



Rowing in Newfoundland and Labrador During COVID-19

Rowing is both an individual and team sport. Because rowing does not require direct person to person contact, athletes can enjoy the many physical and mental benefits that it provides. Rowers in many aspects already maintain physical distance by keeping more than six feet apart from equipment users and boats to ensure a safe exercise environment.

Rowing Newfoundland is the Provincial Sport Organization for rowing in Newfoundland and Labrador. Our National Sport Organization, Rowing Canada Aviron has shared a Risk Assessment and Mitigation tool to assess the operations of clubs and provide guidance on procedures that should be followed. All member clubs must use this tool to assess their risk level prior to beginning sanctioned activities.

Rowing NL has developed the following guidelines to assist members in understanding the procedures that are necessary to ensure minimal risk and optimal safety of everyone participating in rowing as an outdoor activity. For the purposes of these guidelines, cohorts are pre-determined groups of individuals, e.g. members of a program or team, who may interact with each other within the environment, while maintaining physical distance of two metres at minimum. Cohorts must include the same individuals each time. Group activity (or activity groups, or groups) is when a defined number of individuals have regular contact with each other within two metres, e.g. members of a crew within a team. The group should only include the same individuals who regularly train together. A program or team may also engage in group activity, depending on the total number of participants (if it is within public health regulations for that alert level). However, Rowing Newfoundland echoes the recommendation of public health to keep your number of contacts as low as possible.

We encourage all members to read these regulations thoroughly. We are actively responding to any and all requirements put forth by the Chief Medical Officer of Health, the Department of Health and Community Services, Sport Newfoundland and Labrador, and the province of Newfoundland and Labrador.

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Rowing Newfoundland COVID-19 Operational Guidelines for All Alert Levels

1. Cleaning and Sanitizing (on-water and outdoor facilities)

Reference	Recommendation
CS-001	<p>Expand cleaning and disinfection of common/high-touch surfaces in accordance with the public health order. These areas include, but are not limited to; door handles, light switches, oars, boats, dock edges, and boat slings.</p> <p>All parts of the boat should be cleaned.</p> <ul style="list-style-type: none">• The entire boat (including but not limited to shoes, foot stretchers, riggers, oarlocks, wingnuts, etc.) and oars are to be washed with detergent and water using a brush and sponge. Boat and oars are then to be rinsed, preferably with a hose. Each boat should have a designated bucket, brush and sponge, labelled.• Following cleaning, all areas should also be wiped or sprayed with a disinfectant approved by Health Canada.• Cleaning equipment is to be rinsed post-wash and stored in an accessible area.• There should be a clear procedure to indicate which boats and oars have been cleaned and sanitized.
CS-002	<p>All equipment will be sanitized before given to a user and immediately after use. Rowers are responsible for cleaning the equipment that they use. The club will provide the cleaning supplies (soap, disinfectant, sponge, brush, bucket) for club-owned boats. Appropriate PPE should be provided (follow manufacturer's directions) if rowers are expected to use disinfectants. Private owners should provide their own cleaning supplies. Coaches/staff should check all equipment at the end of a practice to ensure it has been cleaned thoroughly.</p>
CS-003	<p>Equipment used by staff (e.g. coach boat/safety boat motors, seats, tools) will be cleaned and sanitized before and after each use.</p>
CS-004	<p>Coaches/staff will be trained on proper PPE use and required to observe the COVID-19 safety protocol. They should have access to proper PPE which includes gloves, masks, sanitizing wipes/hand sanitizer, and cleaning supplies.</p>
CS-005	<p>All rowers are required to sanitize or wash their hands before touching any equipment. Hand sanitizer should be made available to all members on location.</p>
CS-006	<p>A cleaning schedule and checklist should be put in place to ensure proper cleaning of all equipment and must be signed by coaches/staff after each cleaning.</p>
CS-007	<p>Each coach boat/safety boat should be supplied with a disposable bag of commonly used tools to make adjustments to equipment, if needed. Adjustments made by coaches/staff must be done without an athlete in the boat. Tools should be sanitized before being placed in a fresh bag.</p>

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2. Physical Distancing (on-water and outdoor facilities)

