



COVID-19 plan - Return to Rowing

As the government's guidelines on Social distancing and participation in sporting activity is beginning to be relaxed, the club is planning to adopt a phased return to rowing. The aim of this document is to formulate that plan, make the club Covid-19 secure and allow members to use rowing as a means of exercise.

However, this plan will always be subject to change as it governed by the latest guidance on social distancing from the government and British Rowing and members are asked to keep themselves up to date with this plan and the latest guidance;

<https://www.britishrowing.org/2020/05/coronavirus-covid-19-update-13-may/>

https://www.britishrowing.org/2020/05/phasing-a-safe-return-to-rowing-15-may/?utm_source=enews&utm_medium=email&utm_campaign=enews-150520&utm_content=article-2-link-2

Principles

The clubs plan to return to rowing is formed around the following principles;

The Government guidance on staying alert and safe (social distancing) should be adhered to.

All members must take responsibility for their own wellbeing and safety.

Guidance from the government on the 13th May 2020 for a phased return to outdoor sport.

All forms of water sports practised on open waterways, including sailing, windsurfing, canoeing, rowing, kayaking, surfing, paddle-boarding and the use of privately-owned motorised craft (in line with the guidance issued by the relevant navigation authority) are allowed.

All of these activities must only be undertaken alone, with members of your household or, providing you are following social distancing guidelines, with just 1 other person from outside your household. For example, it would not be possible to form a double or Canadienne canoe, kayak or rowing boat with someone outside your household as it would not be possible to abide by the social distancing guidelines.



Before going to the Club

Before you go to the club you will need to book an available session on the clubs online booking system.

If you plan to go out in a single scull you will need to 'buddy up' with another sculler from the club to decrease the risks associated with solo outings and book a session together.

If there are two scullers from the same household you can book a session together and either take out two singles or a double.

Please DO NOT travel to the club unless you have a session booked.

All members should arrive at the club using personal transportation. It is not advisable to use public transport.

Members should arrive at the club in the clothing they will use while rowing or training in the gym. Changing rooms will not be available.

Arrive at the club no sooner than 5 minutes before your booked session begins.

Remember! If you are feeling unwell or displaying any possible COVID-19 symptoms, please do not attend the club.

Arrival at the Club

Before entering the club put a Face covering over your Nose and Mouth.

Face coverings are to be worn at all times in the Boathouse, on the Landing stage or in the Club building unless you are; in a boat on the river, sitting on an Erg in the Gym, exercising in the clubroom or sitting at a table in the clubroom. - You should still maintain a 2m distance from others where possible

If your 'sculling buddy' does not arrive as planned DO NOT go out by yourself.

Using the online system check in into your booked session and identify what equipment you are using.

Only access parts of the club which you need to, either to get to your equipment or complete your exercise. Do not go into the changing rooms unless it is to use the toilets.

Clean your hands with hand sanitizer, which is available at the front door. Do not move or touch any objects in the club until this is done. Carry your own hand sanitizer if possible.

IF you are going on the river complete a personal risk assessment. Are the weather conditions and water conditions as you expected? If in doubt do not go out.

If any equipment in the club needs to be moved, make sure social distancing is observed and you sanitise your hands afterwards.



Getting Boats Out

Using Viricidal disinfectant spray clean your boat and blades before using them. You do not know who might have been in contact with them.

If you need help getting your boat out maintain social distancing i.e. pick the boat up at the bow and stern.

On the Water

Remind yourself of the navigation pattern from the safety page on the website prior to your first outing.

Keep a good look out. Most incidents in rowing are caused by failing to do this and the river may have changed since your last trip.

Avoid sitting on the river and having conversations with other users. If you need to speak to others, ensure you maintain social distancing.

Returning from the Outing

Maintain social distancing on the landing stage.

Wash your boat and blades thoroughly and spray the following 'touch points' with disinfectant before putting them away. **Blade handles, Seat, Footplate & Bolts, Saxboards, Gates, Trestles**

Once all equipment has been stored clean your hands with hand sanitizer which is available near the boating board.

