

# **Brockville Rowing Club**

## **COVID-19 Rules, Regulations and Responsibilities**

**1.0 Athletes/Members:** As an athlete/member of the Brockville Rowing Club I agree to abide by the following COVID-19 related rules, regulations and responsibilities,

- II.** I agree to follow all known best practices to mitigate the spread of COVID-19 at the Brockville Rowing Club (BRC). These practices include, safe social distancing, hand washing and coughing and sneezing protocols and are published and referred to by all levels of government,
- III.** I agree to stay at home if I do not feel well in any way,
- IV.** I agree to stay at home if I experience any symptoms in any way,
- V.** I agree to and understand the importance of advising the BRC of my illness and or symptoms,
- VI.** I agree to practice safe social distancing at all times and will avoid any and all situations that may jeopardize my ability to practice the same,
- VII.** I agree and understand that I will be unable to change and or shower or leave any clothing at the BRC until further notice,
- VIII.** I agree and understand that I will need to bring my own water bottle and water from home until further notice,
- IX.** I understand that I will have to provide my own hand sanitizer and agree to have it on my person at all times,

- X. I agree and understand that I may be required to enter and exit the building at assigned entry or exit points,
- XI. I agree and understand that I may be required attend the BRC at set times and must arrive promptly so that the group following will not be impacted,
- XII. I agree and understand that the BRC reserves the right to require that athletes/members require appointments to use the facilities,
- XIII. I agree and understand that I will be required to vigorously clean any and all equipment that I come in contact with while at he BRC,
- XIV. I agree to behave in a manner conducive to ensuring safe participation for all by refraining from horseplay and hijinks while at the BRC,

**2.0 Club:** As an organization, rowing club and training facility the Brockville Rowing Club agrees to abide by the following COVID-19 related rules, regulations and responsibilities,

- I. We agree to follow all known best practices to mitigate the spread of COVID-19 at the Brockville Rowing Club. These practices include, safe social distancing, hand washing and coughing and sneezing protocols and are published and referred to by all levels of government,
- II. We agree that our volunteers and coaches will practice and abide by all known best practices to mitigate the spread of COVID-19,
- III. We agree to enforce all known external and internal COVID related requirements and further agree to remove any athletes/members that abuse these requirements for an indefinite period of time,

- IV.** We agree to stay abreast of all Federal, Provincial and Municipal COVID related guidelines including those from both Row Ontario and Rowing Canada Aviron and further agree to abide by all timelines issued by the same,
- V.** We agree to meet or exceed all known requirements and standards for cleaning and disinfecting all common areas of use at the BRC,
- VI.** We agree to meet or exceed all known requirements and standards for cleaning and disinfecting all indoor equipment, including weight equipment, ergs, bikes and other related exercise equipment,
- VII.** We agree to meet or exceed all known requirements and standards for cleaning and disinfecting all on water rowing related equipment, including boats, sculls and electronics,
- VIII.** We agree to develop, implement, monitor and adjust as needed, plans that allow access to and use of the building and premises in accordance with current COVID safe practices,

**Brockville Rowing Club**  
**COVID-19**  
**Athlete/Member Acknowledgement**  
**and Agreement**

I, \_\_\_\_\_, am  
a member of the Brockville Rowing Club,

I fully understand the severity of COVID-19 pandemic.  
\_\_\_\_\_(please initial)

I understand how contagious the virus is and how easily it can be  
spread. \_\_\_\_\_

I understand that by practicing good COVID-19 related practices, I  
can reduce the likelihood of contracting or spreading the virus.  
\_\_\_\_\_

I understand that the Brockville Rowing Club will require my  
assistance and cooperation in keeping the BRC premises safe for  
all to use and I will do my part to ensure this happens. \_\_\_\_\_

I acknowledge that the Brockville Rowing Club will take all reasonable and prudent steps to ensure my COVID-19 related health and I agree to abide by, support and practice the rules, regulations and responsibilities set out hereafter to help them ensure the same. \_\_\_\_\_

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

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

Parent/Legal Guardian Signature: (if under 18 Years)

\_\_\_\_\_

**BROCKVILLE ROWING CLUB**

**COVID-19 CONTACT INFORMATION**

Katherine Rowan – President – 6133428810

Chris Marshall – Head Coach - 6138031082

Dave Boyd – Assistant Coach – 6138038872

Larry Holmes – Assistant Coach – 6138021665

William Mulcahy – Assistant Coach - 6133494795