



LEICESTER ROWING CLUB

Indoor Rowing During Covid 19 Emergency

Introduction

1. Following the lockdown and the relaxing of restrictions on indoor exercise facilities the committee has generated these supplemental rules to facilitate indoor rowing at the club. These will continue to develop in line with British Rowing's Return to Rowing protocols (<https://www.britishrowing.org/2020/06/latest-british-rowing-advice-on-coronavirus-covid-19/#returntorowing>) and HMG Covid-19 Guidance (<https://www.gov.uk/coronavirus>), including local restrictions (<https://www.gov.uk/government/collections/local-restrictions-areas-with-an-outbreak-of-coronavirus-covid-19>). Our first priority has to be to safeguard members' health and the health of anyone who comes to the club premises to train or assist someone who intends to do so.

2. The committee cannot police these supplemental rules, so it is up to you to follow them and take responsibility for your own health and to remember other club members who may follow. The rules have been developed with the assistance of the 'Risk Assessment – Covid 19 Hazard', and an additional LRC Covid 19 Indoor Rowing Risk Assessment which are available on the club website [here](#). If you are intending to participate in indoor rowing, you must read these Risk Assessment and be aware of the mitigation measures that the club has put in place or require you to put in place to reduce the risk of spread of the Covid 19 virus. In addition, members are asked to refamiliarise themselves with the Club's standard Risk Assessment, also posted on the club website [here](#). You should also keep yourself up to date with the latest British Rowing and HMG guidance, accessible via the links above.

3. We are all in this together and given the as yet still limited understanding of how the virus works, we must follow a reasonably simple yet vital set of requirements to reduce the risk of spread of the virus. Without wishing to create a blame culture, we have included a whistle blowing provision into the risk assessment. This is not there to catch you out but merely to remind you that if we are to remain safe whilst enjoying our sport, everyone must follow the procedures that are set out as mitigations within the risk assessment together with the following rules. If any member is seen to be in breach of these, they will be reminded of how important compliance is for the safety of all of us. Repeated breach after this will result in the withdrawal of the offer to allow indoor training being made by the club and the individual will be barred from using the club facilities until the requirement to follow Covid-19 specific protocols ends.

4. Anyone wishing to participate in indoor rowing at the club at this time must read both this document and the associated risk assessment, and sign the declaration below to confirm

that you will abide by the provisions of both documents. In the case of juniors wishing to participate in indoor rowing this declaration must also be signed by both the junior and by their parent or guardian.

A few reminders:

- a. The guidance from HM Govt is fundamental and nothing within these supplemental rules seeks to vary or amend this.
- b. **DO NOT COME TO THE CLUB AT ALL IF YOU (OR ANY MEMBER OF YOUR HOUSEHOLD/BUBBLE) ARE EXHIBITING ANY SYMPTOMS OF COVID-19 OR BELIEVE THAT YOU HAVE BEEN EXPOSED TO AN INFECTED PERSON. UNDER THESE CIRCUMSTANCES PLEASE STAY AWAY FROM THE CLUB FOR THE LENGTH OF TIME ADVISED BY THE NHS <https://www.nhs.uk/conditions/coronavirus-covid-19>.** In addition, do not come to the club if you are shielding or consider yourself to be vulnerable or high risk.
- c. These supplemental rules must be read in conjunction with Club Byelaws available at http://www.leicester-rowing.co.uk/media/documents/club/LRC_Byelaws.pdf and have been introduced solely to address the Covid 19 spread risk. The committee have expended considerable time and effort to try and ensure that you will be as safe as you reasonably can be if you come to the club to row but your cooperation is also requested. Responsibility for your own safety and well being primarily rests with you and nothing in the documentation being issued by the club seeks to place any form of pressure on you to do something that you personally consider may be a risk to yourself. You must feel comfortable with the environment that has been created at the club or you are strongly advised to defer coming to the club until the current emergency has passed.

Supplemental rules for indoor rowing during the Covid 19 emergency:

1. Limited number of ergos will be available for use by club members. These will be located in designated positions on the wooden dance floor area to facilitate social distancing and must not be moved from these positions. The doors between the dance floor and the bar area must be kept open at all times.
2. There will be an online booking system which will be used to manage the number of individuals training at any one time. Please follow the current guidance on the system when booking your session. Social distancing should be maintained at all times in the building. If there are several ergos free please select one that is furthest away from other current users. At busy times try to use an ergo next to someone from your household/bubble or who is already part of your mixed household crew to minimise mixing between club members. Juniors booking a slot will also need to identify an appropriate adult who will provide their supervision. Please be mindful of other club members when booking your slots and try and vary both frequency and time to enable those members who wish to train at some stage during the week to find a slot.
Remember social distancing! **Do not come to the club on the off chance. You are not be permitted train unless to have booked a time slot which has been confirmed by the**

Club Captain or your Squad Lead. The club will retain booking data for at least 21 days in case it is required in relation to the NHS Test and Trace, in line with British Rowing guidance.

