



LEICESTER ROWING CLUB

Rowing During Covid 19 Emergency

Introduction

1. Following the lockdown and the relaxing of restrictions on organised sporting activities, the committee has updated the supplemental rules in place to facilitate rowing outings. 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 row or assist someone who intends to row.
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' which is available on the club website [here](#), and if you are intending to row, you must read this 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 rowing 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 go afloat from 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 go out on the water 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](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 rowing during the Covid 19 emergency:

1. Phase D text

Rowing will be limited to 1x, 2x where members of the same household/bubble can fill both seats, and mixed household 2x and 2- where the same crew rows together consistently. Single sculling is open to all members who are competent to go onto the water as a lone sculler and scull without risk of capsizing.

Phase E text

Rowing will be limited to 1x, 2x where members of the same household/bubble can fill both seats, and mixed household 2x, 2-, 4x, 4- where the same crew rows together consistently and the steersperson is approved by the Captain. Single sculling is open to all members who are competent to go onto the water as a lone sculler and scull without risk of capsizing. Although the BR Phase E allows coxed fours and quads these will not yet be allowed at LRC. Once the required PPE and procedures are in place to facilitate coxed boats this section will be updated

Phase F

Rowing will be limited to 1x, and crew boats where the same crew rows together consistently. Single sculling is open to all members who are competent to go onto the water as a lone sculler and scull without risk of capsizing. This will need additional guidance on PPE for coxes

Where a capsizing does occur, the sculler must be sufficiently competent and skilled to either right the scull and get back into it or to swim to the towpath bank pushing the scull and recover themselves and the scull without assistance to the boathouse. **Remember**, no one plans to capsize or have an accident or medical emergency. Do not take unnecessary risks, if you do not feel competent to recover your scull after a capsizing, please wait until the current emergency has passed. Remember that you must have your mobile in a waterproof pouch secured into the boat before you leave the stage. **Please note that all crews consisting solely of members under the age of 18 wishing to row must be supervised by an adult at all times.** With the agreement of the relevant squad lead, this supervision may be provided by a responsible adult in another sculling boat, otherwise it will be provided from the bank.

2. There will be an online booking system which will **limit the number of people** to be on the landing stages at any one time. **4x/- crews will need to book 2 boating and debarking slots in the same time band.** Social distancing should be maintained at all times in the boathouse and when handling boats.

Junior crews or single scullers bookings boating slots will also need to identify an appropriate adult who will provide their supervision. Please be mindful of other club members when booking your slots, particularly if you are using shared club equipment, and try and vary both frequency and time to enable those members who wish to row to get out on the water at some stage during the week. Time slots will be in periods plus a 15min arrival and boating period and a 15 min debloating and departure period. Remember social distancing! **Do not come to the club on the off chance. You are not be permitted row 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 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 row. There will be no female or male changing facilities. Bring a 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 committee room. 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.
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 inside the boathouse and when you are handling or cleaning the boat. This is particularly important for mixed household crews. If you need to have a long conversation please do this outside.
12. Sanitise all surfaces/items etc before you touch them and discard wipes in the bins 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 please close the roller shutter door halfway as a security measure. 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 boats and blades before and after use with the products provided and discard cloths in the bins immediately afterwards. In club boats please ensure you also sanitise the seat, rigger gates, shoes and slide ends. Club boats must be fully sanitised between each use, even when used in consecutive time slots. Members of mixed household crews should each sanitise their own section of the boat. Where cycle(s) stored at the club are used, remember to sanitise all touch points before and after use.
15. Sanitise trestles/slings after returning them to the boathouse.
16. Bring your own tools with you – you will not have access to any club tools during your visit.
17. When boating and debloating, remember social distancing. If there is someone at the landing stage before you, stay well clear and only approach the landing stage if you can maintain social distancing of >2m.
18. If appropriate, bring someone with you to walk the towpath whilst you are on the water. They will be able to assist you if there is an emergency.
19. Try and avoid having to use the toilet facilities. If this is not possible, use the disabled person's toilet. 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.
20. If you have to use the toilet whilst you are at the club then you must enter the building by the boat bay door. Enter the building through the door at the top of the red metal stairs, head straight up the back stairs and through the committee room to the landing. Only the disabled toilet may be used, the changing rooms are out of bounds. Move the cone to the middle of the corridor to indicate that the facilities are in use and ensure social distancing if there is a queue. 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 out into the boat bay. We suggest you use your foot to move the cone. Signage will be provided to direct you through the building as described.
21. Hand sanitiser will be provided at a number of locations around the clubhouse – please make use of it, but please also remember that after rowing your hands will also be 'socially dirty' so please wash your hands with soap and water when you have completed your outing.
22. 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 Supplemental Rules – Document Amendment History

| Amendment Number | Date | Changes |
|------------------------------|------------------------------|---|
| 1 st formal issue | 27 th May 2020 | - |
| Amendment 1 | 11 th June 2020 | Changes to clauses 2 and 11 to allow three parallel booking sessions / maximum of two people from different households in each side of the boathouse. |
| Amendment 2 | 14 th June 2020 | Changes to Reminder point b (page 1), and clauses 1, 2, 4, 11 and 18, to reflect HMG guidance regarding social 'bubbles'. Clause 13 rewritten. |
| Amendment 3 | 10 th August 2020 | Changes to Reminder 1, 2 and 3, clauses 1,2,4,11,14 and 18 and declaration to reflect updated HMG and BR guidance |
| Amendment 4 | 10 th Sept | Changes to clauses 1, 2 , 8 and 20 to reflect move to next phase of BR schedule and changes to arrangements relating to return to indoor rowing |