

Wallingford Rowing Club
Managing Covid-19

Version 5.2

Last updated 14 March 2021 – removal of tiers per current government guidance, no exemptions for junior rowing

– Please see updates/changes in **yellow**.

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Aims of this document

- Reduce the risk of transmission of Covid-19 within club settings
- Ensure members understand the risks involved and the required procedures for visiting the club

Introduction

The committee continues to adapt and review advice from the Government and British Rowing in relation to delivering club activities as safely as possible. This document lays out the conditions and procedures for club activities with Covid-19 in the community.

Club members must take their personal situation into consideration in terms of their own vulnerability to the virus, their home/living circumstances, and their competence on the water, in making decisions about the best course of action for them. Just because others are sculling, does not mean that you should.

All of the following changes and procedures are conditional based on:

- Current **Government advice**, including:
 - o Maintaining social distancing
 - o Maintaining hygiene (washing hands, cleaning shared equipment/surfaces)
 - o Minimal use of club facilities (including the boathouse)
- **British Rowing advice**
- **Environment Agency restrictions**

The club's status and ability for individuals to row can and will be adjusted or removed as advice changes. If you are not sure, check your inbox and/or WRC social media.

Immediate/urgent changes will be communicated by email as quickly as possible.

Action: Make sure your contact details (especially email address) are up-to-date on ClubHub.

Member opt-in

Following British Rowing advice, we are requiring rowers to 'opt-in' to a return to activities (on and off water) at Wallingford Rowing Club, so that we can be sure that members understand the risk. Rowing-related activities are not risk-free, although we are putting in measures to reduce the risk as far as possible. This means reading this document thoroughly, and agreeing to abide by the procedures laid out here, plus any future changes that are communicated to members.

For junior rowers, this opt-in must come from an appropriate parent, guardian or carer. However, juniors should also read this document and understand the risk, and may also choose to opt in themselves.

Opt in [here](#).

Water sessions

You must maintain 2m social distancing from anyone not in your household. This may mean being more patient at times, and waiting for others to complete a task/put a boat away or on the water.

The old erg room and changing rooms remain closed.

Wash your hands when you arrive, and use hand sanitiser provided at the boathouse doors, before and after touching equipment or door handles. Minimise touching surfaces such as door handles and light switches as much as possible.

Maintain social distancing throughout your time at the club – if it is too busy to do so, use common sense and come back later.

Face coverings should be used at all times when not actively in a boat/training. These can be face masks or buffs. This includes in the boathouse and carrying equipment. When rowing on the water, bring a ziplock bag to store your face mask in and keep it dry for after your outing.

Arrive at the club ready to row, and leave immediately afterwards. Toilets and changing rooms are closed, with the exception of hand-washing on arrival/departure. Changing rooms may be used in the event of an emergency only (ie extreme cold requiring a shower).

When coming in after a session, be sensible – **wait on the water if the raft is too busy** to maintain social distancing, **wait on the raft if the rigging area is busy** (ie, you won't be able to maintain 2m distance from others).

The club is not open for socialising – come straight in and get your boat out, and leave promptly after your session. Please do not hang around inside or outside the boathouse, or 'queue' outside.

Mixed household crews

Mixed household are permitted in all boat types. Social distancing should be maintained when off the water. Rule of six applies when not in a boat.

Coxing

Coxes in stern loader 4s and 8s should wear a face shield. The club has purchased a number of plastic shields for that purpose. They are in the pigeon holes at the bottom of the stairs, and there should be enough for coxes to keep one each. If they run out, please let us know.

Cox boxes and headsets should also be cleaned before and after use, and coxes are reminder to use hand sanitiser before and after using as well. If you/your crew has access to private equipment to decrease sharing, that would be preferable if at all possible.

Coached sessions and safety launch cover

Coached sessions and safety launch cover may be organised for senior and veteran rowers subject to other restrictions in this document. There are no limits on group sizes for on water activity, but social distancing should be maintained, and no more than 12 individuals in one area (eg the landing stage).

The club is not open for socialising – come straight in and get your boat out and leave promptly after your session. Please do not hang around inside or outside the boathouse, or 'queue' outside.

Risk of capsizing should be assessed by coaches and individuals and sessions planned to minimise the need for rescue, ie less experienced rowers should remain in bigger boats, and progress to eg singles with floats when deemed competent to do so.

Junior water sessions

In returning to the water from the 29th March 2021, there are currently no exemptions for under-18s, and all junior sessions should abide by the same guidance as adult members.

Before and after sessions the usual rules around social distancing should be observed and coaches should restrict group sizes where necessary and / or stagger session times to prevent large groups at the club and so that social distancing can be maintained.

Although we are putting in measures to reduce the risk as far as possible, rowing-related activities are not risk-free since it involves shared facilities and equipment, as well as exercising less than a metre apart when in crew boats. Coaches will ensure that a record is taken of crew boats for every session, should a crew need to self-isolate (see contact tracing below).

Use of launches

Social distancing should be maintained when using launches. This means:

- One person per launch where possible (unless from the same household)
- Two people may be in a slipper launch, if they can maintain social distancing (ie one person at each end)
- Launches should be washed down before and after use, particularly main touch points – keys, steering wheel, throttle, padlocks

Safety

As ever, only go out if you have assessed that it is safe to do so for yourself, regardless of what other individuals decide. If you do not feel safe in a 1x on your own, DO NOT go out.

Remember no one plans to have an accident/emergency! Be prepared. It is worth being aware that people on the bank may be less willing/able to give hands-on aid right now. Consider taking a phone in a waterproof pouch – even if you don't get into trouble, this could come in handy if someone else does.

