

COVID-19 PROTOCOLS FOR IN-PERSON CLASSES (ROWING & STRETCH)

As a precaution and to ensure we are covering all our bases, **please read this email in detail**, especially the items in **bold**:

There is a health risk for anyone attending in-person fitness classes during the Covid-19 Pandemic. We will be exerting ourselves and breathing heavier than usual which means droplets may be in the air from others and you will be using shared (but clean and disinfected) equipment. We will be in an outside location and will be at least 3m apart throughout the class. Even so, here are health risks that you may not have considered prior to signing up for this class.

Please reconsider attending if you have any of the following risk factors:

- ***are greater than 65 years of age,***
- ***compromised immune system***
- ***underlying coexisting medical conditions***
- ***diabetes***
- ***cardiac disease***
- ***severe asthma***
- ***chronic lung conditions***
- ***autoimmune disorders***

Here are a few of the 'Rules of the Road' when it comes to being at the Amaze In-Person Classes.

1. You will be **emailed a COVID-19 Survey 5 hours prior to the class**. You **must fill this in online** prior to the class. If you do not fill it in, you will be asked at the class to answer the questions. This will take extra time and may delay the class workout for everyone else, including our online participants. Please take the time each class day prior to class time to fill in the survey online. Key point is: **DO NOT SHOW UP FOR CLASS IF YOU HAVE ANY SYMPTOMS AT ALL OF COVID-19 OR ANY ILLNESS** or if you have had any contact with anyone who has Covid-19 and you have not worn the recommended PPE. Do not attend class if you or anyone you have had close contact with has travelled out of the province in the last 14 days.

Common symptoms are: new onset of cough, worsening or chronic cough, sore throat, shortness of breath, difficulty breathing, new loss or decrease in sense of taste or smell, runny nose, sneezing (not allergy related), hoarse voice, nasal congestion, chills, headache, unexplained fatigue or malaise, difficulty swallowing, nausea/vomiting, diarrhea, abdominal pain.

2. **If for any reason you find yourself sneezing, coughing or experiencing any other of the above signs or symptoms** come up during the class, **please stop rowing and move away from the class area** and all other people until it clears up. If coughing, sneezing etc persists, please clean your hands with the sanitizer, onsite, clean your machine with the disinfectant onsite and excuse yourself from class. We need to ensure not only our own but others' safety around us. As you can appreciate at this time, any of these signs and symptoms can have the power to feel threatening to others, even if you yourself feel you are not contagious.

3. Please **maintain at least a 6 foot distance** from all others when coming to, being at and leaving from the classes. As you know, all businesses these days are vying for outdoor spots to offer their services. Amaze and Gorge Narrows Rowing Club are no different and have already fielded complaints when using the space around the rowing club. We are really aiming to make a low impact on our surroundings. As obvious as the sport of indoor rowing is on an outside deck, let's really aim to be respectful of others' spaces to keep the peace. If you are attending class with someone else in your household or bubble, you may be within 6 feet of each other. For the sake of outside appearances please keep all rowing machines where they are placed: 3m distance from each other.

4. We will be erging around the fountain near the water taxi dock and Glo restaurant. **Please approach and leave from the fountain area from the breezeway** (Glo) side of the building, so that you are not crossing the rowing dock. There will be many other users on the dock and this will greatly reduce complexity in the area. GNRC has asked us to comply with this.

5. Please **arrive and leave the area with a mask on**. It does not need to be medical grade - a cloth mask or face covering will do. When your butt hits the seat of the machine, you can take your mask off. If you for any reason stand up from the machine (even for stretching) please put your mask back on. It is best to bring a container or bag to put your mask in to avoid contamination during the class.
Butt on the Seat = Mask can be off. Butt off the seat = Mask must be on.

For **Stretch Class**:

If you are on your yoga mat, the mask can be off.

If for any reason you are off your yoga mat, the mask must be on.

6. **Only one person is allowed on the rowing dock and into the boat bay** to take out and return the rowing machines. We will aim to have machines out for you by 15 minutes before the class starts. Please wait by the fountain or other area maintaining your distance if the machines are not yet set up when you arrive. Please keep clear of the rowing dock and any other people nearby.