Reference	Recommendation
PD-001	Individuals are required to maintain physical distances at all times, staying a minimum of six feet apart from others when not actively participating in group activity (see Appendix 1 for alert level specifications). Rowers should continue to maintain an appropriate distance from other boats when on-water to ensure proper use of equipment.
PD-002	<p>“Arrive prepared, train, and leave” rules will be in effect:</p> <ul style="list-style-type: none"> → Rowers should bring all essentials with them - A clearly labelled disposable plastic bag (ziploc bag) is permitted in the boat with an athlete, and should contain their water bottle, snacks, personal tools, safety whistle, etc. Rowers should keep spare bags for sealing and disposing of hygienic items (e.g. tissues). → Launch times should be staggered within cohorts. → Rowing Newfoundland recommends there be a designated spot for <u>one</u> person at a time to wait for their launch, only if they are the next person in line to launch. This is where rowers should answer questions asked by coaches/staff about their health and symptom check (See HS-001 and 002) to ensure they are clear before touching any equipment. → After completing the symptom check and sanitizing, rowers are permitted to approach the boat they will be using. If rowers are required to enter the boat bay to retrieve a boat, they <u>must wear a non-medical mask</u> and follow all directional signage. → Where possible, boat slings should be laid out outside at least two metres apart from other boats for rowers to adjust the rigging of the boat to their needs. → Rowers will then launch from the dock no more than two boats at a time, or more depending on dock length if additional shells can be accommodated at least 2 metres from the bow of one boat to the stern of the next, from opposite sides of the dock. → Rowers will return to the dock in the same order that they departed. → Once removed from the dock, the boat should be placed on slings in a designated washing area with oars alongside it. → Rowers are responsible for washing their boat with soap, water, and disinfectant according to Rowing Canada Aviron recommendations. → Once the used equipment is cleaned, it should be checked by a coach/staff member before rowers leave the facility. → Additional deep cleaning by coaches/staff may be completed as necessary.
PD-003	All rowers should be registered with Rowing Canada Aviron and have paid for their membership by e-transfer (no cheques or cash accepted at this time).
PD-004	Vehicles are encouraged to be parked in every second space.

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PD-005	Coaches/staff may assist in carrying a boat if necessary, which allows for compliance with the 2-metre rule as most shells are at least 11 feet in length; coaches/staff should always carry from the bow and rowers from the stern to minimize crossing of touch points.
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3. Lakeside Operations (on-water and outdoor facilities)

Reference	Recommendation
RO-001	The use of non-medical masks (NMM) are required in all inside areas, including boat bays, bathrooms, etc. It is highly encouraged for NMM to be worn, up until a rower/coxswain is sitting in a boat. Once seated, NMM may be removed, and NMM should be worn again upon returning to the dock (or docking area for wet launches). Coaches/staff who are working outside and can properly maintain physical distance are permitted to remove their NMM.
RO-002	Boat bay access for the purposes of retrieving equipment should be limited to the number of people required to carry that equipment (e.g. two people for singles/doubles, four people for quads/fours).
RO-003	It is recommended that the maximum number of athletes in any cohort should not exceed the number of seats available in boats (i.e. if there are 4 single sculls and 2 double sculls available, then only 8 athletes should be allowed on-site). The number of seats available should not exceed the provincial regulations for gathering sizes in each alert level or the reopening plan. Attendance tracking and contact information should be available for contact tracing.
RO-004	Anyone requiring a life jacket (coaches/staff/coxswains/rowers) should use their own life jacket/PFD or adopt one from the club for use by oneself only.
RO-005	The coach boats/safety boats should be taken out of storage using a trolley or lift by one person when possible. If two people are required to maneuver a coach boat/safety boat, those individuals should do so from opposite sides of the boat.
RO-006	Boats and oars should be pre-assigned to users whenever possible. A log of who used what equipment at what time, should be maintained, if required for contact tracing purposes.
RO-007	Private owners are required to be part of a cohort to access their equipment if it is stored in the boat bay. Anyone who is not a registered club member is <u>not permitted to launch any personal watercraft from any club-owned docks.</u>
RO-008	In the event that an athlete tips or is injured and requires assistance from a coach boat/safety boat, the athlete should sit as far away as possible from the coach driving. Coach boats should be supplied with extra PPE to provide to the athlete. Coaches involved in an on-water intervention should put on PPE before providing

