conduct

### Goal and Guiding Principles

This Code of Conduct is to educate all members of the procedures in place to ensure that we may safely be at the Club and to confirm that all members will take shared responsibility towards meeting the requirements related to COVID-19.

1. The requirements in this document are minimum requirements and everyone visiting the Club must act responsibly and in accordance with them. Due to the unique nature of this pandemic, all who visit the Club must recognize that there is an increased risk when attending public venues, including the Club. Although the Club is doing its due diligence to ensure everyone's safety, there is an increased risk of contracting COVID-19 when out in public. The Club is not liable if anyone becomes ill with COVID-19, or a related illness, while attending the Club.
2. Should a member not follow the requirements set out in this Code of Conduct, the member will be suspended for 7 days, as their first, and only warning. For any further breach of this Code of Conduct or any direction from the Board, the member will be asked to leave the Club and will not be permitted to participate in Club activities for the rest of the season. These requirements and consequences are to ensure each member, employee, and volunteer's safety.
3. In regards to paragraph 2, above, the Boathouse Manager, Coach, or any Director, has full authority to enforce this Code of Conduct and any Club Directives, and can ask a member to leave the Club for failing to follow this Code of Conduct or any Club Directives.
4. These are not normal circumstances. All members are asked to be flexible and polite.
5. Any Club Directives issued will apply to the activities that are currently permitted. As the situation evolves, we will issue revised versions or updates that will explain how we will continue to work together as we enjoy more activities at the club within governmental restrictions.

### Deciding to Row and Getting Registered

All members who want to row must complete the following in this order:

- a. Read and understand this COVID-19 Code of Conduct document
- b. Decide if you are fully committing to row this season, and if so, sign the commitment and scan to [barb.pidgen@gmail.com](mailto:barb.pidgen@gmail.com)
- c. Complete ORC Registration Form ([orilliarowingclub.com](http://orilliarowingclub.com)), including reviewing all links, and signing in all appropriate places. Scan registration form to [barb.pidgen@gmail.com](mailto:barb.pidgen@gmail.com)
- d. Complete Rowing Canada registration on their web site and follow any instructions sent to you by our club Registrar Jean Janisse in order to get this completed.
- e. Pay rowing fees by e-transfer only to [orilliarowingclub@gmail.com](mailto:orilliarowingclub@gmail.com)

**All of the above must be completed prior to signing up for a row time.**



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## Prior to Coming to the Club

Download and begin using the Self-Assessment App, <https://covid-19.ontario.ca/self-assessment/>.

Sign up for a specific row time in a specific boat (try to use the same boat each time you row if possible) on the Google Sheets that is emailed to you. (unlike Doodle used in other years, the sign-up this year is your reservation and you MUST show up to row unless there is something in the Self-Assessment App that indicates that you should stay home).

## Each Morning Just Prior to Coming to the Club

Complete the Self-Assessment App listed above. Then, go to your boat reservation on Google Sheets for that day and check off that you have completed the self-assessment. This MUST be done prior to going to the Club to show that you have completed your self-assessment.

## Coming to the Club

For the first week that the club is open, specific experienced scullers will be invited in advance to row at the club during two row times per day to help test our new procedures. You are not allowed to come to the club during this time unless you are specifically invited.

After this, all rowers will be notified that it is permissible to go ahead and sign up for a row time on Google Sheets. **Only come to the Club for the time slots that you reserved.**

1. Everyone who comes to the Club must fully abide by all Directives of the Club.
2. **Do not, under any circumstances, come to the Club if you have any symptoms of COVID-19 or if you are living with a person who has such symptoms even if it is just one symptom. If you are under a government mandated self-isolation period, you are required to complete it before coming to the Club.** Please refer to the provincial guide for guidance <https://covid-19.ontario.ca/self-assessment/>
3. If you are considered to be within a vulnerable group, such as over the age of 65, or have an underlying condition, such as asthma, diabetes, MS, etc. you should consult your physician or public health resources to help you make an informed decision as to whether to participate in Club activities during this time. It is the Club's recommendation that those who are considered within this vulnerable group, not participate in Club activities at this time.

## Being at the Club

1. All government mandated physical distancing and sanitation measures must be fully complied with when you come to the Club.
2. When you arrive at the Club, please sanitize your hands. The Club will provide hand sanitizer. However, members are kindly requested to bring their own hand sanitizer in their Ziploc bag and use it liberally.



