

1. Before training

- a. Squad/group training will be timetabled to reduce the number of people attending the club at any one time. Note when your squad session is taking place, the start and finish time.
- b. Ensure you can access the boat bays and have confirmed both access and locking up arrangements with your squad co-ordinator.
- c. As far as possible arrive changed and ready to train, accessing through the roller shutters (wait outside until the key holder has opened up the roller shutter doors).
- d. Leave your kit bag in your boot or, if necessary (e.g. you arrive by bike), at the back of the boat bay. **Do not** leave it in any of the bays or next to the roller shutter doors.
- e. Where possible, sign in using the QR code sheet appropriate to rowing.
- f. Wear mask/face coverings when entering and moving around the building.
- g. Use hand sanitizer provided on arrival at the club prior to training.

2. When training

- a. You will be allocated boats with co-ordinators ensuring appropriate equipment is available.
- b. Prior to using equipment, clean any touch points so you know it has been cleaned (gates, seats, oar handles, carrying points on boats and launches). Cloths and soap are provided.
- c. Only one crew per boat bay when getting equipment out and wear face coverings, only taking 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. Coxswains in stern loading boats must wear an appropriate face covering or visor and also cover the cox boat microphone with one of the disposable coverings provided
- f. Remember to use lights at night!
- g. The downstairs toilets are in use but **the changing rooms are not generally available.**
- h. In an emergency (e.g. a capsized), the disabled shower may be used

3. After completing your session

- a. After the outing put face coverings back on when returning equipment to the boathouse
- b. Ensure all touch points are cleaned using soap and water (gates, seats, oar handles, carrying points on boats and launches) and **ensure that all equipment has been put away.**
- c. If debriefing, keep appropriate distances between you and others at the debrief and other members of the club
- 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. Complete your session and leave the premises by the end of your allocated time.
- h. If you are last to leave, ensure the boat bay shutters are locked and the lights are out and ensure the exit door is locked, shutter down and alarm is set.
- i. If you notice anything that needs attention or replenishing (e.g. paper towels, sanitiser, soap or cloths), please contact your co-ordinator or clubmanager@tynearc.com