

Nepean Rowing Club- COVID19- Protocol- Rowing

Key Principles

- 1.5m social distancing: Everyone knows this, and this must be abided to while at rowing.
- Hand cleaning: Hand sanitiser and hand washing facilities are available at the club and should be used before and after sessions.
- Twenty people gathering: A maximum of 20 individuals will be allowed in the gym at any one time.
- Show symptoms: If you are showing any symptoms, you must not come to rowing until you have been tested.
- Get in, train, get out: this is not a time for socialising. Come and train, and then leave. Continue to keep in contact with others via other means.
- Boats: Single sculls will continue to be the main boat rowed however crew boats will be able to be rowed from the 1st July.

Facilities

Shed:

- The changerooms and toilets will be able to be used however showers remain closed.

School Shed:

Here is the short list of dos and don'ts. More detailed stuff at shed.

- If you are not well do not come at all.
- If you have been diagnosed with covid-19 or in company with someone who has been, do not come at all.
- If you have not been observing social distancing, do not come at all.
- If you are well and otherwise not excluded : Arrive in rowing/paddling gear ready to row/paddle.
- No initial entry or final exit other than via side door into kitchen.
- No person who is not a rower/kayaker of PRC, PVCC or usual volunteer is allowed. Random public members wanting to use toilets are not allowed.
- Sanitize hands on entry or exit to shed. Sanitizer in kitchen near entry door.
- PRC rowers must sign in and out of diary which satisfies Covid-19 register NRC sign in Covid 19 compliant register where they normally sign in. PVCC members sign in their Covid 19 compliant register on black cupboard near entry into PVCC bay in shed.
- No communing or food prep in kitchen.
- No more than 4 people in the shed main at one time. No more than 2 in toilet areas.
- No communing in shed change rooms. Changing clothes if need be must be in toilet cubicle. Weird but true.
- No use of shed showers. Please ensure showering happens before and after row/kayak, but not at the shed.
- Shed rowers/kayakers can use urinal, toilets and hand basins. Hand washing is a must after use of urinal and/or toilets. Liquid soap is in each of the sinks in change rooms. They are there to be used.
- Rowers/kayakers single vessels only unless they are part of the same family/household then they can go in a double. No crew boats greater than a double/pair allowed.
- Social distancing 1.5 m in/or outside shed area and/or on pontoon to be respected.

- Get oars/paddles. Get single boat. Wash then dry them with own towel that rower/kayaker has brought with them. Towels are not to be shared.
- On and of water as quickly as possible. No hanging around.
- Boats and oars/paddles to be washed and dried with own towels. Equipment then put away swiftly and exit from building with towel used.
- Remember to sign out on covid register for relevant club.
- Any breach means shed can be shut by Council. Be respectful and responsible.

Gymnasium:

The gymnasium is open for club and non-club sessions. The following rules will apply for gymnasium use:

Maximum Number

- A maximum of 20 members may access the gym at any one time.
- Rowers must log their attendance on sheets for club sessions or log it on sheets in the covid tab or text/email me if they are doing a session in their own time.

Hand cleaning

- There will be provided hand wash and sanitiser in the gym at various locations.

Bring items

- Rowers must use a towel at gym sessions. No towel, no session.
- Rowers must bring their own drink bottle. Kitchen equipment (i.e. plates, cups, cutlery etc.) may not be used at this stage.

Cleaning

- Between uses rowers must use the provided cleaner to clean the equipment used and it is also recommended hand sanitiser is used regularly.
- The gym will be thoroughly cleaned after gym sessions and daily on other non-session days (when non-club sessions are reintroduced).

Toilets, Changerooms and showers

- Toilets may be used as normal and you may also use the facility to get changed.
- The showers will also open. If another member uses the shower immediately after another before daily cleaning, the main areas (handles and benches) must be wiped down with provided disinfectant and paper towels.
- All facilities will be cleaned after sessions and daily when non sessions return.

Kitchen

- The kitchen will open for rowers to use the fridge, microwave etc. Utensils, plates, cups etc. may not be used. After using the kitchen, you must wipe down whatever you touched with the provided disinfectant and paper towels.

Catering for all

- We are opening showers, change rooms and kitchen to help members but this should not be abused, and members should not hang around longer than required. If you can shower, change, or eat away from the club, this should be done.

Rowing

Crew Rowing

- Crew boat rowing will be allowed from the **1st July**. While we will allow crew boat rowing from this date, we will not be rowing crews as regularly as we would if COVID19 did not exist. Singles will still be the boat rowed at most club sessions.

Individuals Rowing

- If you want to go for a row you must either log this on the google sheets tab or contact me directly to let me know you are accessing the shed.
- When accessing the facilities by yourself, please abide by all the guidelines.

Training Sessions

- We will slowly be increasing the number of club sessions. The following sessions are currently available:
 - Tuesday and Thursday 4:30-6:30 pm
 - Friday 4-6pm
 - Saturday and Sunday 8-10 am

Novice sessions

- Wednesday 4-5:30pm
- Saturday and Sunday 10:45-12:15pm
- If you intend on attending a session you must log your name on sheets.

Learn to Rows

- Small learn to row groups will continue and will be held to the same standards as set out here for members.

Spectators- Training and racing

- Only one parent is to accompany a rower to sessions and competitions.

Signage

- We will have signage around and inside shed with the key messages to remind you when at the shed and for others not privy to this information.

Social Distancing

- 1.5-metre distancing will mean that you will need to keep separated when around others with the only exception being when rowing crew boats.
- You should minimise the time spent at the shed and around others- get in, train, get out.

Hand cleaning

Sanitiser: Hand sanitiser will be available at the front of the shed and should be used as needed.

Washing: Hand washing facilities are available in both change rooms and should be used before and after sessions.

Cleaning

Boats and oars

- All boats and oars must be washed after use.
- Cleaning products and sponges will be provided.

Facility cleaning

- The changerooms and shed will be cleaned daily with areas constantly touched cleaned more regularly.
- You are asked to please minimise what you touch in the shed. You must also not leave anything in the shed when you have completed a session.

Contact Tracing

- I will keep a record on an excel spreadsheet of everyone who has accessed the facilities.
- We recommend all members download the government app to assist with this process.
- If a member tests positive, they must contact me so that I can notify those that have been in contact with them, and the facilities will be cleaned thoroughly before anyone else can gain access (if this means the facilities will be locked down, I will notify members).

Risk

- I would like to reiterate that we are still not back to normal and this should be understood by all members. Those at a high risk and those unable or unwilling to abide by the extensive rules should not row.
- Given the risks, we will be strict in enforcing the above and will not be hesitant in taking appropriate actions where members breach any of the above.

Contact Me

- I am here to help, and if you have any questions about the above or anything rowing related, please do not hesitate to contact me. Unlike the past, this should be done via phone or email.