Usual safety rules still apply. You can find the current safety document [here](#).

Keeping the club safe and clean

Soap and sanitiser are available for use on arrival/departure.

Boat and blade cleaning stations have been provided to minimise transmission through touching shared equipment).

Contact tracing

It is important that all names are recorded in the event they are required for contact tracing. This must be done in the log book by the boathouse doors (river end).

QR codes are now available in the main boathouse, gym and bar (each counted as separate venues) for use with the NHS Track and Trace app instead of a contact log book. Scan the app on arrival at the club, or if you enter a different venue (ie go from a water session to the gym). If you are using a club boat, you should still sign the log book in the boathouse.

DO NOT come to the club if you or anyone in your household has any symptoms of coronavirus, including a cough or fever.

Members should follow the advice of NHS Test and Trace with regards to isolating after coming into contact with anyone with a positive test. This will include if you have been in a crew with someone who tests positive.

Equipment

When using club equipment, it should be washed thoroughly afterwards, using the soap supplied, and water from the outside tap. Include the inside/outside of the boat, and blade handles.

Reporting problems with equipment

Report broken/damaged equipment to [Emily](#), and note it in the book at the entrance to the boathouse.

Ensure you put a 'faulty equipment, do not use' sign on any unsafe equipment, so that others know not to use it. This must only be removed by someone who has been authorised to do so. If you're not sure, do not take it out!

Feedback

We need you to let us know of anything that is not working well – if there are busy times at the club, for instance. We won't be there to see everything, so you are our eyes!

Safety Officer: wallingfordrc.safety@gmail.com

We'll make updates as advice changes and as we learn from experience.

The gym

As of the 29th March, the gym remains closed.

As a volunteer run club with no staff, we can only open the gym if we rely on members to maintain the strict requirements for cleanliness and social distancing. Thank you in advance for your cooperation, so that we can keep the gym open. If the below procedures are not followed or don't work, then it is still possible that the gym will be closed again.

DO NOT come to the club if you have any symptoms of COVID19. If you come down with symptoms after visiting, please let us know asap so that we can inform anyone that you may have come into contact with.

If you have an erg at home, please avoid visiting the gym to use club ergs, due to the extreme limitations at the current time.

If anyone is found to be breaking the rules outlined below and on signage in the gym, they may face disciplinary action, and ultimately suspension.

Ensure your details are up to date on [British Rowing's ClubHub](#) so that you receive any important communications/newsletters from WRC.

Please send any concerns/feedback about use of the gym during COVID19 to wallingfordrc.safety@gmail.com

General procedures

- Hand sanitiser to be used upon entry – bring your own if possible
- Sign in book – fill in your name, phone number/email and time of arrival/departure for contact tracing
- Arrive in kit, and keep any bags/extra layers etc contained, and tucked away at the side of the gym (ie. not in the way of other users)
- Changing rooms remain CLOSED
- All windows and doors to be open when anyone is using the gym
- Keep ventilation fans (downstairs in wall), switched ON
- Fans are not to be used
- Maintain social distance of 2m from anyone not in your household
- Limitations on number of people in the gym MUST be adhered to at all times
- Take care on the stairs – be sure no one is coming down before you head up and vice versa (NO RUNNING!)
- No shouting - music to be kept low
- No organised 'squad sessions' at this time (with the exception of juniors – see guidance below)
- Please do not bring anyone else to the gym (eg friends, children) while doing your session
- If you have an erg at home, please avoid visiting the gym to use club ergs, due to the extreme limitations at the current time

Weights gym

- 5 people permitted at one time in the weights gym
- Do not move equipment from its 'section'
- Clean equipment after use
- Sanitise hands between stations
- If there are multiple people in the gym, do not switch between different stations – finish one, and then move on to another
- No circuits sessions

Upstairs mezzanine

- 1x watt bike and 4x ergs may be used at one time
- Do not move equipment from its marked section
- RowPerfect may be used but only INSTEAD of ergo #4
- No additional spectators or coxes permitted

Coaching/junior sessions

- At present there are no exemptions to junior training
- Coaches should maintain a 2m distance at all times, and shouting should be kept to a minimum – music should also be kept low to avoid the need to shout.
- Coaches/adult supervisors are advised to wear a mask at all times in the gym, in line with government guidance for indoor spaces.

Junior outdoor land training

Outdoor land training can be effectively delivered in a socially distanced way, therefore all juniors and coaches from separate households should be socially distanced from each other and members of the public when arriving, during, and when leaving the session. It is very important that juniors do not arrive or leave in a large group. Coaches should consider whether a large group size would make it impractical to socially distance and therefore restrict group sizes accordingly.

There should be no sharing of equipment and coaches should keep a record of attendance for all sessions.

Outdoor land training will typically occur in public places, and so it is important to consider that WRC is part of the community and as a group you are representing the club. Not everyone will be aware of the rules around sport, and if challenged by a member of the public the coach can politely point out that the session is being run in line with current government legislation relating to grass roots sports for under 18s. However, WRC are taking covid very seriously and any concerns should be directed to the Committee.

Travel

Avoid using public transport when visiting the club wherever possible. Walking, cycling or private cars are better first options.

If car sharing, use face coverings and keep windows open.

Hospitality

As of the 29th March, hospitality venues must remain closed, which means our club bar remains closed.

More information

British Rowing: [Managing Covid-19 v11](#)

[Sport England FAQs](#)

[Gov.UK guidance](#)

[The Environment Agency:](#)

“In line with the updated government guidance issued on 10 May, non-powered water sports like kayaking and rowing can resume.”