Avoid using the changing rooms.

Take all your belongings and any used paper towels used away with you.

Before leaving the club sign off from your booked river session.

Notes for Rowers

It has been several weeks since rowing was allowed, do not overexert yourself in the first few outings.

The lack of boat activity on waterways has allowed nature to reclaim habitats.

Take care to avoid the disturbance of nesting birds and other wildlife that may have returned to the water.



In the Gym

Sanitise your hands as you enter the gym and open all the Windows and doors to increase ventilation.

Using Viricidal disinfectant spray, clean the Erg you have booked before use.

Keep your Face covering over your Nose and Mouth until you are sitting on the Erg.

At the End of your session replace your face covering and clean the Erg with Viricidal disinfectant spray.

Clean any other surfaces you may have touched.

Close all the Windows and Doors and leave the gym via the clubroom

Tracking symptoms

To help protect each other, any members that use the club while we go through the four phases up to a full return to general rowing are asked to inform the club if they or a member of their household suffer any Covid-19 symptoms.

The club will then be able to inform others who have been using the club to remain alert to any potential symptoms they may suffer.



Phased Return -18th May 2020

At this moment in time the plan is to work through five phases to get the club back to general rowing. It is impossible to say when each Phase will start and how long it will last, but we will keep this document updated with every change in government guidelines and circulate each update to the members.

Through Phases 1 - 3 other than the Boatsheds all other parts of the Club will remain closed.

Changing rooms and showers should not be used except in an emergency or to use the toilets.

Each phase shows additional groups of rowers and activity added to the previous phase.

Phase 1: 18th May 2020

Experienced Senior Solo Scullers & Household Doubles

Scullers must 'buddy up' so there are 2 boats on the river at the same time

All sessions must be booked in advance

Sessions will be limited to 2 members

Sessions will last 80 minutes

Changing rooms and the gym remain closed

Phase 2: 9th June 2020

Competent Junior solo Sculling groups

All sessions must be booked in advance

Session will be limited to 4 juniors per booked session

Sessions will last 60 minutes

Changing rooms and the gym remain closed

Phase 3: 29th June 2020

Competent Senior Scullers

All sessions must be booked in advance

Group size – Min 2, Max 4

Can Row in Zones* 1, 2 & 3 (preferably staying in zone 3 for the bulk of the session)

The Group must include at least 1 Experienced sculler

Session will last 90 minutes

Beginner scullers with a coach

All sessions must be booked in advance

Group size – Min 2, Max 4 (on the water)

Can Row in Zones* 1

There must be an additional experienced sculler on the landing stage checking for hazards

Changing rooms and the gym remain closed

River Zones as shown on page 7*



Phase 4: 8th August 2020

Experienced and Competent Doubles from mixed households

Beginners sculling increased to Max 6 rowers

Beginners Sculling in Zones* 1, 2 & 3 (preferably staying in zone 1 or 3 for the bulk of the session)

