

Dear Member

Following the latest BR Guidelines:

<https://www.britishrowing.org/wp-content/uploads/2021/03/210311-Managing-COVID-19-v11.pdf>

The MIRC Management Committee has agreed the following protocols, effective from **Monday 29th March 2021**.

1. **If you are feeling unwell, have symptoms which are associated with Covid-19 or are on the Governments 'Clinically Extremely Vulnerable list'. Do not come to the club.**

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

## 2. **Boat Booking**

ALL members including members with private boats wishing to return to the club need to follow this rigorously. The online booking system will be regularly monitored:

- If you want to use a club boat, just go ahead and book a boat and time as normal. You **MUST** state who the crew members are in the notes section. No booking period should be more than 2 hours. **Please book in set one hour slots commencing 6am to 8am, 7am to 9am and so forth. Specifics of boat booking are attached, please read carefully.**
- **Juniors** will continue to have dedicated Saturday slots from 10am to 2pm. Can all adults please avoid booking in those slots.
- If you are a private boat owner, the process is as above, we have now added your boat to the system.
- **Access to the club** will continue as normal with the keys being picked up at the Barracks first thing in the morning and being returned when the last session is complete. Members who have keys must not use them to open up.

## 3. **On Site Access**

- Will be restricted to just site entry, the 2 boathouses and the disabled toilet. All other facilities, such as the lounge and kitchen will be locked. Members should not use changing rooms in the training hut.
- Only rowers and coaches may park in the car park.
- The First Aid kit will be moved to the disabled toilet, remember it is for emergencies only.
- Our cleaners will not be operating during this period, so please leave the toilet as you wish to find it!

## 4. **On Water Rowing - Single Scullers**

- **Experienced Adults.** Any adult on the Ready for Amber list can single scull during this phase. Buddying up is recommended where possible during the warmer months, and a firm rule between Oct 1<sup>st</sup> and April 30<sup>th</sup>. Where possible, please try to remain 3 lengths apart if following each other.
- **Adults who have single sculled before but not on the Ready for Amber list.** You can single scull in the type of boat you are used to (either fat or normal single) within ALL the following constraints:
  - a. You can only scull in Green conditions.
  - b. You are accompanied either by a rowing buddy, or you are in a double, steered by someone who has also sculled on their own before, or a member is on the bank with a throw line and knows how to use it. **Please comment on the booking form who is accompanying you.**
  - c. You keep between the Club and the White House as this stretch offers the greatest ease of accessing the bank.
- **Juniors.** At this point in time, only highly competent scullers identified by the coaching team will be allowed to single scull. Bookings will be handled by their coaches.

## 5. On Water Rowing - Crew Rowing

Specific BR guidance for crew rowing:

### Crew boats of mixed households

The risk of transmission of the virus is increased in a crew boat vs. a single scull, however, the normal distance between two rowers in a crew is over 1m and by following the below guidelines the risk of transmission is reduced. Clubs should phase the introduction of crew boats back into the club (as set out below) to help minimise the risk of transmission of the virus as the number of infections in the community decreases.

Whilst it might be possible for multiple boats to be on the water at one time, boating times should be staggered so that no groups larger than 12 individuals are using the landing stages (or equivalent) at any given time. Crews should be conscious of the Government's new restrictions on group sizes when not taking part in rowing activity - e.g. a crew of eight should not socialise as a single group after the outing.

Clubs should recognise that some members may not feel comfortable returning to crew boats and any crew boat rowing should be subject to all individuals understanding the risk and agreeing to follow the procedures below.

#### Crew & equipment selection

- Clubs should keep the same crew rowing together wherever possible to minimise the number of different close interactions rowers will have with each other.
- Whilst not always possible, clubs may wish to assign particular boats/equipment to particular groups or sets of groups.
- Records of all crews should be kept by the club for at least 21 days to assist with NHS Test and Trace if required.

#### Pre-outing

- Before an outing, a minimum of a 2m distance should be maintained at all times until in the boat.
- When retrieving the boat from your boat storage, the minimum number of people required to safely lift the boat should be used.
- When launching, rowers should keep a 2m distance - this may mean that slightly different carrying positions are required as to usual.
- Clubs may wish to mark lifting positions on boats that are at least 2m apart to help rowers keep social distance.
- Rowers may wish to wear a face-covering during the launching process.
- Before launching the boat, rowers should clean down their area of the boat and oars and after cleaning the boat, rowers should wash their hands.
- Crew briefings (and debriefings) should be kept to a minimum and socially distanced.

