

WBC Rowing Section: Policy on access to facilities during COVID-19 epidemic. Active from 2nd December 2020. Latest updates are highlighted in yellow.

WARWICK
BOAT CLUB



TENNIS • SQUASH
ROWING • BOWLS

Following the government's guidelines, British Rowing have released guidance v8.1 outlining a new framework of our sport's restrictions vs local tiers. We would ask members to familiarise themselves with it as well as this document before coming to the club:

<https://www.britishrowing.org/wp-content/uploads/2020/11/201120-Managing-COVID-19-v8-1.pdf>

It is up to individual members to make their own risk assessment prior to every session, but if you are in a group considered 'vulnerable' then we would suggest that you do not row. Please consider your own circumstances carefully and respect the decisions of other members as to whether they do, or do not, row.

If the club is to remain open it is important that we all follow this guidance to keep ourselves and others safe. If you are concerned that this guidance is not being followed then please report this via the online system here (this can be done anonymously):

<https://www.britishrowing.org/knowledge/british-rowing-clubhub/club-governance/club-safety/incident-reporting/>

Only club members should book boats or equipment. If you have any queries about membership please contact one of the committee.

General

- The guidance for use of the rowing facilities have been set in line with government and British Rowing guidance.
- Please check that your local alert levels allow you to visit the club and comply with any additional restrictions.
- You must fill out the online opt-in form before restarting any rowing activities:

https://docs.google.com/forms/d/e/1FAIpQLSdqYzG3UgSMiq1CRYpiWAXlu_d37qoGTV1nRdA2ShbYoaVgZA/viewform

Travel Restrictions:

- Rowers living in Medium Risk (Tier 1):
 - o can travel to a High Risk (Tier 2) area to take part in rowing activities;
 - o should not travel to Very-High (Tier 3) areas for rowing activities.
- Rowers living in High Risk (Tier 2):
 - o can travel to a Medium Risk (Tier 1) area to take part in rowing but should follow the rules for a High Risk (Tier 2) area even whilst in the Tier 1 area;
 - o should not travel to Very-High (Tier 3) areas for rowing activities.
- Rowers living in Very-High Risk (Tier 3) areas:

- can travel within their local area to take part in rowing activities;
- should not travel outside their local area for any rowing activities.

Note, this may change as BR are waiting for further guidance from the government.

Access to the clubhouse

- ~~There is restricted access to the clubhouse. The bar and cafe have reopened with social distancing and other measures in place.~~ There is no access to the clubhouse, with the bar and café currently shut.
- Toilet facilities TBC, any updates to be communicated by the main club. ~~are available, with access via the back by the squash courts. Signs are in place showing *Engaged* and *Vacant* to allow one person at a time to enter and maintain appropriate distancing. Members should adjust the signs as they enter/leave. Toilets will be cleaned once per day, each morning. Opening hours are 9.30am – 9pm daily.~~
- The showers and changing rooms are available for Emergency use ONLY. This includes anyone capsizing who should shower and change as soon as possible. Members should come down to the club ready for their training.
- Should a shower be needed in an emergency (e.g. a capsize), you must inform the covid officer (covid.officer@warwickboatclub.co.uk), so that appropriate cleaning can be arranged.
- Drinking water is available from the tap outside the clubhouse, but we would suggest bringing your own.
- Use of barbecues and table tennis table are not permitted.

A first aid box is available in the boat shed. A defibrillator machine is located in the Ladies changing rooms with access via the back by the squash courts.

Access to the boathouse

- Crews should minimise the time they are in the boatshed, and only go in to move equipment or pick up kit bags. No mixing of households is allowed inside, other than to move boats.
- To comply with Government legislation anyone using the NHS Test and Trace App must scan the QR code displayed on the boathouse door.
- There is hand sanitiser and cleaning products available in the boathouse but we suggest that members may wish to bring their own. You **must** use these before and after touching any surfaces or equipment and on entering and leaving the boat shed. Please let a committee member know if supplies are running low.
- River slots **must** be booked **in advance** using the online system. To maintain social distancing there will be a maximum of six river slots available at a time. Please book river slots as follows:
 - For daytime outings
 - Singles/Doubles/Pairs – book 1 river slot

- Coxless Fours/Quads – book 2 river slots
- Coxed Fours – book 3 river slots
- For night time outings each boat should book 1 river slot only
- Please do not come down to the club unless you already have a river slot booked. To allow us to monitor who has been to the club (and so to help with contact tracing in case of a positive test of covid-19), please only book for yourself/your crew. If you are in a crew boat, you must list your crew members in your booking using the newly added Clubspark functionality (currently only available on the web browser, not on the app).
- To avoid overcrowding and enable social distancing with the increased number of river slots, please arrive and leave within the time limits of your river slot. A maximum of 12 people are allowed per water session.
- Only one crew per boat bay at any one time. Please wait outside until the bay is clear to enter. An exception applies to single scullers if they need assistance with their boat. Where 2m distancing is not possible, face covering is advised.
- Coaching is allowed, however if a coach is using the boating areas, they must book a river slot for themselves or be added onto a booking for track and trace purposes, observing the max 12 people per session restriction.

