First and Third Trinity Boat Club – Return to Rowing Phase G Plan

Introduction

First and Third Boat Club has been monitoring Government, British Rowing guidance and advice on Covid-19 from the College. It has now made arrangements for an initial return to rowing activities at the club in line with BR Phase G.

For further details of BR guidance follow this link https://www.britishrowing.org/wp-content/uploads/2020/05/200522-Coronavirus-Advice-Returning-to-Rowing-FINAL2.pdf

It is important that we all understand that the current restrictions mean that we are not opening the club for normal use. We are making temporary arrangements that allow members to exercise to help physical and psychological wellbeing. Unfortunately, this means we have to limit those who can row, when and how often to allow us to meet the Covid-19 requirements as well as our usual safeguarding and safety practices.

We are used to following a risk assessment approach in our rowing and this has now been extended to include the new hazard of Covid-19. Our focus is to minimise the risk of transmission of Covid-19 whilst undertaking rowing activities.

All members returning to rowing are required to read this document and the associated risk assessments and commit to adhering to all requirements formally before their first outing.

The contents of these documents will be reviewed and updated as guidance changes and this may result in a relaxation of requirements or if directed cessation of rowing activities.

We have tried to keep these arrangements as simple as possible and we also rely on each of us to take responsibility to protect ourselves and our colleagues. They will be supplemented by other detailed communications as necessary.

Members who do not follow these arrangements will not be approved for further outings.

These are our arrangements

People

• If you are feeling unwell or self-isolating or someone in your household is unwell or self-isolating you must follow government guidance and not attend the Boathouse. If you are instructed to self-isolate due to contact tracing you must not attend the Boathouse.

• If you are in a ‘shielded’ category then you should discuss whether you should return to rowing with the Captain or the Head Coach.

• Should anyone test positive in your crew keep away from the Boathouse and arrange for a test.

• Rowing (sweep oar) is currently allowed in crew boats up to and including coxed fours.

• Single sculling for experienced scullers (scullers must be signed off as competent by the Captain or Head Coach).

• A reduced numbers of rowing machines (ergos) have been socially distanced and made available in the Boathouse.

• All outings and ergo sessions must be booked using the online booking system found here:

[https://docs.google.com/spreadsheets/d/1vCYuJas1Tzyj2HSlx\_LT3sjbmyKt7JJSSeYpgJ6jT0M/edit?usp=drivesdk](https://docs.google.com/spreadsheets/d/1vCYuJas1Tzyj2HSlx_LT3sjbmyKt7JJSSeYpgJ6jT0M/edit?usp=drivesdk&fbclid=IwAR1TPZMahDQ-MixEGwzMnHBGmqKLb-3TpFNkzaR9CYzEe8ucP-EuSh_a-hg) This will be monitored by the Captain and Head Coach.

Social Distancing

• Whilst on-site and afloat you must ensure that social distancing of at least 2m is maintained at all times.

Hygiene

• Face masks are to be worn at the Boathouse when not exercising.

These should only be removed when on the water or erging.

• Hand sanitiser will be available for hand cleansing on arrival and leaving and as appropriate whilst on site.

• All waste must be placed in the bins provided or taken home.

• Changing rooms and showers are not to be used unless following a capsize. The boathouse is open only to access equipment – Please arrive in kit.

• Access to upstairs should be kept to a minimum.

Unless doing an erg session upstairs is only for bag drop / collection or use of the toilets.

Ergos are not to be used for warming up (a jog around the bridges and a dynamic warm up on the bank replaces the usual erg warm up).

• Any possessions you bring should be left in the crew room if attending a water session or next to your erg if erging. Please do not bring valuables to the Boathouse.

• Equipment and products will be available for thoroughly washing and sanitising boats inside and out and all parts of blades before and after each outing.

• In particular the following should be thoroughly washed and sanitised

o Handles and looms of any oars and sculls which you move or use in your outing (paying particular attention to the areas you know you have touched)

o Seat

o Footplate and adjusting screws

o Riggers and gates

o The hold points you use getting the boat in and out of the water

o Please use antiviral spray on the shoes

• Trestles should be washed with soapy water.

Coxes

• The coxing area of the boat should be cleaned by the cox.

• The current guidelines state a face mask and eye protection should be worn in the boat by the cox. Eye protection can be goggles, sunglasses or a visor.

• Coxes are to ensure the correct cleaning procedures are being followed by the crew.

• Where possible coxing equipment will not be shared.

• Lifejackets, coxboxes and microphones should all be sanitised before and after use.

Safety

• Scullers will be expected to self-rescue in the event of a capsize. This should be by swimming the boat to the bank, righting it and re-entering. If you require assistance you should ensure 2m social distance is maintained

• Rowers who choose to row alone must be competent to do so and must be signed off.

• A first aid box is allocated in the boat bays. If needed, casualties should self-treat unless in an emergency.

• Emergency contact details are posted on the noticeboards upstairs and in the boat bays.

Ergo Use

• Ergos should be sanitised before and after use – Use wipes for the handles, screens, seats, slides, footboards and straps.

• Ventilation – Ergo Room - the top and side window in the ergo room should be open when exercising and closed before leaving.

Main Room - the sliding doors in the main room should be open when exercising and closed before leaving.

Water

Please bring your own water.

The water tap is not available at the boathouse.

Security

• The upstairs of the boathouse should only be accessed for ergo use, bag drop / collection and toilets.

All windows and doors should be locked when the club is unattended.

We are hoping that these arrangements will be temporary and can be relaxed as government and British Rowing restrictions are eased.