



Preventive Health Maintenance Plan

Kamloops Rowing Club continues to support an ongoing **Preventative Health Maintenance Plan (PHMP)**. Should BC Public Health and/or Sport Governing Bodies mandate tighter restrictions in sport due to new infectious agents, the KRC PHMP will respond accordingly.

Normal Operational Conditions

- **If you are not feeling well**, do not come to the Club until you are well with no symptoms.
- **If you have contracted COVID** proof a negative covid test is required prior to your return. Provide your negative covid test image to kamloopsrowing@gmail.com
- **All equipment used will be washed** with soap and water, rinsed with clean water then dried.
 - Blade Handles and shaft to collar.
 - Full boat hull, deck, cockpit, seat, oarlocks, rigger
 - Wipe the buckle on your life jacket with soapy water, then rinse clean/dry.

Public Health Emergency is Declared

- Should BC Public Health and/or Sport Governing Bodies mandate tighter restrictions KRC will continue the above measures plus the following:
 - **Vaccination Status** and other tracking information will not be gathered at the Club this year unless the Public Health Officer's directives change and direct us to resume these tracking practices.
 - **Masks** are optional and a personal choice but highly encouraged to protect yourself and others. If you can't maintain a 2m distancing between yourself and others while outside the field of play (eg. not in a rowing shell on the water), consider masking.
 - **Disinfecting your hands** when you are with us upon your arrival and departure with hand sanitizer at the Club.
 - Be cognizant of others and **maintain a 2m space** from others while onsite and outside the field of play.
 - **Boathouse maximum of 4 members** at any one time

Failure to maintain appropriate and safe behaviour will carry one warning from Club Executive, then cancellation of membership for the season with no refund

Thank You for your consideration of our operations and all club members' health!

The KRC Board of Directors