3. Avoid travel to and from the boathouse by public transport.
4. The sharing of cars by members who are not from the same household/bubble should only take place in line with HMG guidance, available here <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>.
5. If you or your driver has to use the keypad to gain access to the club, remember to sanitise/wash your hands after inserting the pin code. In preference, use a remote to gain access.
6. Arrive at the club in your kit ready to train. There will be no female or male changing facilities. Bring a towel and change of clothing with you in case you need it. Your belongings should be stored in your vehicle as far as possible, and if not in the space allocated to the ergo you are using. No belongings are to be stored in the boathouse.
7. Bring any drinks that you may need with you and remove empty drinks bottles on departure. There will be no filling of water bottles at the club.
8. Access to the club house will be in accordance with the existing one way system restricted to (1) traversing through the gym to the boathouse to open up if necessary (2) accessing the dance floor area to use the ergos via the stairs from the boathouse and exiting via the door at the changing room end of the room and (3) if you need to, a visit to the disabled person's toilet (4) traversing through the 1st floor of the building via the stairs from the boathouse to the front door to lock up the building. If the boathouse is already open please enter the building through the open roller shutter doors only. In each case, try not to touch the doors with your hands (use your feet to push doors open if possible) and if you need to, sanitise or wash your hands asap thereafter. Soap and water for hand washing is available in the boathouse. **Members on the first and last sessions will need a key to unlock/lock up and are also asked to sanitise the door handles and/or push plates with the products provided.** The boathouse must be locked when there is no-one at the boathouse or on the water.
9. All other areas within the club house **are strictly out of bounds**, this includes the gym equipment. The bar area of the club room should only be used as a corridor to leave the ergo area. Club members should not sit, linger or socialise in this area.
10. Use the red light switch at the main entrance and this will turn on all of the lights that you will need. Do not use any other light switch. If you are in the last session, please remember to turn off the red light switch as you depart the premises. **Members on the first and last sessions are also asked to sanitise the light switch.**
11. Ensure you maintain social distancing at all times while at the club. This includes when you are in the club room. Do not shout encouragement at others while they are training. If you need to have a long conversation please do this outside.
12. Sanitise all surfaces/items etc before you touch them using the alcohol sanitiser provided. **Remember; do not touch your face.** Please use disposable gloves to operate the shutter door chain and dispose of them immediately afterwards.

13. If you are booking a session where you will be the only one at the club for the duration of your session then do not open the roller shutter door. If your session overlaps with other club members then the roller shutter door should be kept open to minimise the number of people that need to touch the door chain and to ventilate the boathouse.
14. Sanitise all touch points on the ergo before and after use using the spray provided (handle, seat, shoes, monitor and drag factor lever). Avoid spraying sanitising spray on the chain or the moving parts of the ergo. Sweat patches on the floor should be wiped up and wipes discarded in the bins provided.
15. To ensure the room remains as well ventilated as possible, open all available windows before you start your session. Fans have been positioned to maintain ventilation and should be turned on but not moved. The last person to leave the room should close all windows and turn off the fans before sanitising all touch points
16. Bring your own tools with you – you will not have access to any club tools during your visit.
17. Try and avoid having to use the toilet facilities. If this is not possible, use the disabled person's toilet. Access to the corridor to use the toilet will be restricted to one person at a time. Be prepared to completely sanitise and disinfect the toilet and washbasin both before and after use. Gloves, sanitiser, disinfectant and single use cloths will be provided. Do not discard cloths down the toilet but place them in the bin provided. **Remember**, hand washing with soap after completion of the sanitising process is essential.
18. If you have to use the toilet whilst you are at the club then exit the clubroom by the door at changing room end. Move the cone to the middle of the corridor to indicate that the facilities are in use and ensure social distancing. Only the disabled toilet may be used, the changing rooms are out of bounds. When you have finished move the cone to one side and follow the one way system down the main stairs, through the gym and back up the other stairs to return to the club room. We suggest you use your foot to move the cone. Signage will be provided to direct you through the building as described.
19. Hand sanitiser will be provided at a number of locations around the clubhouse – please make use of it, but please also remember that after training your hands will also be 'socially dirty' so please wash your hands with soap and water when you have completed your session as you leave the building.
20. If you see a club member breaching these rules, please advise a member of the committee. However onerous the rules may appear to be, they have been put in place to keep us all safe.

Declaration:

I have read the Leicester Rowing Club Risk Assessment Covid 19 Hazard together with the foregoing and agree to abide by the rules outlined in this document. I understand that I am attending the club while it is only partially open and am

satisfied that I am sufficiently competent in all circumstances to row without the usual club assistance.

I understand that the measures put in place are to minimise the risk of the transmission of Covid-19 but that this risk cannot be removed. I understand it is my responsibility to consider the risks and decide if I am satisfied with the mitigations put in place before deciding to visit the club.

I understand that these are evolving documents that will change and be updated based on new guidance from the government and British rowing as well as improvements and learnings from within and outside of our club. I agree to keep up to date with these documents as new versions become available and to abide by them

Signed:

Print name:

Date:

LRC Covid-19 Indoor Rowing Supplemental Rules – Document Amendment History

Amendment Number	Date	Changes
1 st formal issue	Sept 2020	-