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**Covid 19 Return to Rowing - Phase 3**

The following plan has been formed in response to the British Rowing Update published on 4 June and has been agreed by the Rowing and Executive Committees. It has been made to act in both the spirit and letter of Government Coronavirus guidance to protect the health of club members, other river users and the wider public.

The key considerations have been:

* Maintaining 2m social distancing
* Up to 6 people households meeting up outside
* Cleaning of shared equipment and common touch surfaces
* Minimising the need for help from others, including the emergency services
* Operating safe rowing procedures

**Rowing from 6 June:**

(Private sculls can continue to follow Phase 1 at other times)

Monday 5pm – 8pm Juniors in groups of up to 5 to 1 coach

Tuesday 4pm - 8pm Adults

Wednesday 5pm – 8pm Juniors in groups of up to 5 to 1 coach

Thursday 4pm – 8pm Adults

Saturday 8am – 12:40pm Adults

1pm – 5pm Juniors in groups of up to 5 to 1 coach

Sunday 8am – 12pm Juniors only in groups of up to 5 to 1 coach

12:40pm - 6pm Adults

**Guidelines**

* Club and private singles and ‘same household’ doubles only
* You must have been approved by captain or coach to single scull unsupervised
* Crew must be capable of getting in and out of a boat unaided and be able to self-rescue in the event of a capsize
* Boats must be booked 24 hours in advance
* No solo outings, you must have a ‘buddy’ booked to scull at the same time as you
* Outings are restricted to the Rugby Club
* Maintain 2m social distancing at all times
* Only two people in either side of the boat house at any time
* Only three boats launching from or returning to the landing stage

at any time

* You must take a mobile phone with you
* Adhere to water safety rules
* Only the main boathouse will be open, you will not have access to any other areas of the club
* If you or a member of your household has Covid 19 symptoms, please stay at home.

**How it works**

1. Adults book your slot 24 hours ahead using the link (this will be sent to you when you have been approved). The slots are 2 hours long and denote the time you should arrive and leave the club. Please do not arrive before this time. You can leave before the departure time. Junior bookings will be arranged by their coach.
2. If you need to cancel or change your booking, use the WhatsApp group to notify others so that someone else can take the slot or your ‘buddy’ may not be able to row.
3. Wash your hands using soap and hot water before leaving home.
4. Arrive in kit with everything you need including a Hi-vis, change of clothes, water, hand sanitiser, mobile phone and waterproof case, hat, suncream.
5. Do a risk assessment: the matrix is viewable in the side door to the Private Boathouse.
6. Enter through the main boathouse doors. There may be a lock across the handles, you will be given the combination for this.
7. Clean equipment before use using the disinfectant spray and paper towels. Towels to be thrown into the wheelie bin (lid left open).
8. The first crews down put the trestles out, spaced out across the full width of the apron, trestles to be left out and be brought back in by the last crews of the day, unless there is a long break in bookings, in which case put inside the boathouse.
9. Two people can carry a single out together, staying 2m apart. The boat can be put on the water by two people as well but you will need to get in on your own.
10. Disinfect all common surfaces you have touched eg. door handles.
11. Close the boathouse doors and bolt one if no-one else is there and lock. Use hand sanitiser (please bring your own) before doing so.
12. Boat, maintaining social distancing.
13. Use the ‘buddy system’ ie. keep another sculler in sight.
14. Do not row beyond the Rugby Club.
15. Return within your time slot, allowing time to clean and replace equipment.
16. Thoroughly clean all equipment after use using the disinfectant spray, including the trestles.
17. Disinfect all common surfaces you have touched.
18. If no-one else is at the club, lock the boathouse doors. Use hand sanitiser.
19. Leave.