## During the outing

- Crews should aim to maintain the maximum distance between rowers at all times including:
  - Rowing full crew at all times to avoid someone rowing towards another rower sat at backstops
  - Take a slow approach back into crew rowing, easing people back up to pace to avoid a rower falling out of sync with the rest of the crew.
- Rowers should avoid shouting to reduce the risk of droplet transmission.
- Whilst the use of face-covering during the outing itself is a personal choice, we would advise rowers to consider the risk of a mask getting wet through breath, sweat or splashes, restricting breathing and equally becoming less effective as protection against viral transmission when wet.

## After the outing

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- Once back on the land, rowers should maintain social distancing.
- Rowers should clean down their own area of the boat before returning it to the boat store.
- Rowers should wash their hands.
- Crew debriefings (and briefings) should be kept to a minimum and socially distanced.

In addition, the club requests that:

- Crew rowers should be responsible for taking their individual blades from the boat house, cleaning them afterwards, and replacing them.
- If a crew cannot maintain a 2m separation while carrying the boat to the water, they should wear masks and store them in waterproof bags in the boat.
- A crew that rows together can split into smaller boats. Eg 2 doubles from a quad.

## Coxing

Coxes are often in closer proximity to the stroke of the crew and also in stern-loaders are sat face to face. For that reason, there is an increased risk of transmission between a cox and rower.

When coxed boats are permitted, coxes must wear appropriate personal protective equipment (PPE):

- As with rowers, coxes may wish to wear a face-covering during the launching process.
- In a stern loader - coxes should wear both a face covering and eye protection - this eye protection could be goggles, sunglasses or a face visor (a visor protects both eyes and additionally keeps the face covering dry).
- In a bow loader - coxes should wear a face covering.

Coxing equipment (e.g. cox boxes) should be used to avoid the need for shouting but equipment (including lifejackets) should not be shared between different coxes wherever possible. Where it is unavoidable to share equipment, the cox boxes should be cleaned between uses and a record of what equipment has been shared between who should be kept.

- Coxes must sanitise their hands before touching cox boxes, life jackets or boats and again when these are put away.
- The microphone of the cox box headset must be worn outside of the cox's mask.
- If gloves are worn, a clean pair must be worn for each outing.
- Cox seat, steering wires, cox box and headset must be wiped with a sanitising wipe before and after each outing.

Before the first session, coaches are required to discuss safety plans with each cox and stroke pairing and emphasis that these guidelines are put in place to help them keep each other safe. They need to agree that if the cox or the stroke feel it is unsafe at any point, they will be supported by the coach and any necessary changes made as quickly as possible.

Clubs should keep the same crew rowing together wherever possible to minimise the number of different close interactions rowers will have with each other, therefore coxes should, wherever possible, only cox the same crew. Where this is unavoidable, clubs may wish to limit coxes to coxing one crew per day.

In

addition:

- The club will provide all coxes with a dedicated coxbox and visor, which they are asked to take responsibility for charging and cleaning themselves.
- The club requests that coxes bring their own masks in addition to wearing the visors.

### 6. Distancing Restrictions

- Always abide by the 2m (or 1m with risk mitigation where 2m is not viable) social distancing rules.
- No more than 12 members rowing/coaching at any time. Please use the booking system to figure out how many are on site if it looks like there may be many during a slot.
- Only 1 person or cohabiting couple in each boat house at any time.
- Number of boats on the landing stage limited only by the current social distancing rules.

## 7. Personal Protection

- We advise you to come with your own hand sanitation products.
- The club will provide hand sanitisers inside the post box on the front gate and under the notice board at the river gate. Also in the disabled toilet.
- Please come to the club in your rowing gear to avoid changing on site.
- For those requiring warm water when washing their hands, the kettle will be left inside the main boat house.
- Washing up liquid will also be kept inside the main boat house.
- The club's position is that personal sanitation is the responsibility of the member, not the club. Each member should sanitise as they see fit for their own personal protection.

## 8. Washing Down of Boats and Blades

Both BEFORE and AFTER an outing, please use the provided eco friendly disinfectant to disinfect the blade handles, trestles, foot-stretcher, thumb nuts, seats, riggers and everything you may have touched on the boat. Please store the disinfectant inside the main boat house as it deteriorates in sunlight.

Finally, by going back to the club and rowing during this phase, you are accepting the risks associated with interacting in an environment with other people. **The club takes no responsibility for members who contract Covid-19 while on or using our facilities.**