Erg Session in the gym – See Appendix A for detailed information

Session must be booked in advance

Session will last 90 minutes

Changing rooms remain closed

Phase 5: 13th September 2020

Crew boats & General Rowing – See Appendix B for detailed information

Rowing sessions increased to 5 people to accommodate Coxed fours

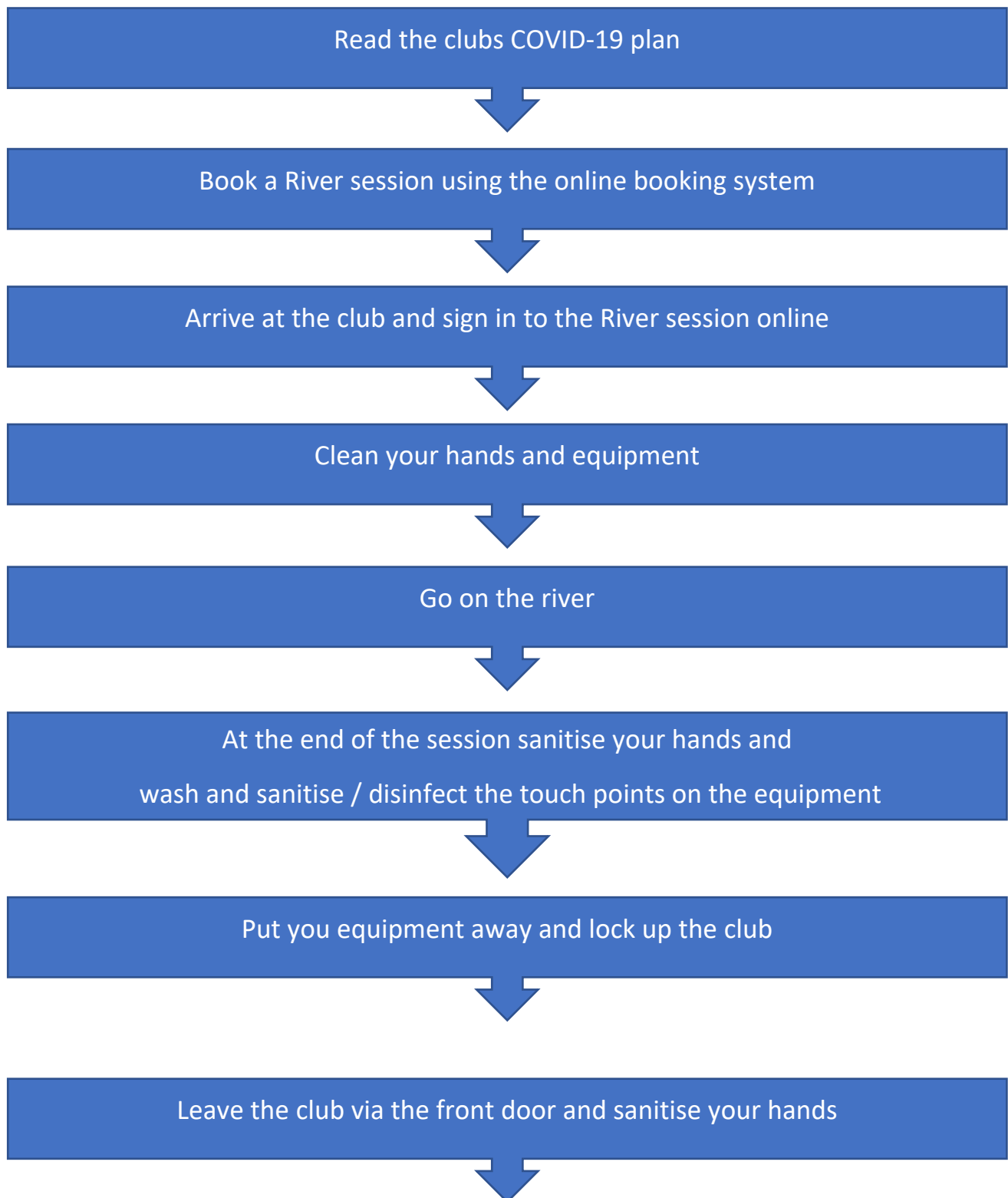
Double sessions available for 10 people to accommodate Coxed Eights

Changing rooms remain closed

River Zones as shown on page 7*



River Session flowchart





COVID-19 Cleaning

MAKE SURE YOU WASH YOUR BOAT AND BLADES THOROUGHLY

PAY SPECIAL ATTENTION TO TOUCH POINTS :



BLADE HANDLES



SEAT & HATCH COVER



FOOTPLATE & BOLTS



SAXBOARDS



TRESTLES



GATES

CLEAN WHAT YOU TOUCH :



