



# Hereford Rowing Club

COVID-19 Plan  
Phasing a Safe Return to Rowing.  
24th May 2020

As Covid19 restrictions are being gradually lifted, British Rowing have provided guidance on how a Rowing club may start to open, using this guidance the committee of HRC is planning to implement a phased return to rowing.

This document will detail that plan according to current guidance and with relevant risk & safety management controls in place.

This plan is a supplement to our Club Rules, our Safety Plan & Water Safety Guidance and will be subject to change in line with updates from the government and British Rowing.

Sources as of 24<sup>th</sup> May 2020

## **Government.UK:**

Sport and recreation:

[https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation?fbclid=IwAR1leMIJ09p39OKbefPWDwarSP\\_vjjdWDrdb8nm\\_x8pg1XDiOgVDdWMxug](https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation?fbclid=IwAR1leMIJ09p39OKbefPWDwarSP_vjjdWDrdb8nm_x8pg1XDiOgVDdWMxug)

Cleaning:

<https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>

## **British Rowing:**

Coronavirus update:

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

Phasing a safe return to rowing:

<https://www.britishrowing.org/2020/05/phasing-a-safe-return-to-rowing-15-may/>



# Phased Return -25th May 2020

At this moment in time the plan is to work through four 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.

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

## Phase 1: 25th May 2020

As the river has not been used for 2 months the river up to the 2k mark will be checked for hazards.

Competent adult & senior junior solo scullers

Household doubles

Scullers may 'buddy up' so there are 2 boats on the river at the same time, distancing measures must always be maintained.

All sessions must be booked in advance

Sessions will be limited to 10 members and last for 2 hours

Changing rooms and the gym remain closed

We encourage people who can row during the daytime, to row before 5pm, and those employed, to row after 5pm.

## Phase 2: Date tba

Competent Junior solo Sculling groups

Numbers will be limited depending on current social distancing guidance.

Sessions will be limited to 8 juniors per booked session depending on availability of coaches.

All sessions must be booked in advance

Sessions will last for 2 hours

Changing rooms and the gym remain closed

## Phase 3: Date tba

Senior Sculling

Less experienced junior scullers with a coach

All sessions must be booked in advance

Sessions will last for 2 hours

Group size based on Social Clustering guidelines

Changing rooms and the gym remain closed

## Phase 4: Date tba

General rowing will begin with more facilities open for use.



# Phase 1: 25th May 2020

## **Important notice**

Anyone who has symptoms of coronavirus or shares a household with a symptomatic person please follow government advice to stay at home.

Anyone who is classed as vulnerable, on health grounds please follow government advice to stay at home.

This plan will be monitored for non-compliance, it is in everyone's interest to abide by the rules. This is the start of a phased return to normal, following phases may be delayed by non-compliance.

Two assumptions that will help maintain cleaning standards and social distance measures are:

1. Everyone who attends the club may be infected without showing symptoms.
2. Each of us may be infected without showing any symptoms.

## **Members approved to row**

Only rowers who can fulfil the following criteria may row:

1. Current rowing membership.
2. Anyone classed as a competent sculler on the membership list.
3. Each junior rower must be accompanied by a responsible adult supervisor.
4. Can remove equipment from the boathouse without assistance, or with assistance from their sculling buddy, or member of their household.
5. Can recover a capsized boat without assistance.
6. Can get in the boat and push off on their own
7. Can land the boat and get out on their own.
8. Has been approved by the club captain.
9. Has signed the agreement in this plan.

## **Equipment approved to use**

Equipment use is restricted to:

- Private boats.
- Club single sculls listed on icrew.
- Pairs or doubles used by members of the same household.
- Private and club blades.
- Trestles, racking steps

All equipment must be washed down and disinfected both before and after use.

**Please follow cleaning procedure in government advice:**

- **Cleaning an area with normal household disinfectant after someone with suspected coronavirus (COVID-19) has left will reduce the risk of passing the infection on to other people.**
- **Using a disposable cloth, first clean hard surfaces with warm soapy water. Then disinfect these surfaces with the cleaning products you normally use. Pay attention to frequently touched areas and surfaces.**

Members should assume that all surfaces are contaminated. All cleaning materials will be provided, if any supplies are running low please contact Jason, Yvette, or Liam.



