

Tyne ARC - Rowing under Covid-19 – revised version - issued on 9 July 2020

Introduction

Tyne ARC has followed Government rules and British Rowing guidance in preparing these instructions for rowing under Covid-19. These instructions are under constant review and changes will be announced on the club web site and on the members' Facebook page.

Appropriate social distancing, limiting size of groups and good hygiene arrangements are key to all of the following and detailed instructions are given. This document is informed by a related risk assessment which is available to download on the club web site.

Summary of rowing and land training arrangements

Rowing and other training from or on club premises can only be undertaken in one of the following categories, with detailed arrangements below:

- Rowing in fine singles by **experienced and signed-off individual adults** (over 18) 1 to 6 people at a time in time-limited sessions pre-booked online by the individual rowers with no club supervision provided;
- Rowing in fine or stable singles by members of the **Junior Squad** in groups of no more than 5 at any one time, to be supervised at all times on the water by a club junior coach in a launch and to be helped by parents on land;
- Rowing in fine or stable singles by members of the **Development, Novice and Wednesday AM Squads** in groups of no more than 5 at any one time, to be supervised at all times by a club coach;
- **Land training** in the open air is permitted on the grassed area immediately to the west of the old boathouse in one or more groups of 6 people working independently and following social distancing rules.

Rowing in fine or stable *doubles* is permitted by crew members who are in the same household. Please contact your coach or a club officer to arrange access to the new clubhouse.

Use of the ground floor accessible toilet in the new clubhouse is permitted if a club officer or a coach has opened the shutters or side door for a squad outing or otherwise.

A Rowing in fine singles by experienced signed-off individual adults

Individuals are able to access the old boathouse using the electric roller shutter or the side door with their own key to take out either private or club singles stored there. You must follow these rules:

- 1 To go out you must be on the list of those signed-off by your coach or squad coordinator as being competent to take a single out on your own with no safety launch cover - the list is viewable on the booking spreadsheet;
- 2 Up to 6 individuals may row at any one time and they must sign up in advance for a 90 minute slot using the spreadsheet here - <https://docs.google.com/spreadsheets/d/1B1NKKpo2VxmXTIji-GtBodu08tkh-Hsxp0ZxkQxJw/edit#gid=0>;
- 3 Come down to the club changed as there is no access to the changing rooms;

- 4 Do not enter the boathouse before your allotted time;
- 5 Ensure you plan your outing so as to be off the water, have your equipment cleaned and put away in order to exit the boathouse at the end of your 90 minute slot. This is to ensure there is no overlap in the boat house between you and the next set of rowers;
- 6 Follow the cleaning guidance as below, which will also be posted in the boathouse. If using a club single or blades please make extra sure that the equipment is fully washed using soap and water so it is safe for the next user;
- 7 The spreadsheet will also be used as a sign out sheet - if you have signed up and are no longer going to go out please remove your name as soon as possible.

Water safety instructions for individual adult rowers

- 8 Before leaving home check the weather forecast (especially for wind) and tide times, taking particular note if wind will be against tide and check the members Facebook page for any late announcements, e.g. about obstructions, conditions, low tides etc;
- 9 On arrival undertake a personal risk assessment taking into account these factors plus the actual water conditions, your fitness and your own experience in a single (even if on the approved list) and come to a clear conclusion on whether it is safe for you to go out without launch safety cover or not; if in doubt, don't go out;
- 10 You can receive help to get your boat out and put it on water (and the reverse), but you must social distance as necessary, using face coverings under the 1 metre plus rule if you need to be less than 2 metres apart;
- 11 Try to go out at the same time as the other rowers in the time slot and stay close when rowing, so you can keep an eye on each other and assist if there is an incident such as a capsize, subject to social distancing guidelines as far as possible;
- 12 If at all possible take a mobile phone with you in a waterproof pouch in case of emergency – club numbers to call will be posted in the boat house, but use 999 if serious;
- 13 We recommend that individual adult scullers stay between the White House and the bottom of Newburn straight on outings;

B *Rowing in fine singles by the Junior Squad*

Junior Squad members are permitted to row in fine or stable singles in groups of no more than 5 plus a coach at pre-arranged times, with one group only at a time on the water. The junior sessions are block booked on the online booking sheet.