TOOLS



KEYS



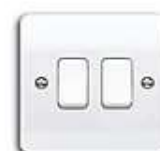
PADLOCKS



DOOR HANDLES



TAPS & HOSEPIPE

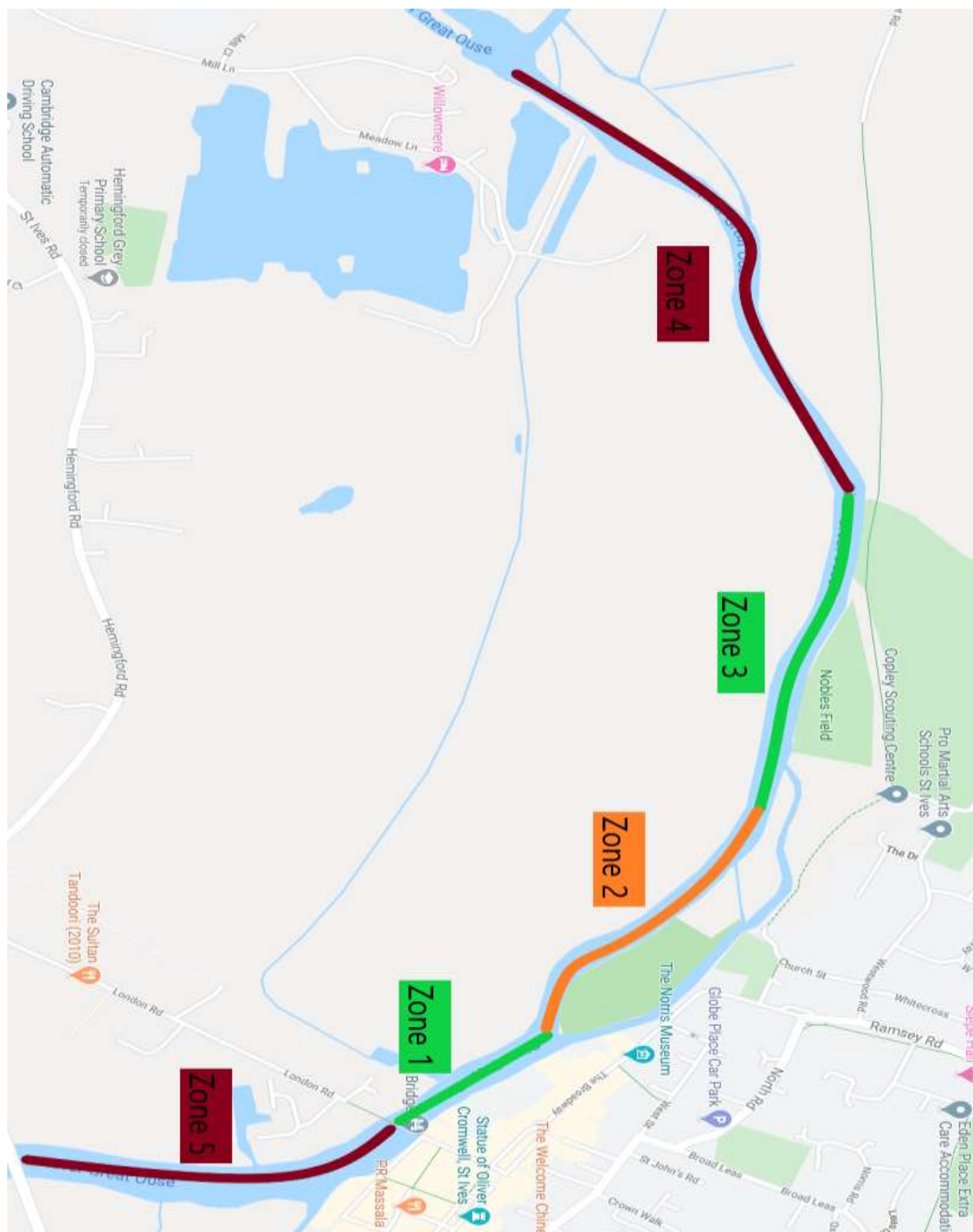


LIGHTSWITCHES

NOW WASH YOUR HANDS



Rowing River Zones 1-5





Appendix A

SIRC COVID Plan – Gym use Safety Appendix

General

- Members attending the club to use the gym/clubroom should arrive at the facility in sports kit and where possible travel home to change/shower.
- Members are asked to wear masks while in the club, except while sat on the erg or on their mat in the clubroom, training.
- Hand sanitiser is provided at the entrance to the club, please use this on the way in and out of the club.
- Please look out for COVID related signage including cleaning guidance and one-way systems.
- Please ensure doors and windows are left open to increase ventilation while exercising, though please note fire doors are NOT to be left open.