### **Before arriving at the club.**

All sessions must be booked on icrew before travelling to the club, this will ensure equipment is available and there is enough space to comply with distancing measures.

Aim to arrive at the club no more than five minutes before the start of your session.

Members should arrive in training kit and must bring extra clothes and towels in case of capsizing. *Changing rooms will not be available.*

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

### **Arriving at the club and accessing equipment**

A maximum of 10 people will be allowed on the steps at any one time, if they are full please do not enter, wait until there is space.

Carry out a personal risk assessment are river and weather conditions suitable for a safe outing?  
“If in doubt, do not go out”

Please use the hand sanitiser before touching anything. If you are first person on site, the key safe on the 4s shed door will house keys to the 8s shed. All other shed keys, cleaning materials and emergency equipment (first aid kits, throwlines, 999 telephone, defibrillator) are located inside the 8s shed.

Access to the boatshed will be on a one in/one out basis except for:

Household members may enter together to access doubles.

Sculling buddies may enter together to handle single sculls, placed at bow and stern there is enough room to comply with social distancing.

Queueing markings on the floor will help separate trestles.

All equipment must be washed and disinfected, before and after use: See notes (in red) above.

Boats must be signed out and in on icrew.

### **Getting ready to boat**

To help with distancing measures there is a one way system in place on the steps to access the water.

- One boat at a time will launch from the upstream side of the steps.
- One boat at a time will land from the downstream side of the steps.
- There is a separate area allocated to the kayak club, please do not use this.

Each oarsperson on the water must carry a working mobile phone.

Junior members must always have their responsible adult supervisor walking the riverbank with a throw line and be in line of sight.

### **On the water**

“Stay alert” and keep a look out. Remember that most incidents on the water are a result of poor observation of obstacles and other river users. The river may have changed since your last outing.

### At the end of the session

If the steps are being used when you want to finish please keep your distance, go for another short trip, or wait patiently. The situation we are in is temporary and we must be courteous to fellow members.

Land your boat on the downstream side of the steps, follow the one-way system back to the trestles.

Maintain social distance.

Thoroughly **wash and disinfect** all touched surfaces and parts of the equipment you used.

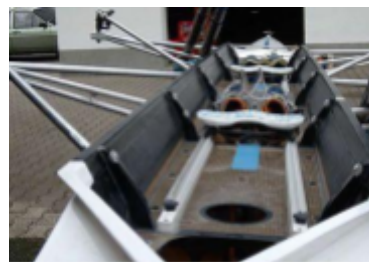
- Blades and handles



- Gates



- Riggers Seat Saxboards



- Shoes Footplate and bolts





- Trestles



- The hull should be washed as normal with mild detergent.

Once all equipment has been put away, use icrew to sign the boat back in.

If you are the last person on site, even if another member is due to start a session, you must lock up the boat sheds. If other members are still on the water, you may leave the sheds open.

### **Leaving the club**

Clean and disinfect as you lock up. All touch surfaces, door handles, taps, light switches, padlocks and keysafe should all be clean and sanitised for the next member to use.

On leaving the club please use the hand gel before you enter your car.

Thoroughly wash your hands when you arrive back home.



## **Detailed instructions for members**

- You must book your outing online on iCrew.
- You must arrive wearing your training kit.
- You must use the hand gel before accessing the key safe.
- Key for the 8 shed is housed in the key safe.
- You must wash and disinfect all equipment before and after use.
- You must socially distance from all club members and members of the public while at the club.
- You must abide by the rules regarding number of people on the water and on the steps at any one time.
- You must carry out a personal risk assessment before launching from the steps.
- Junior rowers must always have a responsible adult supervisor to walk the bank with a throw line and be in line of sight.
- You must take your shoes with you in the boat and leave nothing on the steps.
- You must wear socks when using a club boat.
- You must only approach the landing stage if you can do so safely observing social distancing measures.
- I have read and agree to abide by the rules outlined in this document. I understand that I am attending the club while it is officially closed.

Signed:

Name:

Date: