



Club Plan for Safe Rowing During 'Phase C' of Recovery from Covid-19

Issued 17 July 2020

Until further notice, any St Neots Rowing Club member who is qualified under these terms and who wishes to row from the club must adhere to the rules outlined. This document replaces the previous version issued on 2nd July 2020.

Having and publishing a plan

The club will continue to follow advice and guidance published by the UK Government and British Rowing in response to the Covid-19 pandemic and will revise and re-issue this plan to reflect any updates as necessary over the coming weeks and months.

British Rowing have published a plan for a phased return to rowing and moved to phase C of that plan on the 4th July 2020:

<https://www.britishrowing.org/wp-content/uploads/2020/06/200629-Coronavirus-Advice-Returning-to-Rowing-v4.pdf>

- *Organised/coached sessions may be possible, subject to social distancing rules (e.g. small groups of singles)*
- *Club bars and catering facilities may re-open subject to Government requirements for them to be COVID secure*
- *Other club facilities may re-open once Government advice allows.*

This advice was updated on the 10th July as follows:

- Crew boats explicitly ruled out until Government approval is given
- From 25th July, club gyms and indoor training facilities may open subject to mitigations to be COVID-19 secure.

This guidance is subject to clubs having a plan in place to support safe access to and use of personal and shared equipment.

The plan must follow all relevant government guidance including hygiene and social distancing and must continue to follow all relevant UK government and/or waterway authority restrictions.

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation>

This document is St Neots Rowing Club's plan and the provisions in it must be followed by all members.

Covid-19 Safety Plan

Who can row?

British Rowing has allowed members to use club and shared boats in addition to private boats. Only those who are a rowing members may row.

For safety reasons, there are conditions in place on who can row, based on demonstrated sculling competency:

1. An adult on the advanced competent sculler list may row alone
2. An adult on the intermediate competent sculler list may row when accompanied by at least one advanced competent sculler **and/or** a coach on the launch.
3. An adult who is deemed to be a novice sculler may row when accompanied by a coach on the launch. An additional advanced competent sculler may also be required at the discretion of the coach.
4. A junior may row when accompanied by a coach on the launch **and** one other responsible adult. An additional advanced competent sculler may also be required at the discretion of the coach.

What equipment can be used?

Equipment use is restricted to:

- Private boats
- Club single sculls
- Pairs or doubles when used by members of the same household
- Private blades
- Club blades
- Trestles
- The white launch
- Club ergo machines (to be used outside)

Bring your own rigger-jigger with you.

How to access the boathouse?

Access is limited to the boathouse, landing stage and the lady's toilets at the top of the stairs (to be used by both men and ladies one at a time). Changing room and showers are only to be used in emergency (for example, after a capsized). All other toilets and areas of the clubhouse are out of bounds.

The club room, gym and ergo room is not accessible. The first aid kit will be located in the foyer at the bottom of the stairs of the clubhouse.

Anyone administering first aid should note the revised guidance on administering CPR <https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on->

[covid-19-coronavirus-cpr-and-resuscitation/covid-community/](https://www.clubrowing.org.uk/covid-19-coronavirus-cpr-and-resuscitation/covid-community/)

Any belongings can be left in the boathouse. For security, the gate must be kept locked at all times, and the boathouse door closed during the session.

When can you row?

Two-hour sessions will be available from 07:00 to 21:00 every day (the first two sessions of each day will be two and a half hours long to allow time to clean the landing stage as necessary). Boating, landing and cleaning must all be completed within the session time to ensure no overlap between sessions.

There will be a maximum of six individuals allowed at any one time (for example: six rowers or five rowers plus a coach). Advanced competent scullers are recommended to 'buddy up' with another rower but may row alone.

Intermediate competent scullers may row when they are accompanied by an advanced competent sculler and/or a coach on the launch.

Novice scullers may row when they are accompanied by a coach on the launch. An additional advanced competent sculler may also be required at the discretion of the coach.

Sessions to enable intermediate and novice scullers to row will be co-ordinated by the rowing committee.

Each individual rower must book a session using the booking system beforehand. Available via the club's website and link here:

<https://docs.google.com/spreadsheets/d/1suTdpnyrK6VhFOIDyogMed2E7Ngq4L24c0wmTjrqXBU/edit?usp=sharing>

How do we minimise risk?