- 1 The coach or coaches will ensure that rowers know in advance who is to row and when they must arrive and leave;
- 2 Rowers should arrive at sessions ready in rowing kit;
- 3 At least one parent/guardian of each rower must stay for the entire session in case of early finish or capsize;
- 4 Before boating starts the coach for each outing must undertake a risk assessment and come to a clear conclusion on whether it is safe to go out or not (if in doubt, don't go out), taking into account:
 - the prevailing wind and water conditions and tide times
 - the fitness and experience of each rower

- that the session is supervised from a launch
 - the type of boats being used (i.e. fine or stable and with or without floats);
- 5 A launch driven by a club coach will accompany each outing and every rower must keep within sight of the launch at all times. The launch driver will take a face covering with him or her on the water in case the 2 metre spacing rule cannot be kept if dealing with an incident and the 1 metre plus rule applies;
 - 6 The launch (RIB) will be carried down by 3 people without the engine. If household groups cannot be used for this and 2 metre spacing is not possible then the 1 metre plus rule must then be followed, using face coverings. The engine should be carried down by a single person or by two from the same household group;
 - 7 The parent/guardian of rowers can help rowers on and off the water if necessary. If help from another person is needed and 2 metre spacing cannot be met, then follow the 1 metre plus rule using face coverings;
 - 8 Follow the cleaning guidance as below, which will also be posted in the boathouse. If using a club single or blades please make extra sure that the equipment is fully washed using soap and water so it is safe for the next user;
 - 9 Social interaction before or after outings (and by helpers on land during the outing) is permitted but social distancing rules must be followed. Everybody should be clear of the boathouse before the next individual adult session is due to start.

C Rowing in fine/stable singles by Development, Novice and Wednesday AM Squads

Members of these squads are permitted to row in fine or stable singles, with or without floats, in groups of no more than 5 plus a coach at pre-arranged times, with one group only on the water at any one time. The sessions should be booked on the relevant green squad training column on the online booking sheet and may be at the same time as individual adult rowers can go out. Overlaps between squads should be avoided unless agreed in advance by coaches.

- 1 The coach or coaches will ensure that rowers know in advance who is to row and when they must arrive and leave;
- 2 Rowers should arrive at sessions ready in rowing kit;
- 3 Before boating starts the coach for each session must undertake a risk assessment and come to a clear conclusion on whether it is safe to go out or not (if in doubt, don't go out), taking into account:
 - the prevailing wind and water conditions and tide times
 - the fitness and experience of each rower
 - that the session is supervised from a launch
 - the type of boats being used (i.e. fine or stable and with or without floats);
- 4 A launch driven by a club coach will accompany each outing and every rower must keep within sight of the launch at all times. If numbers are limited, rowers are using floats and they keep close to and within sight of a coach on the steps, the launch can be kept ready at the foot of the steps in the water. The coach must be present on the steps (and watching) throughout the outing and ready to drive the launch in case of an incident;
- 5 The launch driver will take a face covering with him or her on the water in case the 2 metre spacing rule cannot be kept if dealing with an incident and the 1 metre plus rule applies;

- 6 The launch (RIB) will be carried down by 3 people without the engine. If household groups cannot be used for this and 2 metre spacing is not possible then the 1 metre plus rule must then be followed, using face coverings. The engine should be carried down by a single person or by two from the same household group;
- 7 Members of the same household can help rowers to get on and off the water if necessary. If help from another person is needed and 2 metre spacing cannot be met, then follow the 1 metre plus rule using face coverings;
- 8 Follow the cleaning guidance as below, which will also be posted in the boathouse. If using a club single or blades please make extra sure that the equipment is fully washed using soap and water so it is safe for the next user;
- 9 Social interaction before or after outings (and by helpers during the outing) is permitted but social distancing rules must be followed.

D Land training

Land training in the open air is permitted on the grassed area immediately to the west of the old boathouse in one or more groups of 6 people working independently of each other and following social distancing rules.

Squads should book the times wanted using the relevant green squad training column on the booking sheet. Generally speaking only one squad at a time should use the space to avoid overcrowding, but more than one can operate by prior agreement on numbers. Members should come changed.

Covid-19 Safety instructions

- 1 Wash your hands with soap and water on entering the boat shed or use the hand sanitiser provided;
- 2 Use the disinfectant spray and blue roll to clean the shutter mechanism after opening or closing the shutters (or handles and lock on the side door similarly if used), but don't spray anything electrical!;
- 3 Clean all rowing or other equipment used or otherwise touched with soapy water and a clean cloth, including any equipment you have to move to access your own (blades, etc). This is especially important if you are using club equipment;
- 4 Ideally bring your own boat cleaning cloth or sponge and take it home to wash it, but club cloths are available - take one from the 'clean' bucket and put back in the 'dirty' bucket after rinsing it (and the bucket you have used);
- 5 It is recommended there should be no more than 2 people in a boat bay at any one time. Ensure you keep a 2 metre distance from any other member on site. If it is absolutely necessary to be closer, the 1 metre plus rule applies using face coverings;
- 6 Do not attend the club if you are experiencing any symptoms of Covid-19, especially a high temperature or a new and persistent cough. Members in a vulnerable group should assess their own risk before attending the rowing club.
- 7 If using the accessible toilet, after use wipe down any surfaces touched (including inside and outside door handles) with the spray disinfectant and blue roll provided. Wash your hands with soap and water before and after use.