

ROW PARTY SAFE RETURN TO ROWING GUIDANCE FOR MEMBERS

Before signing up to row it is important you familiarise yourself fully with this guidance and the club's [Covid-19 risk assessment](#). We row at our own risk, and being mindful of safety at sea is not limited to Covid-related precautions. Nothing that follows overrides the responsibility everyone has to ensure we all row safely. We need to make sure we work together to keep each other safe, allowing enough time (approx. 15 mins before and 15 mins after the row) to clean before and after each row. Please be prepared to contribute fully to cleaning and keeping to these guidelines if you book on to a row.

The most effective day-to-day mitigation against Covid-19 remains keeping to physical distancing measures, frequent handwashing and good cleaning of surfaces, in particular those deemed to be 'high touch points'. The important thing for Row Party members to remember is the key part that each person plays in helping to reduce the prevalence of the virus and that being cautious and considerate, when participating in activities, will require a new level of discipline – **we are returning to rowing, but not “back to normal”**.

If you have any symptoms of coronavirus don't sign up to row. If you have signed up to row and develop symptoms prior to the row then please contact the cox via Spond private message and phone to let them know you are not able to take your place.

Main symptoms of Coronavirus include:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus can display at least 1 of these symptoms

This guidance will be kept under regular review and any ongoing issues which arise please feedback via Spond private message to either Cathy Holman or Mandy Toogood

CREW GUIDELINES

The yard is small means we all need to follow guidelines and measures set out to make it safe for us all before, during and after a row.

The allocated Captain/Cox will be the Covid officer for the row and will give clear instructions before, during and after the row.

1. Before entering the yard

- Crew to assemble at the gate of the yard. No one is to enter the yard until Captain/Cox has completed instructions.
- Physical distancing to be maintained throughout the preparation, the row, and returning to the yard.
- Captain/Cox will remain Covid officer throughout the row and will:
 - Ask crew members if they have symptom or have been in contact with someone with symptoms.
 - Allocate a rowing position for each crew member.

- Confirm weather conditions and water conditions are safe and check the route to the beach is clear and not too busy
- Run through the procedure for getting the boat ready and launching including safety and technical reminders
- Open the gate – only one person to do this
- Allocate tasks clearly to each crew member including:
 - 2 people to take the cover off the boat and put it back on at the end of the row.
 - One person-collecting and wiping down life and washing the trolley handles.
 - One person collecting cushions and wiping them down. Same person to bring out cash jar for crew donations and return jar to shed.
 - 2 people wiping down the boat and oars thoroughly, paying particular attention to high contact area such as gunwales, oar handles, tiller, seats and footrests. One person at each side will ensure social distancing is maintained.

2. Lifting boat on and off the trolley before and after the row

This must be done swiftly as physical distancing will not be possible for this manoeuvre. The crew to return to physical distancing quickly after this has taken place.

3. On the boat

- Cox to minimise use of commands, directing voice above the heads of the crew and hand signals to be used where needed.
- Cox and Stroke must wear a face covering.
- Cox to ensure position change in the boat is kept to a minimum. Movement allowed only when there are additional health and safety considerations eg if someone is injured.
- If conditions at sea or any issues arising for crew members make it unsafe to continue rowing in line with this Covid guidance, return to shore early and report the issue.
- Remember the transmission of the virus is through airborne particles so be mindful of this when talking.

4. Masks must be worn when meeting at the gate, preparing the boat, whilst transporting to the shore and back to the yard. This is for safety of crew and public and to protect club reputation.

5. Hand Sanitizer

- Each person taking part in the activity must bring their own hand-sanitiser
- Each person must use hand-sanitiser regularly, before, during and after the activity including:
 - before touching the boat and trolley for lifting and moving
 - when entering and leaving the yard, using the shed, tap and gate
 - when doing maintenance tasks
 - when collecting the trolley after a row as members of the public may have touched them during the row
 - before putting on and taking off the cover

6. Bucket/Detergent

- Each boat must have a bucket, sponges and washing liquid on board
- Captain/Cox must ensure the boat is cleaned with soap before and after the outing
- Rowers are invited to bring their own rubber gloves to keep hands dry cleaning the boat. They may also wish to bring drying cloths to dry their own seat cushion. But rubber gloves and drying cloths should not be shared.

7. Spectators or visitors

- No one apart from scheduled crew/maintenance team in yard
- Friends/visitors/family members to maintain distance from crews during launch/return

8. Keeping crew and members of the public safe

- Captain/Cox to assess how busy the Prom and beach are and whether it is safe to take the boat to the water.

- One crew member to communicate boat movement to customers sitting outside Beach House just before passing with the boat in case any members of the public want to move.
- Do not let members of the public touch the boat
- Crew to wear masks when transporting the boat.
- Crew to maintain social distancing as far as possible when transporting the boat.

9. Post-row cleaning

- Captain/Cox will allocate all cleaning tasks to individual crew members including:
 - Boat wash down
 - Life jacket and seat cushion cleaning
 - Trolley cleaning
 - Oar cleaning
 - Storage of oars in the boat. Store the oars 1&3 port side and 2&4 starboard together on opposite sides of the skiff with numbers facing up. This is for easy identification and minimum handling.
- Covid cleaning equipment: Soap and sponges are in the bucket. A small box with spare masks and hand sanitiser is under the cox's seat. If anything is running out please let Cathy Holman or Mandy Toogood know by Spond private message.

10. Life jackets

These are sorted into sets of 5 and colour coded blue, purple and pink. Cox or crew member to indicate on Spond what colour life jacket used.

Can I use my own lifejacket?

It is the preference of the club for rowers to use club lifejackets, but if an individual member wants to wear their own life jacket it is their responsibility make sure they work and are properly maintained and match Row Party club standards. [Row Party Recommended life jacket link](#)

11. Handover:

The new crew collects clean life jackets and meets the incoming boat at the shore. The boat and all other equipment will have been washed by the incoming crew.

12. Post Row Socialising

Remember post row socialising should follow government guidance and be done outside the yard.

If you develop symptoms of coronavirus following a row please follow Scottish Government Guidelines: self-isolate and book a coronavirus test on line at [NHSinform.scot/test-and-protect](https://nhs.uk/inform-scot/test-and-protect) or by calling 0800 028 2816