Access to equipment

- To comply with British Rowing guidance, rowing may take place in singles or in crew boats, with a maximum of 12 people in the boating area at any one time (this includes coxes and coaches).
- Crew members can be from different households, however advice is to stick to regular consistent crews where possible. This includes the cox. Where appropriate, a crew bubble can be formed by your rowing captain/squad coordinator to include any subs, coxes or coaches, up to a maximum of 12 members.
- Coxes will have an allocated microphone and face visor to be booked out and kept at home in order to minimise the risk of sharing equipment used so close to the face. Any cox must wear a face covering and face visor or face covering and goggles when coxing. Cox boxes will remain at the club and must be cleaned thoroughly after each outing.
- Crews must let the rowing captain know who they intend to train with, including the cox, so that equipment can be allocated and tracked.
- Wherever possible at least two metres should be maintained between individuals, however, where this is not possible during boating/lifting, mitigations should be taken such as wearing face coverings. Bring a waterproof bag to store the face covering in while rowing in the boat.
- When in the boat, individuals should maintain the maximum distance possible and avoid face-to-face contact as much as possible e.g. avoid turning to speak to a crew member or stopping for prolonged periods.
- Each crew member should carry their own blade(s).

- At the moment we do not intend to limit the number of slots that members can book in the week, but we will review this over the coming weeks depending on boat usage. Please consider others when booking boats or equipment.
- Six river slots are available Monday to Sunday, with peak session times 8-9.30, 9.30-11am at the weekend. Two night-time river slots are available 6-7.30, 7.30-9pm in the evenings. Please do not book across peak time slots. This will allow us to cater for anticipated demand and maximise river usage.
- Please only book boats which you have permissions to use. If you have any queries regarding boat usage please email your rowing captain.
- Please remember to put your outing on the board, and to risk assess thoroughly before you go out as you always do. Lone sculling presents particular risks, particularly for less experienced members, so please take this into account and contact your coach, squad co-ordinator or a member of the committee if you are at all unsure. Consider having a sculling 'buddy' that can go out at the same time as you, and so be around to help move your boat (this is possible while maintaining social distancing), and in case of an accident or capsize. If in doubt, don't go out.
- Remember further restrictions apply to night-time rowing and when the river is above the bottom step. Please familiarise yourself with these (available in the rules online or on the boat shed doors)
- You must clean down boats and blades thoroughly before and after outings. This includes cleaning and disinfecting blade handles, and cleaning boats fully with soapy water. We will try to ensure that stocks of soap, hand gel, surface disinfectant and sponges are available, but please try and bring your own where possible. If no cleaning equipment is available for any reason you **must not** go out.

If you are unfortunate enough to have an accident or a near miss, you must report it via British Rowing Incident Reporting. Please also report any equipment damage (whether or not you caused it) to a committee member.

Land Training

- Use of rowing machines indoors is allowed **for individual training only** however must be booked in advance on Clubspark. **With the exception of juniors, no organised group training is permitted indoors.**
- You must ensure you clean your rowing machine before and after use.
- All doors to the boatshed must be kept open to maximise ventilation.
- Rowing machines must be arranged in one of the following ways to ensure they are at least 2m apart
 - o using the machines where they are but only the two outside ones
 - o using all 4 machines spaced out down one bay similar to when using sliders
 - o using 2 machines in each bay so effectively one in each corner of the shed for maximum distance.

- River users have priority access to the sheds to get boats in and out therefore always check the booking sheet and allow sufficient time to avoid overlap with boat users. E.g. If a river slot is booked at 18:00-19:30, then arrive to erg at 18:15 and be away for 19:15.
- When erging all doors need to be open for ventilation and rowers staying at least 2 metres apart.

Personal Health and Hygiene

- If you are unwell, under quarantine or in any way unsure about your health you must not come to the club.
- Physical distancing must be maintained at all times. Please be particularly considerate of this when moving equipment and getting on or off the water as the boat sheds and landing stage may make it difficult due to limited space.
- Follow the government's advice to wash hands regularly and use tissues when coughing or sneezing.

Juniors

- The junior section ~~has restarted~~ **will be restarting**, and all junior members contacted by the junior coach/coordinator to organise sessions in line with this policy.
- **Juniors are exempt from "no organised group training indoors" rule.**
- Juniors may also go out on the water if accompanied by a parent or carer, either in a double scull or in two singles. Both must be a member of the club, be proficient in sculling in a single/double and have the permission of the junior coach.
- A junior coach with appropriate DBS checks and coaching qualifications may also act as a 'carer' with parental consent in a 1:1 training session.
- Use of the launch is allowed with permission. PPE/face covering must be worn if more than 1 person on board, e.g. when used as a safety launch.
- **Opt-in form must be filled out by the parent/guardian before restarting any rowing activities.**

Competitions and training off site

- All crews should ensure they read and understand the competitions or host club's plans related to coronavirus.
- Crews should derig/rerig and load/unload their own boat using the same straps for outward and return journeys.
- Wherever possible you should only share transport with members of the same household, if you do have to share transport make sure that mitigation is in place e.g. wear a face mask, open the window of the car etc.
- Bring your own tools – do not share.

- Where more than one crew is using a boat, you should wipe down touch points after each crew has used the boat.
- Government advice must be followed relating to Tiers and travel to/from the area.