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	any assistance.
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4. Communication and Education

Reference	Recommendation
CE-001	Signage must be clearly posted in both indoor and outdoor facilities to advise and caution rowers about the risks of COVID-19.
CE-002	Signage should be in place in all entry-points or exit-point areas, and directional signage should be in place if needed.
CE-004	All members should receive the rules and regulations by email when they register and be able to access them at any time on the club website. It is important to note that there may be club-specific regulations, e.g. the number of crews permitted in the boathouse at one time. The members of each club should be aware of any additional protocols their club has in place, and signage at the boathouse should indicate these regulations where necessary.
CE-005	Clubs should have a designated team for Strategic Operations surrounding COVID-19 in connection to the club: <ul style="list-style-type: none">→ Medical Lead - who will keep up to date on local and provincial health information and advise the team as needed.→ Media Activity/Communications Lead - who will communicate with Rowing Newfoundland, Rowing Canada Aviron, Public Health Authorities, Government officials, the media, and general public.→ Coach Representative→ Facility/Boathouse Manager
CE-006	All members should receive a contact list for reporting concerns about COVID-19 which should include protocols for what to do if they feel unwell whilst at the club and who to contact from the club if they develop or have had possible exposure to COVID-19.
CE-007	The Club should keep a copy of their Risk Assessment and Mitigation Checklist (supplied by Rowing Canada Aviron) on file in case it is needed as reference for procedures and resources.

5. Health and Safety

Reference	Recommendation
HS-001	All members (coaches, staff, rowers) must complete a symptom check and self-assessment prior to attending a practice slot. This can be completed using the Thrive Health Canada COVID-19 app under the “Self-Check” tab, or the website.

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	https://www.thrive.health/canada-covid19-app
HS-002	<p>Rowers will not be allowed on water if they have experienced any of the following events within the past 14 days:</p> <ul style="list-style-type: none"> - Expressing signs of illness (sore throat, cough, fever, runny nose, headache, etc.); - Been assessed by Public Health for COVID-19 and/or are waiting to hear the results of a laboratory test for COVID-19; - Have been directed to self-isolate due to recent travel; - Been in contact with anyone who has tested positive for COVID-19; - Been advised to self-isolate for any other reason by Public Health.
HS-003	Coaches/staff have the right to ask any individuals not following safety protocols to leave the premises.
HS-004	An isolation area with a radius of at least 2 metres should be made available and marked visibly in the instance that any member is feeling unwell whilst at the club. Only a person using the isolation area should ever be within it.
HS-005	A waste bin with a proper lid should be available for disposing of items. This should be emptied regularly.

6. Indoor and Virtual Training

Reference	Recommendation
IT-001	<p>The use of indoor space for ergometer training or other forms of training (e.g. stationary bikes, weights, circuits) must follow the provincial guidelines for gyms and fitness facilities.</p> <p>All parts of the ergometer should be sanitized before and after use by the user, including but not limited to; the handles, the fly wheel, the monitor and arm, the track, the seat. Cleaning supplies will be provided by the club. Coaches/staff should check that all equipment has been cleaned thoroughly between users.</p>
IT-002	Ergometer placement should follow the diagram in Appendix 2. All other equipment should also have its own designated zones that should occupy at least 4 square meters per activity.
IT-003	All indoor activity should be organized into cohorts to minimize contacts and for contact tracing purposes.
IT-004	All rowers who participate in virtual training should be registered club members. All sessions should be conducted live when possible. If rowers have video cameras, they should be turned on so coaches can ensure everyone's safety while participating in activity.

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IT-005	All users of an indoor space must wear a non-medical mask when not doing physical activity, sanitize or wash their hands before touching equipment, and follow physical distancing regulations.
IT-006	Coaches/staff should coach from a distance of at least two metres wherever possible. Alternative coaching tools such as video analysis that can be shared via devices without contact are encouraged.
IT-007	Bringing and using small personal equipment such as foam rollers is encouraged.
IT-008	Any rower who takes home club-owned equipment should also be provided with cleaning supplies to maintain its cleanliness and function.

