



# Rowing Activity

## 1. Before training

- a. Note when your squad session is taking place, the start and finish time
- b. If you are booking a single sculling, use the booking sheet and note the time of your allocated session
- c. Ensure you are able to access the boat bays and have confirmed both access and locking up arrangements with your squad co-ordinator
- d. On arrival for squad sessions, only the key holder is to enter upstairs. Please wait outside until the key holder has opened up the boat bay roller shutter doors
- e. Plan your session to be completed within the allocated time
- f. Where possible, sign in using the QR code sheet appropriate to rowing. We have 3 codes, rowing, land training (erg/weights room) and for use of the bar. If you cannot scan the QR code, your name will be on the booking sheet, by the squad co-ordinator or track and trace form when using the bar
- g. Wear face coverings when entering and moving around the building
- h. Use hand sanitizer provided on arrival at the club prior to training

## 2. When training

- a. You will be allocated boats for your sessions very much in the same way as usual, with co-ordinators ensuring appropriate equipment is available
- b. Prior to using equipment, clean any touch points so you know the it has been cleaned (gates, seats, oar handles, carrying points on boats and launches)
- c. When taking the boats off racking and moving outside wear face coverings and only take them off when you are on the water
- d. If carrying launches, clean the touch points prior to putting them on the water and wear face coverings when carrying launches
- e. Maintain social distancing from other squads who may be down at the same time
- f. Coxswains in stern loading boats must wear an appropriate face visor and also cover the cox boat microphone with one of the disposable coverings provided
- g. Once on the water, complete your outing as normal
- h. Remember to use lights at night!
- i. Note that the downstairs toilets are in use but the changing rooms are not
- j. In an emergency, e.g. a capsize, the disabled shower may be used

## 3. After completing your session

- a. After the outing put face coverings back on when taking equipment back to the boathouse
- b. Ensure all touch points are cleaned using soap and water (gates, seats, oar handles, carrying points on boats and launches)
- c. If you debrief after your outing, keep appropriate distances from coach and crew members
- d. Ensure that you or another member present has the means to lock up when you leave
- e. Only the key holder will exit via the club, all others must exit via the boat bays
- f. Key holders to wear face coverings when exiting the club.
- g. If you are last to leave, ensure the roller shutters are down and the lights are out and if the bar is not open, ensure the doors are locked, shutter down and alarm is set.
- h. If you notice anything that needs attention or replenishing (e.g. paper towels, sanitiser, soap or cloths), please contact [clubmanager@tynearc.com](mailto:clubmanager@tynearc.com)