7. Please **do not move the machines from the positions they are set up in** (other than slight adjustments if the machine is uneven on the ground). They are set up so the flywheels are approx 3m apart, which makes each person a little more than 3m apart when rowing. We will all be facing the pond. Rowing Canada has recommended erging only if outdoors and only if machines have more than 2m between them. They have not recommended a specific distance.

8. There will be spray bottles set up behind every second machine to spray the machines down after the session. Please **sanitize your hands before and after touching the spray bottles and help others by spraying down two or more ergs to reduce the number of people touching the spray bottles**. Others should step away to allow this to happen safely. If the machine has dirt or grime on it (especially handle and slides), each user should wipe it off with the disposable blue rags. There will be a plastic bag nearby to dispose of the rag in. Otherwise, the machines do not need to be wiped. The disinfectant will do its job and evaporate off. Sanitizer is available onsite, but it is recommended that you also bring your own for ease of use.

11. To minimize disturbance of other businesses (& because we are not on the rowing dock for these sessions) **we will not have music playing** during our classes. Although you will miss my epic playlists, we think you will be having so much fun you won't even notice.

12. Please **do not linger or socialize before or after class**. The goal for all rowing clubs these days is to be efficient. Arrive, Get in (on the machine), Row, Get Out. Unfortunately this is not the normal social class time we have gotten used to. We shall overcome.

13. **The washrooms will be available, but it is recommended that you do not use them except when absolutely necessary**. They are public bathrooms and are not cleaned between training groups as is recommended by RCA (Rowing Canada Aviron). For your own safety, please plan to come prepared to row and leave immediately after to reduce your contact points. Washing hands before you leave the washroom is required and sanitizing your hands after you open the door is highly recommended. The washroom key can be found in the front of the first boat bay on a cart that contains buckets and cleaning equipment.

14. **Please fill in** the attached ***NEW* GNRC wavier** that includes COVID-19 information (note #5 & 7d)

Recommended or required items to bring to class

Small bag with: **face mask, water bottle, pen, clipboard**, hand sanitizer, sunglasses, hat, sunscreen, layers of clothing, hand towel (for your own skin/sweat), container to store face mask in during class if you will not be wearing it.

You can email or phone me with any questions or concerns about any of this either before or after your attend any class. If you have reconsidered your attendance based on any of this, please let me know as soon as possible.

General Information for All Amaze Rowing & Stretch Classes

- *ALL in-person classes will be held outdoors.
- *We are not guaranteed a covered space to shelter us from the sun (we will do our best if it rains).
- *Please dress appropriately and wear sunscreen and hats and possibly even long sleeves/pants as you need to stay safe.
- * 8 participants maximum for In-Person classes.
- * No limits for ONLINE classes - you just need to [email to register](#) for them
- * In-Person classes preference to those who have been unable to attend ONLINE
- * In-Person participants are limited to one class per week. Pending availability you may attend more than one class per week.

Schedule

Indoor Rowing ('erging') In-Person and ONLINE classes

Mondays (except Aug 3) at **8:45-9:45am** (**new start time for rowing**)
Tuesdays 6:30-7:30pm
Wednesdays **8:45-9:45am** (**new start time for rowing**)
Thursdays 6:30-7:30pm

Stretch & Mobility In-Person and ONLINE classes

Mondays 10-10:30am
Wednesdays 10-10:30am
Fridays ONLINE only 9-9:30am

Amaze Policies - August 2020

Missed Classes:

We appreciate you letting us know as soon as possible if you are not able to attend a class you are registered for. There is high demand and limited seats in our classes due to Covid restrictions. Most of our classes are full and have waiting lists, so your spot could be appreciated by someone else.

Make-Up Classes:

We are not able to offer make up classes for in-person classes at this time due to limitations in class sizes. Online participants will be emailed a link to a recording of any missed class for them to do for the month of August. In a situation where you are ill and missing more than one class due to illness or medical reasons, please contact me directly to discuss the possibility of a class credit.

Waiting List:

If you would like to be added to a waiting list, please contact us directly. If someone cancels a class, the next person on the waiting list will be contacted by phone and/or text. As this will likely be happening at the last moment, messages will not be left and whoever responds first to the offer of the class will be granted it. The price to attend a class from the waiting list is our drop in fee of \$22 + GST. You cannot use your position on the waiting list to do a make up class. We are not offering make up classes at this time.