

# ROW PARTY SAFE RETURN TO ROWING GUIDANCE FOR MEMBERS

This guidance has been created using guideline provided by Scottish Coastal Rowing, Sports Scotland and the Scottish Government. They will be updated as regulations change, so please ensure you are reading the most up to date version.

**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 (5 -10 mins extra) to get clear instructions from the cox before the row and to clean 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 spread 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

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# 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. Please indicate on Spond when you sign up if you are available to cox or share coxing.**

## 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. Check if rower in stroke position is willing to change position with Cox, if Cox would like to do this
  - 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 sanitising hands plus 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 opening shed and collecting life jackets and cushions. Same person to bring out cash jar for crew donations and return jar to shed, locking shed.

## 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 should return to physical distancing quickly after this has taken place.

## 3. On the boat

- Facemasks are no longer mandatory for cox and stroke. It is important that the crew respect that some members may wish to continue to wear masks.
- Cox to minimise use of commands, directing voice above the heads of the crew and hand signals to be used where needed.
- Cox to ensure position change in the boat is kept to a minimum. Cox and stroke can change position as agreed on shore. Other movement allowed only when there are additional health and safety considerations e.g. 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 or when cox and stroke are changing position.

## 4. Facemasks

Facemasks are not required while onshore or by the crew on board, however some crew members may choose to wear one as a personal preference. The risk of exposure is dependent on several factors such as weather, amount of exertion, personal vulnerability and Covid vaccination status.

## 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
  - before putting on and taking off the cover

## 6. Bucket/Detergent

- Each boat must have a bucket, sponges and washing liquid on board plus a spare in the yard.
- Captain/Cox must ensure the boat's high frequency touch points are cleaned with soap and water before and after each row.
- 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. However 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 maintain physical 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
  - Oars and tiller handle 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. These should be used in rotation as all sharing of equipment should be kept to a minimum. Cox or crew member to indicate on Spond what colour life jacket used. **If lifejackets are unable to be rotated, they must be thoroughly washed down with soap and water between use.**

*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** to make sure they work, are properly maintained and match Row Porty club standards. [Row Porty 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.

## 13. Row Party Spirit

In the usual spirit of the club, be considerate, kind and look out for one another, as we return to rowing with restrictions. These are no ordinary times and members will all have varying circumstances to manage during this pandemic. Do contact **Mandy Toogood** ([mandytoogood@hotmail.com](mailto:mandytoogood@hotmail.com)) or **Cathy Holman** ([cathyholman1@gmail.com](mailto:cathyholman1@gmail.com)) via Spond or by email if you have any concerns about these guidelines in action.

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