

RETURN TO ROWING PLAN: JAN 8, 2021 UPDATE FOR ADULT (19+) PARTICIPANTS

PRINCIPLES:

- A maximum of four people per group can cooperate to move boats into and out of the boat bay or the water.
- Masks must be worn at all times when not rowing! Bring your own hand sani to practice. Hands must be sanitized before touching oars and boats.
- Everyone needs to come prepared to keep belongings on them during practice (watertight bags, highly recommended for keys/phones/etc.)
- 3m distance must be maintained
- If in doubt, wait for Safety Boat drivers' instructions. They are in charge.

NOTE: If you are not the first group of four, spacer adjustments need to be made before boat approaching dock (i.e. when on cart/tree). Feet adjustments must be made quickly, or done on water.

Boat order, boat assignment and group assignments will be provided in advance of practice.

SETUP/LAUNCHING:

- Setup4 arrives 15 minutes earlier than scheduled practice
- Setup4 takes out all equipment (boat and oars) and loads onto the tree and carts in front of boathouse. **Please follow the instructions in the email for loading boats on tree/cart.**
- Setup4 takes all equipment down to dock area
- Safety boat driver takes coach boat down to dock area, after locking building and gate.
- Everybody else **waits by the picnic table (furthest west) near the water.**
- Setup4 helps to launch coach boat
- Setup4 takes their boats down to white dock and launch (previous launch guidelines apply).
- Cleanup4 sets spacers and feet on carts once all Setup4 boats are on white dock. Proceed to white dock once Setup4 has all launched.

Safety boat driver idles by end of wooden platform on east side (this allows visibility of boats already launched and visibility of activity on white).

NOTE: Rowers must remain in the warm up/cool down area (flow pattern is counter-clock wise), until all boats have been launched and coach begins practice. Warm up area is between the pylons on the eastside, staying out of the traffic zone.



RECOVERY/CLEANUP:

- Docking will be done in order of **1st out on water, 1st back in.**
- Cleanup4 are on recovery and clean-up duty (be prepared to say behind an extra 30 mins).

Rowers to enter warm up/cool down area, and wait for safety boat driver directions regarding returning to dock. Safety boat driver idles again by end of wooden platform on east side. Driver must have motor running until all rowers have docked.

NOTE: While you are waiting in the warm up/cooldown area, you need to be aware of what is happening in terms of sequencing (i.e. like at a race, you need to be in the vicinity when it is coming up to your turn to dock).

DOCKING

- Setup4 docks and returns all boats up to cart and tree; Setup4 returns equipment/boats to boathouse if instructed; anyone from Setup4 who is not also part of Cleanup4 can leave.
- Cleanup4 docks and returns all boats to cart and tree
- Cleanup4 helps to pull up coach boat (Sundays only) and return to boathouse
- Cleanup4 returns all equipment to boathouse and cleans all equipment

*It is likely that some people from Setup4 will also be in the Cleanup4 group as we typically have fewer than 8 rowers out.