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Appendix 1 Sanctioned activities based on the provincial alert-level system

NOTE: This Return to Play Plan only accounts for activities in the 2021 calendar year. Any future events in 2022 should be added to the Return to Play plan, if necessary, at that time. All [Public Health guidance](#) and Rowing Newfoundland guidance for all alert levels must be followed in addition to the outlined modifications.

Alert Level	Public Health Guidance	Rowing NL Recommendation
<p>Level 5/ Level 4</p>	<p>Gym and fitness facilities are closed, including yoga studios, swimming pools, tennis and squash facilities, and arenas.</p> <p>Group and team sport, arts and recreation activities are suspended.</p>	<p>No in-person training should be conducted at this time, inside or outside.</p> <p>Dry-land equipment may be provided to athletes to use at home.</p> <ul style="list-style-type: none"> • Drop-off and pick-up must be contactless, and all equipment should be sanitized before and after possession. <p>Hosting of and participation in <u>submission-based virtual events</u> are permitted.</p> <ul style="list-style-type: none"> • This includes any event that can be done from home or within the parameters of outdoor household-bubble activity and for which the results of individual participation are submitted by the individual electronically. • Submission-based events should not require any in-person or on-site activity.
<p>Level 3</p>	<p>Facilities may re-open with a capacity of 20 people per room provided that physical distance can be maintained. This includes participants, volunteers and trainers, for individual/one-on-one program offerings or for activities with individuals of a single household bubble, however group activities are not permitted.</p> <p>Ref: https://www.gov.nl.ca/covid-19/employers/recreation/fitness-centres-dance-and-yoga-studios/</p> <p>Individual and one-on-one non-contact skill development training sessions are permitted during Alert Level 3, with the following guidance:</p> <ul style="list-style-type: none"> • Training should occur between one or more participants of a single household with one coach. These training pods should be kept 	<p><u>Indoor Training:</u> Ergometer training can resume in-person at indoor fitness facilities, provided:</p> <ul style="list-style-type: none"> • Slides to create team boat slides are not in use (individual slides are okay). • Training should be one coach to one athlete or household bubble. This does NOT include individuals in a “tight ten”. • The total number of individuals present at any time should not exceed the amount of space needed to properly social distance and should never exceed the limit specified by Public Health. • Erg and other equipment layout within a space must follow the Rowing Canada diagram (Appendix 2). <p>For other forms of indoor activity (e.g. stationary bikes, weights, circuits), each activity area or “zone” should</p>

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	<p>separated by at least two metres (six feet) from other pods, and participants/coaches should not change pods during the session.</p> <ul style="list-style-type: none"> • Athletes and coaches should wear non-medical masks for the duration of the training session. It is recommended that athletes engage in low intensity physical activity during the skill development session. • Members of a single household and members of their “tight ten” may participate together in recreational activities such as bowling, skating or swimming. <p>Individual/minimal contact recreational sport activities (including but not limited to alpine/Nordic skiing, triathlon, skating, swimming, badminton, or tennis) may proceed with individuals from outside your single household “tight ten” during Alert Level 3, as long as individuals are asymptomatic and not required to self-isolate for any reason.</p> <p>Competitions, tournaments, meets, and fundraising events (e.g. group swim-a-thons) are not permitted.</p> <p>Ref: https://www.gov.nl.ca/covid-19/employers/recreation/sports/</p>	<p>occupy at least 4 square meters, with only one individual permitted in each zone, and the 2m distancing rule remains in force.</p> <ul style="list-style-type: none"> • Activities must be able to be completed within these designated zones. • Any movement activity zone (e.g. run from point A to point B) should have a larger, appropriate amount of space so that individuals are still maintaining distance from others while moving throughout the zone. • All equipment within each zone must be sanitized completely between users. • Training must still be one coach to one athlete or household bubble. This does NOT include individuals in a “tight ten”. <p><u>Outdoor Training:</u> Sanctioned on-water activity includes:</p> <ul style="list-style-type: none"> • Programming for new and experienced rowers in single-sculls (1x) • Programming for experienced rowers in double-sculls and pairs (2x and 2-)* • Programming for individuals new to rowing in 2x with an experienced rower* <p>*NOTE: 2x and 2- are restricted to individuals within household bubbles only and must be the same individuals every time.</p> <p>Other forms of outdoor training that is not on-water (e.g. ergometer training, running, circuit training) must also align with provincial regulations for group size, individuals must maintain physical distance and cleaning where necessary.</p> <p><u>Non-training Events:</u> No change.</p>
<p>Level 2 *Return to Play Phase 1: practices/skill development*</p>	<p>Individual, team and group sport and recreation activities will be permitted.</p> <p>The maximum number of individuals permitted for athlete skill development sessions may follow the maximums for</p>	<p><u>Indoor Training:</u> The following modifications may be made to the Level 3 recommendations for ergometer training and other forms of activity (e.g. stationary bikes, weights, circuits):</p>