Gym

- At present, the only gym equipment available for use are the ergos, which have been numbered. Please do NOT move ergos or re-arrange equipment without consulting the committee.
- Please note the erg number when you check in online.
- Please do NOT use the free weights or weight machines at present.
- There should be a maximum of 7 people training in the gym at any one time, allowing for the 6 ergos to be used and 1 coach.
- Bear in mind that others will need to walk through the gym to follow the one-way system, so please leave a clear route through for them.
- Please wipe down/disinfect the erg before and after each use.
- Please follow the one-way system in place.
- Face-to-face drinking from the water fountain is not permitted, ideally water bottles should be filled up at home rather than using the fountain.

Clubroom

- The clubroom can be used as an additional training space during the following specified times only:
 - Monday evening for Pilates.
 - Tuesday & Thursday evening during the Juniors training session for circuit or core activity only.
- The floor area should be cleared prior to training, including any furniture moved well away from participants, and any surfaces touched while moving furniture must be wiped down if possible.
- Participants should use mats rather than training directly on the floor, and the mats should be solely for their use, and they should be wiped down following the session.
- There should be a maximum of 7 people in the clubroom training, mats should be laid out as per the diagram.
- A clear space should be left to allow people following the one-way system to move through the clubroom without breaching social distancing rules.
- At the end of the session, the mats should be cleaned down, any hard floor area should be cleaned, and any surfaces touched during training should be wiped down.



Appendix B

SIRC COVID Plan – Crew Rowing Safety Appendix

General

- There should be no more than 12 people on the landing stage at any one time.
- Always maintain 2 metres social distance.
- Wear a mask whenever you are in the club or on the landing stage.
- We recommend that you remove the mask during exercise, as if the mask gets wet through breath, sweat or splashes, it will both restrict breathing and equally become less effective as protection against viral transmission.
- Options for storing your mask during the outing include placing it in a suitable waterproof container e.g. a Ziplock bag.

Crew Rowing

- Keep your 2-metre social distancing until you are in the boat.
- Lift the boat with the minimum safe number of rowers and keep your 2-metre distance – think about a safe but socially distanced lifting position.
- Before launching the boat, wash your hands then clean down your area of the boat.
- Collect your own oar from the rack and do this one person at a time.
- During the outing aim to maintain the maximum distance between rowers.
- Try to row with the full crew, and in synch at all times to avoid getting too close to the rower sat in front or behind you.
- Try not to shout unless it cannot be avoided for safety reasons (e.g. to warn of an imminent collision) as it can increase risk of droplet transmission.
- Once back on the land, rowers should maintain 2-metre social distancing.
- Rowers should clean & sanitise their own area of the boat before returning it to the rack.
- Return your own blade and do this one person at a time.
- Rowers should wash / sanitise their hands once finished.

Coxing

- Coxes should wear a mask throughout the session, ideally bringing a second mask for the end of the session in case their first mask gets wet.
- Coxes should wear both a face covering and eye protection (goggles, wraparound sunglasses, visor or similar).
- A cox box should be used to avoid the need for shouting but equipment (including lifejackets) should not be shared between different coxes wherever possible.
- Where it is unavoidable to share equipment, the cox boxes should be cleaned between uses and a record of what equipment has been shared and between who should be kept – Coxes are asked to record the cox box number when they 'check in' for the session.
- Coxes must sanitise their hands before touching cox boxes, life jackets or boats and again when these are put away.
- The microphone of the cox box headset must be worn outside of the cox's mask.



- If gloves are worn, a clean pair must be worn for each outing. [SEP]
- Cox seat, steering wires, cox box and headset must be wiped with a sanitising wipe before and after each outing.
- Coxes should, wherever possible, only cox the same crew. Where this is unavoidable, a cox must not coach more than one crew on the same day.