



# Procedures for Rowing during the COVID-19 Pandemic

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## CONTENTS

<b>1</b>	<b>Rower Participation Requirements</b>	<b>Page 1</b>
<b>2</b>	<b>Rowing Sessions</b>	<b>Page 2</b>
<b>3</b>	<b>Coxswains</b>	<b>Page 3</b>
<b>4</b>	<b>Access to the Boatshed and Club</b>	<b>Page 3</b>
<b>5</b>	<b>Coaching</b>	<b>Page 4</b>
<b>6</b>	<b>Cleaning Materials</b>	<b>Page 4</b>
<b>7</b>	<b>Club Spanners and Other Tools and Parts</b>	<b>Page 4</b>

## 1. Rower Participation Requirements

- 1.1 Do not attend the boatshed if you have symptoms of COVID-19 or are at all unwell. Seek medical attention/testing.
- 1.2 If you are a member of another organisation or school and have been advised not to attend that organisation or school because of COVID-19, you are not to attend the boatshed.
- 1.3 Notify the Club President if you receive a positive test to COVID 19.
- 1.4 Masks must be worn in and around the boatshed and clubrooms and whilst getting your boat on and off the water. Masks need not be worn while rowing but must be carried in the boat.
- 1.5 Continue to practice social distancing:
  - minimise unnecessary contact with others
  - keep 1.5m apart wherever possible
  - avoid physical greetings – handshakes etc.
- 1.6 Practice good personal hygiene: hand washing, cough etiquette, avoid touching face and non-essential surfaces.
- 1.7 It is recommended that you download and run the COVIDSafe app.
- 1.8 Book a Boatshed Record Pass via the Club Booking System on SportsNoticeboard and if using a club boat then book a boat as per usual practice. (*See Section 2*)
- 1.9 Density limits apply in the boatshed, and in particular changerooms, gym and ergo areas.

## 2. Rowing Sessions

- 3.1 Rowing can take place in both single sculls and crew boats. Club boats are to be booked as per usual practice. Please see below information regarding coxswains in stern-coxed boats (*see Section 3*)
- 3.2 Rowers are requested to arrive and leave the boatshed promptly. Extended conversations are to take part outside the boatshed and away from other members.
- 3.3 Numbers of people within the boatshed must be kept to a minimum, with no more than 10 persons in a bay at any time.
- 3.4 Boatshed Record Passes are listed on SportsNoticeboard.
  - A separate pass must be booked for each boat/crew rowing
  - Enter the date and time that you will be rowing. There is no longer any restriction of start/finish times or session duration
  - In the *Team/Crew/Title* section, enter the names of all rowers in the crew, plus any other person (coach etc.) who will be present at the same time
  - In the *Note* section, provide any other relevant information, such as use of your own boat. This is required to record the rowing of your private boat.
- 3.5 Rowers are to arrive in training gear with water bottle and minimal other personal items. Rowing bags are to be left in cars.
- 3.6 Personal bikes are not to be left or stored in the boatshed.

### Junior Rowers: Additional Information

- 3.7 Refer to Clause 2.6 “Supervision of Junior Members” in the Club’s bylaws, which continue to apply to junior rowers:

The provisions of the Rowing Victoria Childsafe Policy and Child Safe Code of Conduct, which the Club has endorsed as Corio Bay Rowing Club’s Policy, apply to persons under the age of 18 (Junior Members), particularly in relation to keeping those members safe from any form of abuse.

In addition, the following applies to junior members in and around the boatshed, in order to maintain their safety whilst participating in rowing activities:

**Rowing:** Junior members are not to engage in on-water rowing activities without the active supervision of a responsible parent, guardian or other senior Club member (who must possess a current Working with Children card).

**Around the boatshed and Club rooms:** Junior members are not to be present in or around the boatshed without the presence of a responsible parent, guardian or other senior Club member (who must possess a current Working with Children card) in the boatshed area. Further, this provision means that junior members are not to be left unsupervised after their rowing sessions, awaiting transport home. If the person responsible for the junior member cannot wait for the member’s parent or guardian, then responsibility for the junior member must be passed to another person who will.

In the context of the above paragraphs:

- a *responsible* adult, parent, guardian or other Senior Club member means a person who has assumed responsibility for the junior member, **and** who the junior member knows has that responsibility;
- *active supervision* means that the junior member being supervised must be within line of sight and/or earshot of the supervisor.

### **3. Coxswains**

- 3.1 Coxswains in stern-coxed boats are in a situation of greater hazard, due to being downstream of rowers
- 3.2 Use of coxless or bow-coxed boats is preferable.
- 3.3 Coxswains in stern-coxed boats should be aware of, and accept, the greater risk that they are facing by accepting that position.
- 3.4 Coxswains in stern-coxed boats must wear a face-shield and mask.
- 3.5 The Club has made available face-shields for use by coxswains. Masks will need to be provided by the coxswain.
- 4.6 Face-shields and cox-boxes must be cleaned after use (*See Section 5*)

### **4. Access to the Boatshed and Club**

The current situation has required significant changes to access to and exit from the club.

#### **4.1 Entry to Boatshed**

- The number of people entering the club through the front (glass) door should be kept to a minimum.
- In general, rowers gain access to the boatshed for a rowing session via the roller doors.

#### **4.2 Upstairs**

- Access to the toilets requires your hands to be cleaned prior to entry and exit.
- Changerooms may be accessed, with a maximum of 4 persons at a time in each changerroom. Toilets within the changerrooms may not be used. No towels or other personal items may be left in the changerrooms.
- Shower use should be kept to a minimum. Only 1 person may shower at a time.
- There is no access to the kitchen.

#### **4.3 Exit**

- Rowers exit through the roller doors unless using changerrooms.
- The last person in the boatshed uses Spray'n'Wipe to spray touch areas on the roller doors and an alcohol wipe to wipe light switches that have been used.
- The last person out of the club uses an alcohol wipe on the alarm keypad and exit door handles (inside and out).

## 5. Coaching

- 5.1 Coaches/Supervisors are required to be recorded on a Boatshed Record Pass for the crew/sculler they are coaching.
- 5.2 Coaches are required to provide their own bike helmet and to clean club bikes (seat and handlebars) after use.
- 5.3 The coaching speedboat is available for use. It must be cleaned after each use.

## 6. Cleaning Materials

Appropriate cleaning materials will be made available by the Club where and when required.

**Hands** – soap is preferred where water is available; otherwise hand sanitiser

**Boats, oars, riggers and slings** – soap-based boat wash

**Club Tools** – continual immersion in container of soapy water

**Cox-boxes and face-shields** – 70% isopropyl alcohol in spray bottles and a chux cloth. Cloth should be very moist but not dripping

**Roller Doors** – spray “Spray ‘n’ Wipe” – leave wet

**Light switches, alarm keypad, door handles** – alcohol wipe – dispose of in CCMA Bin

## 7. Club Spanners and other Tools and Parts

- 7.1 Club spanners and other tools are to be left at all times in the container of soapy water.
- 7.2 Nuts, washers and other frequently required parts on the spares board at the front of the shed may be used as required. Wash your hands beforehand.
- 7.3 There is no general access to the Captain’s Locker. For parts required which are not available, contact the Captain.

### **Individual Risk**

Members must be aware of and accept their own level of risk during this Pandemic. The risks do not change just because restriction levels and allowable activities change. The virus may still be present in the community.

Members should make their rowing arrangements with this in mind. For example, some members may not wish to row in crew boats; others will be happy to row with a group of like-minded members.

All members should accept their own level of risk and respect the choices of other members.