

ROW PARTY COVID GUIDANCE: ROWING BEYOND LEVEL 0

This guidance has been created following the First Ministers announcement that from Monday 9th August most Coronavirus restrictions will be lifted as all parts of Scotland move beyond Level 0.

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.,

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.

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** (cathyholman1@gmail.com) or **Mandy Toogood** (mandytoogood@hotmail.com)

CREW GUIDELINES

Following the move to “beyond Level 0” we are now back to more normal rowing procedures, however Coronavirus has not gone away, and we must be mindful of this. Recent research is now clear that being outside in the fresh air, greatly reduces transmission and it is with this in mind that the following guidelines are advised.

1. Covid Officer

- There will no longer need to be a Covid Officer allocated for each row. Each crew member will be mindful that coronavirus is still circulating, and members may have varying sensitivities around this i.e., vulnerabilities/caring responsibilities. Cathy Holman and Mandy Toogood will take on the overall responsibility for Club Covid Officer and keep the club up to date with any changes in Government Covid guidelines.

3. Hand Sanitizer

- Each person taking part in the activity must bring their own hand-sanitiser and use regularly, before, during and after the activity

3. 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 less restrictions. These are no ordinary times yet, as we move out of the pandemic.

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://nhs.uk/inform-scot/test-and-protect) or by calling 0800 028 2816