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	<p>formal gatherings as noted in the Alert Level or reopening plan.</p> <p>Team practice and training is permitted to resume and intra-squad competition (involving members of the same team) is permitted. All other competition (inter-division, inter-league, inter-association) would require a Return to Sport Plan be submitted to the Department of Tourism, Culture, Arts and Recreation (michellehealey@gov.nl.ca) prior to competition being permitted.</p> <p>Return to Sport Plans should include competition that would fall within an organization, team or group's regular competitive schedule. Exhibition tournaments will not be permitted at this time.</p> <p>Approved Return to Sport plans will be posted for public viewing on the Sport NL website www.sportnl.ca. Any changes to plans should be resubmitted and updated on the website.</p> <p>Athletes and coaches are reminded to keep their number of close contacts low. Individuals may consider participating in one sport and/or one team during Alert Level 2. For individuals who are members of more than one sport/club/team, individuals should consider limiting their number of contacts (including social contacts), but they may continue to participate on both sports/clubs/teams.</p> <p>Effective Saturday, April 17, 2021, all inter-division, inter-league inter-association and inter-squad competition should be restricted to a maximum capacity of 100, including athletes, coaches, officials and facility staff, except where venues have permission to host larger gatherings as noted below. Capacity limits must comply with maximum number for formal outdoor gatherings as noted in the Alert Level system or reopening plan.</p>	<ul style="list-style-type: none"> • Group activity is permitted following sport guidelines. • Physical distancing is always observed by participants when not engaging in group activity. • Slides to create team boat slides are permitted, as long as the same individuals use them each time. • Only individuals engaging in group activity should be within each others' zones. • All other recommendations from Alert Level 3 should still be followed. <p><u>Outdoor Training:</u> Sanctioned on-water activity includes:</p> <ul style="list-style-type: none"> • Regular programming for new and experienced rowers in single-sculls (1x) • Regular programming for new and experienced rowers in double-sculls and pairs (2x and 2-) • Programming for new and experienced rowers in quads and fours (4x and 4-) as well as coxed quads and fours • Programming for new and experienced rowers in coxed eights (8+) <p>Additional on-water activity may resume, provided:</p> <ul style="list-style-type: none"> • Individuals who participate in group activity on-water should be in the same groups every time. • Groups should maintain physical distance from other groups at all times. • Coxswains should wear a non-medical mask when engaging in on-water group activity. • Other forms of outdoor training that is not on-water (e.g. ergometer training, running, circuit training) may be conducted as group activity, provided individuals keep within their designated activity groups. <p><u>Non-training Events:</u> No change.</p>
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Updated as of June 3rd, 2021 In accordance with the “Together. Again.” Plan:

Public Health Phase	Rowing NL Return to Play Phase	Proposed Events
<p data-bbox="201 264 466 352"><u>Transition Phase</u> (June 15th – July 1st, 2021)</p> <p data-bbox="201 390 466 596">Outdoor sports tournaments permitted as part of Return to Play plan with appropriate COVID-19 procedures in place.</p>	<p data-bbox="487 264 812 296">Date: as of June 15th, 2021</p> <p data-bbox="487 296 766 327">Return to Play Phase 2</p> <p data-bbox="487 359 902 447">Continue following all recommendations for Alert Level 2, with the following modifications:</p> <ul data-bbox="537 453 946 1887" style="list-style-type: none"> <li data-bbox="537 453 946 569">• In-person, outdoor, non-training events are permitted if COVID-19 protocols are followed. <li data-bbox="537 575 946 814">• Examples of this may include: <ul data-bbox="634 606 911 814" style="list-style-type: none"> <li data-bbox="634 606 862 638">○ Training camps <li data-bbox="634 638 911 726">○ Time trial events or seat racing style events <li data-bbox="634 726 911 789">○ Dry-land ergometer racing <li data-bbox="634 789 894 814">○ Intra-club regattas <li data-bbox="537 821 946 873">• Regattas must be sanctioned by Rowing Canada. <li data-bbox="537 879 946 1094">• Competitors should all be members of the same club – this may include different programs or cohorts competing against each other, but the cohorts should not be mixed together within a crew. <li data-bbox="537 1100 946 1314">• Since intra-club events are based on participants being a member of a particular club, it is reasonable to expect that participants should reside in the same health region as the club. <li data-bbox="537 1320 946 1493">• There is no restriction to the number of cohorts or crews a coxswain can be a part of, however coxswains should attempt to limit their contacts as much as possible. <li data-bbox="537 1499 946 1797">• Event planners should consider the amount of space they have available for social distancing. The number of participants should not exceed the capacity outlined for Alert Level 2, the Together. Again reopening plan OR the space capacity to maintain physical distance. <li data-bbox="537 1803 946 1887">• Events should be staggered with time allotted for crews to leave the area after they 	<p data-bbox="974 264 1354 327"><u>St. John’s Rowing Club Regular Programming</u> Practices/skill development permitted in Alert Level 2 will continue for regular club programs according to the guidelines.</p> <p data-bbox="974 480 1390 543"><u>Labrador West Rowing Association Modified Programming</u> Practices/skill development will begin on June 21st, which entails a maximum of 2 crews/shells + 2 coxswains on the water at a time and includes only afternoon and evening practice slots. All practices will take place on Jean Lake in Labrador. All cleaning, maintaining physical distance and non-medical mask protocols should still be followed.</p> <p data-bbox="974 873 1419 936"><u>St. John’s Rowing Junior Competitive cohort weekly race night</u> Sunday evenings weekly, starting July 4th, 2021. Seat-racing style and informal time trial events within the Junior team cohort of 18 athletes + 4 coaches. Taking place at the St. John’s Rowing Club on Quidi Vidi Lake. This group regularly engages in group activity within Phase 1 of return to play (practices and skill development).</p> <p data-bbox="974 1304 1414 1818"><u>Learn to Row Coaching Course</u> Approx. date June 25th – 26th, 2021 at the St. John’s Rowing Club. This coaching course is essential for summer learn to row programs. It will take place with limited capacity, including only summer staff of the St. John’s Rowing Club (10 people) and the instructor. Instruction that involves group activity should be adapted according to the Learn to Row Virtual Course outline to limit contact. Evaluations may take place 1-on-1 between a coach evaluator and a learner outside for on-water evaluations with social distancing and masking.</p>

