

# **Nepean Rowing Club- Stage 1 COVID19- Re-opening Protocol- Learn to Row**

## **Introduction**

With the gradual easing of restrictions concerning COVID19, Nepean Rowing Club is **reopening its rowing program**. By no means will we be back to normal, and it comes with many restrictions that must be obeyed.

On Saturday **30<sup>th</sup> May** we will resume learn to row sessions.

The below is inline with all the available government guidelines and other sporting guidance regarding COVID19.

**Rowing currently is not recommended for everyone**. If you cannot abide by the below, please do not come, and we also recommend that if you are at a high risk, you consider not coming immediately. It is paramount that all the below is followed to ensure the safety of everyone involved. We want as much as everyone else to be on the water, but we will not be back to normal for some time, and we must all work together to make it work.

## **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.
- Ten people gathering: A maximum of 10 individuals will be allowed around the shed at any given 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.
- Singles: Single sculls will be the only boat rowed until further notice.

## **Facilities**

### Shed:

- The changerooms will be accessible. However, they are only to be used for toilets and washing your hands. No changing or showers are to take place in the facilities.
- Only 5 individuals will be allowed in each boat bay at any one time

### Gymnasium:

- The gymnasium is currently closed.

## **Rowing**

### Group limit

- Learn to rows will only be one on one or two on one. We will not be taking group bookings at this stage.

### Boats

- Only single sculls will be used during this period.
- We have training single sculls which are a lot more stable than traditional sculls and will allow anyone to try rowing.

### Coaching

- The coach will either be in a rowing boat, on the land or in a speed boat during the session. The coach will keep their distance while still providing coaching.

### Sharing Equipment

- We will not share equipment within sessions. However, we will use the same equipment in sessions on the same day or the following day. This makes it imperative that it is cleaned thoroughly at the conclusion of each session.

### Cleaning

- Boats and oars must be cleaned with the provided products. The coach holding the session will show you how to do this.

### Drop off and pickup

- It is asked that only the participant/s comes to the shed if over 18.
- If under 18 it is asked that only one parent comes to the shed with the participant and after talking to the coach, leave the shed area. At the conclusion of the session it is asked that the same procedure is followed.

## **Signage**

- We will have signage around and inside the shed with the key messages to remind you 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 and will mean we will only be rowing singles.
- We will 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**

### 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.

### **Contact Tracing**

- I will keep a record on an excel spreadsheet of everyone who has accessed the facilities.
- We recommend all participants download the gov app to assist with this process.
- If a someone 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 rows (if this means the shed will be locked down, I will notify all those that will be effected).

### **Risk**

- I would like to reiterate that this first stage of our return is not for everyone. Those at a high risk and those unable or unwilling to abide by the extensive rules should not row at this stage.
- Given the risks, we will be strict in enforcing the above.
- We want to see as many people as possible get on the water but the above must be abided by.

### **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.

Yours in Rowing,

Daniel Waddell

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