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3. In keeping with the latest best practices, **everyone coming to the Club must wear a mask or face covering and wear it over the nose and mouth (from the time you leave your vehicle until you are sitting in the boat and from when your boat arrives back to the shore until you return to your vehicle). For bikers, this means from the time you leave the bicycle trail or parking lot you need to have a mask on. When leaving the club, bikers need to leave their mask on until they reach the bicycle trail or parking lot.** The mask is to protect your fellow Club members and staff, should you **unknowingly** be a carrier of the virus, and in turn, protect yourself from others who may be a carrier.
4. The Club will post specific updated **Directives** at the Club and send out by e-mail to all members. Please look out for, read, and respect them. It is your responsibility to keep apprised of the latest requirements. If these are not followed, you will be suspended from attending the Club for 7 days. Any subsequent breach of directives will result in you not attending the Club for the rest of the season.
5. During this time of COVID- 19, no socializing will be allowed at the Club and no member is allowed to spend any additional time at the Club, with the exception of your allotted row time. You are expected to arrive, row, and then leave. You must also clean and disinfect your equipment, as set out in the Directives. When you finish cleaning and disinfecting your equipment, sanitize your hands.
6. When at the Club, you will only be allowed to bring the following items to the boathouse and all **must** be brought and kept in your own large, sealable Ziploc bag:
  - a. Water bottle;
  - b. Socks;
  - c. Hand sanitizer;
  - d. Band-aids and Kleenex
  - e. Small, sealable Ziploc bag to keep your mask in while on the water;
  - f. Small, sealable Ziploc bag to put your garbage, such as used tissues etc.; and
  - g. Wearing your mask (only in the Ziploc bag while you are rowing).
7. Car/House keys must be put in a separate sealable Ziploc bag and can be kept on the designated shelf in the boathouse while you are at the Club. For bikers, a bike helmet in a bag can be kept in the boathouse.
8. No food, other beverages, cell phones, tablets, clothing, bags, shoes or other items are allowed in the boathouse. Water shoes must be worn from your car or bike.



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## Access to Club Building and Bathrooms

### 1. Walking through the boathouse is not allowed.

- a. Walk-in Door Access: Bulletin Board, put keys on shelf, (bike helmets in bag)
- b. Double-Door Access: for oars and belt packs

**Only one person at a time can access each area.**

### 2. The Washrooms will likely not be available for use.

3. First aid supplies will be made available for emergencies only. Emergencies are anything serious, such as deep cuts that require clean dressing and pressure; concussion; possible broken bone; etc.

## Commitment

All members shall comply with these **Directives**, while respecting others. The Club reserves the right to ask any member to leave if they are not following these **Directives**. It will be at the sole discretion of the Boathouse Manager, Coach or any Director, to ask any individual(s) to leave the property. This includes members, parents, or volunteers.

## 2020 Rowing Equipment Cleaning and Disinfection Protocols

### Rower to do After Each Row Time:

Throughout the process, follow any specific instructions from the Boathouse Manager.

- Put racing single on designated stretchers outside boathouse and put oars beside stretchers. It is best to leave your belt pack on until it is time to disinfect it. Rower of Touring Single to bring shell near double doors along with oars for that shell.
- Sanitize hands and put on a pair of gloves. Take designated bucket for your boat and put about 1 litre of lake water in the bucket. While wearing gloves, add some designated biodegradable soap and use 1 shop towel to thoroughly **wash** boat hull, deck, seat, riggers, oarlocks, oar handles and shaft of the oars where you have carried them. Use steady firm pressure to ensure cleaning. Where else have you touched your equipment? Make sure that everywhere you have touched is washed with soap. If the boathouse manager has helped you carry your shell, ensure that both the bow and stern areas of the boat are well washed.
- For the Touring Single, also wash the metal frame of the wheeled dolly.



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- Dump out the wash water into the grass (away from other boats and away from boathouse) and obtain lake water to rinse all areas that you washed. Put shop towel in garbage can. Dump rinse water onto grass away from other boats and away from boathouse.
- Using designated disinfectant (preferably wipes) disinfect all the areas that you have washed, especially the deck, seat, oar locks, and oar handles. In addition, use a disinfectant wipe to disinfect the boat shoes (inside and out) and all surfaces of the club's belt pack. For the Touring Single, disinfect the straps for the wheeled dolly with a wipe as well as all surfaces of the orange club lifejacket. Dispose of disinfectant wipe(s) in garbage can. Keep the boat upright for several minutes. Put the belt pack back on the belt pack shelf.
- If you have used a club speed or stroke coach, disinfect unit with a disinfectant wipe and put back into the designated spot. Remove your gloves carefully and dispose of in garbage can.
- If your rowing shell will be used for the next row, please leave boat and oars outside (need to check with Boathouse Manager). If not or if this is the last row of the day, put on a new pair of gloves and put boat and oars back onto the racks. If you need help with the boat, the Boathouse Manager will also put a new pair of gloves on. If the Touring Single will not be used, using new gloves, wheel it back into the fenced in compound and lock the gate.
- Take off gloves and dispose of in garbage can. Sanitize your hands again.
- Check in with the Boathouse Manager. Let him know that you are finished the whole process and ask if ok to leave.
- If ok to leave, go around to walk-in door and pick up your keys or bike helmet and leave.

**By signing here, I acknowledge that I have fully reviewed and commit to this Covid-19 Code of Conduct. I understand that the Directives will evolve and I commit to following the most recent Directives which will be posted at the Clubhouse and sent to me by email.**

Member Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

This page needs to be completed and scanned to Club President at [barb.pidgen@gmail.com](mailto:barb.pidgen@gmail.com).