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	<p>compete, and cleaning to take place (Arrived Prepared, Train, and Leave).</p> <ul style="list-style-type: none"> ○ e.g. once Crew A and B complete their race and return to the dock, there should be sufficient time for them to leave and all equipment and touchpoints be cleaned before Crew C and D are permitted to launch for their race. <ul style="list-style-type: none"> • The use of non-medical masks is strongly encouraged whenever anyone is not seated in a boat. • All cleaning protocols or equipment set-up protocols (e.g. ergometers) should be followed between each race within an event. • Spectators are not permitted within the boundaries of the area used for the event. • If these events take place in a public setting, spectators who view from parking lots, trails, etc. should be encouraged to follow social distancing protocols and directional signage. • Personal care workers or support persons that are required for an athlete to participate are permitted, and must be included in the capacity as part of the cohort. • In-person coaching courses are permitted to resume in small groups with proper COVID protocols. 	<p><u>Labrador West Rowing Association Coxswain Clinic</u> The coxswain clinic, approx. date end of June, will be conducted in the Labrador West Rowing Association boathouse. Social distancing and mask requirements will be upheld and followed. Participants include coxswains and instructors, and the capacity will be limited to the number of people that can be safely accommodated within the boathouse with social distancing.</p> <p><u>St. John's Rowing Club End of Season Races</u> Date approx. September 4-5, 2021 weather depending. Informal regatta (time trial style racing) between different programs. This includes different cohorts from within the club competing against each other – Adult LTR cohort vs. Adult Masters cohort, Youth LTR cohort vs. Youth Dev cohort vs. Junior Competitive cohort. Crews competing should be comprised of athletes from the same cohort. Taking place on Quidi Vidi Lake out of the St. John's Rowing Club.</p>
<p><u>Step 1 (as early as July 1st, 2021)</u> Outdoor sports tournaments permitted with appropriate COVID-19 protocols in place. Recreational and arts facilities follow the</p>	<p>Date: as of July 1st, or whenever Public Health announces entry into Step 1 Return to Play Phase 3</p> <p>Continue to follow all recommendations for the transition phase, with the following modifications:</p> <ul style="list-style-type: none"> • Events are permitted to be regional in scope. 	<p><u>Labrador West Rowing Association Regular Programming</u> Regular programming will resume on July 5th, which allows up to 4 crews/shells on water at a time, and includes morning, afternoon, and evening practices. All practices will take place on Jean Lake in Labrador. All cleaning, maintaining physical distance, and non-medical mask protocols should still be followed.</p>

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<p>limits for formal gatherings.</p> <p>Cohorting continues at child care centres, after school programs and day camps; cohorts can be combined for outdoor play.</p>	<ul style="list-style-type: none"> • Potential Canada Games athletes who reside in a health region outside of the Avalon (where the primary training facility is for Rowing NL) are permitted to attend training camps within the Avalon region and train within the Canada Games team cohort. • If a crew is travelling for competition or training, they should ensure they are following all Public Health guidelines around travel even within their own health region. It is the responsibility of the individual to know the regulations and risks. 	<p><u>Labrador West Rowing Association Annual Regatta</u> Will take place on Jean Lake on July 30th, 2021. The number of participants will be within the limit designated by Public Health. This event will be for club members only, and therefore will not involve competitors from different health regions. Event planners will follow recommendations for sports tournaments including staggering race times for cleaning, enforcing social distancing, etc.</p> <p><u>Canada Games Team Training Camps</u> Two proposed training camps with the Canada Games training pool – mid-July in Blaketown, NL and early August in Blaketown, NL. This will require athletes to stay within the Eastern Health region. This involves no more than 20 athletes and 4 coaches, and it is anticipated that all will be from the Avalon. If any talent is identified from outside of the Eastern Health region, they will be permitted to train with the cohort. Training camp will last 2 days in duration and should not require overnight accommodation. This is to help train on a 2000 m body of water in alignment with Canada Games racing requirements and begin crew selection.</p>
<p><u>Step 2 (as early as August 15th, 2021)</u> Indoor and outdoor sports tournaments permitted with appropriate COVID-19 protocols in place.</p> <p>Recreational and arts facilities follow the limits for formal gatherings.</p> <p>Cohorting continues at child care centres, after school programs and day camps; large group outdoor</p>	<p>Date: as of August 15th, or whenever Public Health announces entry into Step 2 Return to Play Phase 4</p> <p>Continue to follow all recommendations for Step 1, with the following modifications:</p> <ul style="list-style-type: none"> • Indoor competitions are permitted to resume within capacity restrictions. All equipment cleaning procedures and physical distancing protocols should still be followed. No spectators are permitted for indoor events. Coaches/coxswains should 	<p><u>Provincial Championships</u> Provincial championships for indoor rowing and on-water rowing may take place with competitors from any region of the province. At this time, only intra-provincial teams will be permitted. Indoor championships are typically held in the Fall season (2021) and on-water championships may be held at the end of August (2021).</p> <p><u>Canada Games Team Tryouts</u> Consists of a series of testing involving the Canada Games crew or any other athletes interested in trying out. Submission is possible for all dry-land testing, and only on-water testing would require in-person</p>

