

Rowing Handbook 2020-21: Covid-19 Precautions

The procedures outlined below are additional to the Covid-19 procedures that apply to the senior school site. Please make sure you have read and understood this information.

Remember that Covid-19 transmission is one of many potential hazards in rowing. All rowers must be aware of and understand the safety precautions for rowing on the River Severn and which are outlined here:

<https://schoolweb.rgs.org.uk/sport/rowing/safety>

Arrival and departure

- Rowers should aim to arrive no more than 5 minutes before the start of their session and wait on the Canoe Club side of the car park to be called forward by a member of staff. Social distancing must be maintained at all times while waiting for a session to start. Sessions have been organized to avoid mixing of Year Group Bubbles and rowers should be aware that they should not 'mix' with rowers outside of their 'bubble'.
- Parents are requested not to congregate on site and to observe the Covid-19 Government guidelines at all times.
- Hands must be washed / sanitized before entering the boat house or handling equipment. Hand sanitizer will be made available but rowers should also bring their own small bottle of sanitizer.
- At the end of the session rowers should depart or be collected promptly and no more than 10 minutes after the scheduled end of a session.

Kit bags / changing rooms / toilets

- Changing rooms are NOT available for use (unless there is a capsized situation). Rowers must arrive at the boat house in their rowing kit and should shower and change at home, after their session.
- Kit bags should be stored at the back of the boat house during the session, as directed by a member of staff. Please make sure you stow your bags so that they do not clutter the floor. Avoid bringing valuables on site. The boat house safe is available to store phones etc.
- Toilets are available upstairs and in the West Midlands Rowing Centre. Due to the restricted space in the toilets, only one person at a time may have access to them.

Crew & equipment selection

- There will be a phased return to rowing starting with small boats (singles and doubles) and a gradual move to crew boats.
- Rowers must sign up for outings beforehand. There is no 'turn-up and row' option.

Pre-outing

- Before an outing, safe distancing should be observed at all times until in the boat.
- During boat preparation, rowers may wear face coverings if they wish. Once in the boat, British Rowing does NOT recommend that face coverings are worn (coxswains excepted – see below)

- When retrieving the boat from boat storage, the minimum number of people required to safely lift the boat should be used. One boat will be moved from the boat house at a time.
- When launching, rowers should keep a safe distance if possible. 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 cleanse their hands.

During the outing

- Avoid shouting to reduce the risk of droplet transmission.
- Drinks bottles must NOT be shared (all rowers to bring their own bottle).

After the outing

- 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. Disinfectant and paper towels will be provided for this purpose.
- Rowers should wash their hands

Coxing

- 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 or sunglasses (the most practical eye protection will be sunglasses and coxes will be expected to provide their own).
- 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 face covering.
- 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 sanitizing wipe before and after each outing.

And finally . . .

We have had six months off the water. Be aware that it may take some time for your body to adjust to rowing again, you are very likely to suffer blisters (read the Handbook chapter Stay Healthy for Rowing, for tips on prevention and treatment).

Be kind to yourselves. Use this term to rediscover your love of rowing, build your skills, perfect your technique, and HAVE FUN!