



## Return to coastal rowing

This guidance has been issued following the publication of SportScotland's Phase 3: Return to sport and physical activity guidance on 5<sup>th</sup> August 2020 and the First Minister's announcement on 20<sup>th</sup> August 2020. It follows the [Scottish Coastal Rowing Association's Guidance for a Safe Return to Rowing on the Sea](#).

Please familiarise yourselves with the following information and take all necessary steps to maximise safety for yourself and your fellow rowers.

### **PLEASE BEAR IN MIND THAT THIS IS NOT A RETURN TO NORMAL ACTIVITY**

#### **Introduction**

Coastal rowing activity can now be undertaken, in fixed seat boats, with more than one household, in the context of an Organised Outdoor Contact Sport. The guidance relaxes the 2m physical distancing requirement by the creation of a "field of play bubble". This allows contact whilst the activity is taking place, in effect suspending physical distancing guidelines for the duration of the activity. Normal physical distancing guidelines will however apply before and after the activity takes place.

Although the guidance now permits rowing no club member will be put under any pressure to return to rowing until they are completely comfortable with doing so.

#### **Test and Protect**

We are required to record who is present during activity at the club and are using the [TEAMUP calendar](#) to do so. You MUST sign up for each session you attend. Your email address/phone number will not be visible publicly. If you subsequently decide not to participate please ask for your name to be removed by email to [rowing@chanonry.org.uk](mailto:rowing@chanonry.org.uk).

In the event that the club is requested by NHS Scotland Test and Protect staff to provide names and contact details for participants on a particular day then our Membership Secretary will pass the required data to the NHS Scotland. If you are contacted by Test and Protect staff and an activity at the club is relevant, you should give them the [membership@chanonry.org.uk](mailto:membership@chanonry.org.uk) address as the contact for the Club.

#### **General Rules**

- Only outdoor sport and physical activity can be undertaken at this time. The clubhouse and changing areas are closed with the exception of the

disabled toilet and to pick up safety equipment. The clubhouse operates a strict one in one out rule. Follow the instructions on the door.

- No spectators should attend, other than where a responsible person is supervising a child or vulnerable adult.
- In Phase 3 five households (or extended households) can meet at a time outdoors, and no more than 15 people in total at any time.

### **Procedures for rowing:**

#### **Signup to rowing**

- Do not attempt to go rowing if you feel unwell, or have any symptoms consistent with COVID 19, regardless of whether this may result in a row being cancelled.
- Signup for every session on Teamup to ensure we have a record of participants for 'Test & Protect' purposes.
- Only 5 households can meet to row. In practice this means that we will limit each boat to 5 people with no change over of crews permitted.
- It is possible for two boats to row at the same time but crews should stay in their crew group onshore and stagger launch and recovery times
- More than one session per boat can take place in a day but there should be at least 30 minutes between sessions to allow for cleaning down and to avoid crews mixing
- You can only sign up for one session per day
- Sessions should try to avoid times when scheduled sailing activity takes place to reduce social contacts

#### **Prior to rowing**

- Wash or sanitise your hands before and after rowing. If you wear gloves, ensure your gloves are clean each time.
- Use your own, clean equipment (water bottles, gloves, clothing etc)
- If possible use your own lifejacket. However, club lifejackets are available and will be cleaned down after each use.
- Bring face coverings and hand sanitiser. Buffs may be practical face coverings for rowing activities
- Crew prepping the boat should maintain 2m physical distancing
- Entry to the clubhouse is limited to use of the disabled toilet and to collect safety equipment. Please follow the one in, one out rule as directed by the notice on the clubhouse door
- Arrive dressed to row or change at your car

#### **Launching and recovery**

- The "field of play bubble", where distancing rules are relaxed, includes launching and recovery. Crew can be closer than 2m but should consider the use of face covering during this activity.
- If someone needs assistance getting in/out of the boat try to do this in a way that avoids face to face proximity e.g. tip the gunwale down. If a balancing hand is required both people should wear face coverings

## During rowing

- Face coverings are not required by all crew during the “field of play” which is defined as launch/recovery and on the water. However, the cox must wear a face covering during rowing (unless the stroke is from the same household). Using buffs as face coverings may be practical for rowing activities. Other crew members can wear face coverings if they are comfortable doing so.
- Avoid turning round to talk to the rower behind
- Crews should try to avoid changing places on the water but, when this is necessary, do so quickly. Sanitise oars if possible.
- Be more cautious than normal. We want to reduce the chances of others being called out to assist.
- Keep sessions shorter, in general less than an hour, and focus on social rowing

## After rowing

- Be mindful of ‘contact’ areas on the boat such as gunwales, oars, seats, tillers, etc and ensure these are washed with soapy water and/or disinfectant after the outing, paying particular attention to the parts which you know you have touched.
- For washing down buckets, sponges and washing up liquid are available in the side store. Cold water is as effective as warm. This will also clean your hands. Rinse down with the hose after cleaning.
- If borrowed or club equipment is used (VHFs, PLB, life jackets etc) this must be thoroughly cleaned after use with soapy water or sanitiser
- Leave the club as soon as the boat is put away



The Committee

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