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<p>activities are permitted.</p>	<p>be kept to 1 per athlete competing (if an individual competition) or 1 per crew competing. Coaches and coxswains should be accounted for in the capacity and capacity should be determined by the space available for social distancing.</p> <ul style="list-style-type: none"> • Events are permitted to be provincial in scope, but virtual submission is encouraged to limit travel where possible. • If an athlete or crew is travelling from a different health region for a competition (regatta, camp, time trial event, etc.), they must be in their own boat or with a crew from their own region and are not permitted to row in the same crew/cohort as athletes who did not come from their health region. Crews from different regions may compete against each other in different boats. 	<p>attendance. The maximum number of attendees will be determined by Public Health regulations for group activity. Takes place in the Fall season (October/November 2021).</p>
<p><u>Step 3 (as early as September 15th, 2021)</u></p> <p>Indoor and outdoor sports tournaments permitted with appropriate COVID-19 protocols in place.</p> <p>Recreational and arts facilities follow the limits for formal gatherings.</p>	<p>Date: as of September 15th, or whenever Public Health announces entry into Step 3</p> <p>Return to Play Phase 4 Contin'd</p> <p>Continue to follow all recommendations for Step 2, with the following modifications:</p> <ul style="list-style-type: none"> • Travel within Canada is permitted for competitions. It is the responsibility of the team to be familiar with travel requirements and abide by any isolation restrictions for both travel outside of and return to Newfoundland and Labrador. • Any sport team travel recommendations made by SportNL or Public Health should be followed. • Regattas/competitions should have COVID protocols in place and teams should familiarize themselves with the 	<p><u>Fall Regatta (Nova Scotia)</u></p> <p>The Canada Games team training pool will consider travel to a Fall Regatta in Nova Scotia, usually taking place at the end of October if regattas should be sanctioned and inter-provincial competition is permitted. This will involve approximately 20-25 individuals including coaches who regularly train together as a cohort travelling to Lake Banook in Dartmouth, Nova Scotia. This will be 2-3 days in duration. For out of province competition Rowing Newfoundland would submit a plan for review and approval in advance of travel.</p>

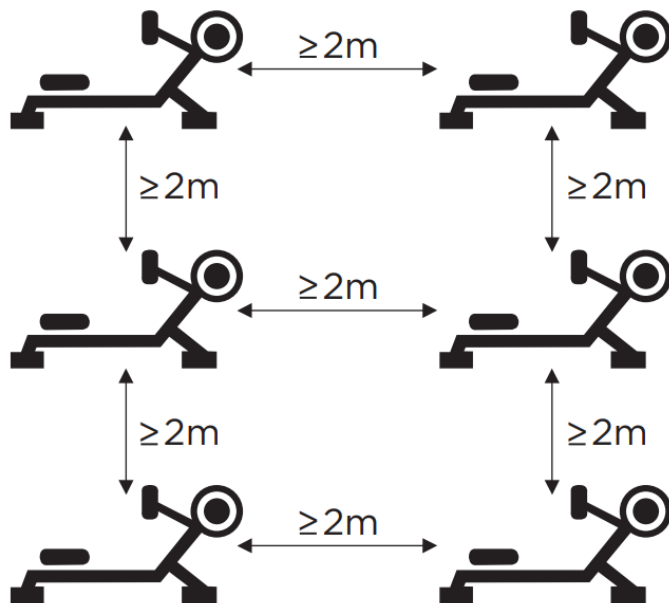
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	protocols prior to the competition.	
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Any additional events for the 2021 calendar year will be included into a revised Return to Play plan and resubmitted for approval.

Appendix 2
Rowing Canada's ergometer placement diagram.

ERGOMETER PLACEMENT FOR INDOOR ACTIVITY



Ergometers must be spaced with at least 2m between each in all directions. The 2m should be measured "elbow to elbow" when side-by-side and from the front of an ergometer to maximal "lay back" of the ergometer immediately in front.