Social distancing

1. Arrive in rowing kit and leave in rowing kit
2. No access to club other than boathouse, toilets and landing stage, unless in emergency
3. Observe social distancing when boating and landing
4. Observe social distancing on the water, maintaining a minimal distance of 5 metres in the slipstream.
5. row in the same direction and moving together
6. No coaching/support
7. Apply government distancing rules

Surfaces, hygiene and cleanliness

1. **Don't approach the club if you, or another member of your household, feels unwell (for any reason), are symptomatic or should be in isolation.**
2. No use of club facilities other than authorised equipment
3. As per government guidelines consider each touch point, clean it with disinfectant spray, wash your hands and remember not to touch your face.
4. Bring hand gel with you for using when accessing and leaving the club. Hand

- sanitizer and soap will be available at the club.
5. Clean all equipment before and after use using washing up liquid (provided) and your own clean towel. This includes trestles, blades, brooms and boats.
 6. All boats must be cleaned thoroughly inside and out after use.
 7. Use hand gel or soap to clean hands:
 - on arrival,
 - after touching the gate, door handles, light switches and boathouse key
 - after preparing the boats and blades ready for the session
 - when returning to the landing stage
 - before leaving.
 8. We recommend kit is washed on returning home. Government advice is to wash on the warmest water setting within manufacturer's instructions and dry completely.
 9. The white launch may be used by club coaches only (alone unless with someone from the same household) and touch points (including the steering wheel and throttle) must be cleaned before and after use.

Boathouse

1. Access in the boathouse is limited to only the boats and blades that are to be used and for the ergo machines which are to be taken outside to be used.
2. Open the boathouse door fully or not at all (to ensure good ventilation)
3. Close door completely before rowing and on leaving the club
4. **Maintain a minimum 2 metre social distance at all times.**
5. If you are leaving a bag in the boathouse, please leave it at the back by the lockers out of the way
6. Only touch the boat and blades that have been booked.
7. Maintain social distance

Reporting, tracking and tracing

1. Each session must be booked beforehand by requesting a booking from the Captain or Vice-Captains. This can be done on the booking sheet (link above) by hovering over the green 'Book River Time' cell and clicking the link that is shown. Once approved the booking details will appear on the sheet. Approval must be obtained prior to the session.
2. Any damage or faulty equipment must be reported to Andy Taylor (07836 247450) and the Captain/Vice-captains (captain@stneotsrc.co.uk).
3. **If a rower, or a member of their household, subsequently has symptoms that could potentially be Covid-19, after having accessed the club, then they must inform Dom Chapman (07563 563267) in the first instance or Tim Neill (07832 104984) in the second.**
4. Each rower must have a nominated emergency contact who:
 - they can check in and out with
 - and who will be responsible for contacting the club if the rower is taken ill and is unable to contact the club (as detailed in 3) themselves.

Competent sculler status

1. Assessment of single sculler competency level will be completed using the club's competent sculler policy.
2. The policy has been extended to include an 'intermediate sculler level' and the coaches and rowing committee have undertaken an initial assessment and created a list of members who already meet this level.
3. Coached sessions to be arranged to enable members to obtain intermediate level.
4. Existing competent scullers must refresh themselves of their responsibilities and update their own risk assessment.

British Rowing advice and guidance on returning to rowing, along with an example risk assessment:

https://www.britishrowing.org/2020/05/coronavirus-advice-return-to-rowing/?utm_source=clubs&utm_medium=email&utm_campaign=covid19&utm_content=returntorowing

5. New competent sculler applications are to be made to the captain (captain@stneotsrc.co.uk), as per the club's competent sculler policy, available on the club's website.

Detailed instructions for members

1. You must book an outing by using the booking sheet and have the booking confirmed on the booking sheet.
2. You must arrive and leave within the two-hour session and not overlap.
3. You must arrive in kit ready to row and leave in kit unchanged
4. You must bring a clean towel for cleaning equipment and hand gel for cleaning your hands. You must also bring your own rigger-jigger with you.
5. You are not authorised to use any other facilities in the clubhouse other than the boathouse and ladies toilet on the first floor, except in case of emergency (such as a capsized).
6. You must socially distance from all club members and members of the public while at the club
7. You must lock the gate and close the boathouse door before pushing your boat off the landing stage
8. You must wear socks
9. You must only approach the landing stage if you can do so safely observing social distancing conventions
10. You must clean club boats thoroughly inside and out.
11. You must clean your blade handles and trestles
12. You must clean your hands with soap and water or hand gel before, during and after accessing the club and equipment.

By booking to row you are automatically agreeing to the following:

- ***you have read and agree to abide by the rules outlined in this document.***

- ***you understand the personal risks involved in rowing in the current circumstances.***
- ***you understand that if you breach the rules you may have your privilege of rowing withdrawn for the duration of this phase.***