

Covid Guidance for Club Rowing



This guidance has been written to keep all our club members safe. It is also important that the club is seen by the general public to be adhering to Covid guidance.

Rowing sessions will be a little different with a few additional requirements that club members must follow.

1. Roles will be allocated for each rowing session. There will be a 'lead' rower who will be responsible for the session. Please support this person in this demanding role.
2. The lead rower will nominate two other rowers to take on tasks during the session. One of these will be to retrieve all equipment from the container and the other rower to be the quad driver for the session. Only these people should enter the container and drive the quad – No others.
3. The 'lead' rower will complete the Pre-Row checklist and allocate rowers to boats. The lead rower will also ask you to confirm that you have none of the main symptoms of Covid-19.
4. You will be asked to read, sign and date a Covid Checklist. No sign, no row.
5. The 2m distancing is required at all times except when launching/retrieving the boat and whilst in the boat. This means within the compound and also whilst walking to/on the beach.
6. Sanitiser will be available. Please use when you arrive at the compound.
7. Face coverings must be worn when the 2m distancing is not possible ie during boat launch and retrieval. Coverings should be worn until all rowers are in the boat. Face coverings should be put back on before exiting the boat.
8. Please bring a drybag/ziplock bag to store your face covering during rowing.
9. The cox will be required to wear a face covering at all times.
10. Rowers are to retain their positions during each session to avoid cross contamination. Make sure you know what position you want to row. There will be no passengers.
11. If you want/need to use a life jacket then you will need to bring your own along.
12. At the end of the rowing session the boats and equipment will need to be cleaned. The lead rower will organise this.