

Maidenhead Rowing Club - Planning a safe return to rowing: Wave 13 – 20th June 2021.

This document entirely replaces all preceding 'Planning a safe return to rowing' documents. Please read it carefully. To be read alongside video found on MRC website under Safety / Covid19 tab: <https://www.youtube.com/watch?v=YCF93GmFDQ0>

Key principles

1. Follow UK Government guidance, British Rowing advice, and Environmental Agency guidance.
2. Cautious, safety-led, risk-based approach. As with all rowing activity, the responsibility is for individuals to make their own risk-based decision if they are safe and competent to use club facilities, equipment and to go out on the water. All scullers/rowers make a risk assessment for each outing (suggested approach in Appendix 2). The Junior coach will do this for junior sessions. Full Club Safety Plan can be found on: <https://maidenheadrc.org.uk/index.php/safety>
3. All existing Club and BR safety and safeguarding plans and procedures continue to hold.
4. The following are additional measures to help manage the health risk related to the COVID-19 pandemic, based on the Club's Risk Assessment. They are subject to periodic revision, according to UK Government and British Rowing rules and advice and may be changed immediately if deemed necessary by the Club Committee.
5. Given the severity of the situation and the inherent risks involved the Club takes the adherence to these stipulations most seriously. Contravention will likely lead to individual sanction and possibly a halt of all boating activity from the club.

Wave 13 – effective from 0630 21st June 2021

- Follows British Rowing's Managing COVID-19 v12.1 (17th June 2021) [210617-Managing-COVID-19-v12.1.pdf \(britishrowing.org\)](#)
- Face covering/masks are mandatory during the launching and de-boating processes.
- Organised Covid-mitigated indoor training and group exercise training is now allowed for adults, using the marked-out training pods (maximum 6 people per zone). Mandatory sign-up (and receive email confirmation) using Fitclub group 'MHD Wave 13 Land training sessions' prior to training. Schedule in Appendix 5.
- No solo land training permitted.
- No solo use of the weights room, 2 persons must be present.
- Masks to be worn at all times when in the club house, other than when indoor training.
- Compliance with the new limit of 30 people on pontoons will be observed.
- Social distancing requirements shall be observed always save for time in crew boats. No groups forming inside the boathouse, clubhouse, or on pontoons and walkways.
- The changing rooms can be used if needed, although it is still recommended to arrive ready to row. Maximum of 6 in the changing room at one time to maintain social distancing.
- The showers remain out of use.
- The balcony remains out of bounds.
- Records kept for 21 days (track and trace) for all members and visitors (FitClub for members participating in rowing or land training; sign-in book or QR code scan for visitors)
- No Solo rowing outings: minimum of 2 single scullers. Crew boats may go out alone, but we always recommend more than one boat on the water in close proximity.

All crews and single scullers must recognise that the pontoons are the key constraining resource and shall make every effort to boat swiftly, safely, and effectively, and on return get their boat cleared

from the landing stage as quickly as possible. This means no crew boats are taken to the pontoons until all members are ready. Adjust boats on the water if other crews are waiting to boat or come in.

On return from a session, once on the pontoon, crews will remove blades and get the boat straight off the water. Equipment will be cleaned, disinfected, and put away as speedily as possible.

Each squad will be responsible for keeping records in Fitclub of who is on the water in which boat. Boats used by squads will be as assigned according to the March 2021 allocation [MRC Boat Database September 2020 \(maidenheadrc.org.uk\)](https://www.maidenheadrc.org.uk). If a squad wishes to use a boat allocated to another squad then prior agreement must take place between relevant squad captains.

- Pre-booking boat and time via FITCLUB is mandatory. When you sign up to a session on FITCLUB:
 - a. you agree that you have fully read and understood the Wave 13 Return to rowing protocols, watched the Covid-19 video, understood the reach map, and are familiar with all club safety procedures.
 - b. You understand and agree that in order for our club to mitigate the risk around coronavirus everyone in the club needs to follow the guidelines set out in the document.
 - c. you auto-consent to the outing record being kept. Records of all crews will be kept by the club for at least 21 days to assist with NHS Test and Trace if required

From 24 September 2020, clubs are required to display an official NHS QR code (Appendix 6) to support NHS Test and Trace. This is provided alongside a sign-in book for members who have not signed up for a FITCLUB session to provide contact details for the same purpose.

Subsequent Waves dependent on further easing of restrictions from UK Government/British Rowing/Environmental Agency and learning from Wave 13.

Procedures for specific activities and physical areas – for **Wave 13.**

Area/activity	Procedure
Preparing to go to the club	<ul style="list-style-type: none"> ● You must NOT come to the club if you, or anyone in their household has, any symptoms of the Coronavirus. NOTE: The self-isolation period set out by the UK Government must still be adhered to. ● Before setting out for the club, you must first book a boating slot (day/time), using the online booking system FITCLUB, and had a slot confirmed to you (via email). FITCLUB bookings will close at 1900hrs the day before each boating roster. You may not book after this time. ● Juniors will be advised of the booking procedure by the Junior Rowing Coordinator ● If you cannot attend your boating time, please ensure that you cancel your allocated session on FITCLUB in time for the slot to be rebooked prior to the 1900hrs cut-off. ● If for any reason you have to cancel your slot after the 1900 cut off, the slot cannot be rebooked or re-allocated to anyone else as administratively this is very burdensome. Please stick to your booked slots, if you must cancel please email or contact your squad captain. ● Please arrive at the club within your boating sessions times – you may need to wait in the car park until all your crew have arrived, or you may need to wait until the boathouse area and pontoons are free of people.

	<ul style="list-style-type: none"> • Before coming to the club, please check the weather and flow reports of the day to ensure you will be safe on the river. • Please arrive at the club ready in rowing attire and bring your personal and boat cleaning items (disinfectant spray, boat cleaning cloths, antibacterial wipes, hand soap, hand gel) • You are advised to carry a mobile phone in a water-tight pouch when boating, that remains attached to you or the boat in the event of capsize. • Please ensure you wear high Viz and have lights in low light conditions.
Opening and closing up	<ul style="list-style-type: none"> • When you arrive please wash your hands using your own soap and water from the outside tap. AVOID TOUCHING YOUR FACE. • The first person to arrive at the clubhouse will remove the chain from the car-park gate and open up the shutters in all 3 boathouse bays. The last person to depart will close all shutters, lock side gate and replace goose-wires and replace the chain on the car-park gate. If there is a gap in sessions, please close-up the boathouse. • We are asking members to self-select for this task, identifying themselves by checking the day's FITCLUB roster the evening before planned boating and communicating with the other scullers/rowers. • When leaving please wash your hands using your own soap and water from the outside tap. AVOID TOUCHING YOUR FACE.
Clubhouse access	<ul style="list-style-type: none"> • The wearing of masks when inside the club house is MANDATORY • ONE-WAY system in clubhouse – entry via front door, exit via rear door. Users should clean their hands after using the door code keypad, and all surfaces touched. • Please contact your squad captain (or club captain if you are unaffiliated) for the new door code. • Clean all door handles/locks/taps before and after use with cleaning products brought from home. • The changing rooms can now be used – max 6 people in order to maintain social distancing. • The showers are OUT OF USE • If using the toilet, ensure you clean the toilet after you have used it. Cleaning materials are available in the bathrooms. • The Balcony is OUT OF BOUNDS • The bar area, ergo Room, weight room, function room are out of bounds unless signed up on Fitclub for a land training session • If entering the clubhouse and not signed up to a FITCLUB rowing session, please scan the QR code using the NHS app on your phone (Appendix 5) or fill in the track and trace document with your information.
Boathouse access and boating	<ul style="list-style-type: none"> • Daily boating will start at 6:30 and finish at 2100. High-vis tops and lights (non-flashing white, fore and aft) required for low-light conditions at dawn and dusk. • Maximum of 30 scullers/rowers allowed on the pontoons/ boat house at one time • No solo single outings permitted, to support safety on the water in case of any difficulties/capsize. Do not come off the water leaving solo singles,

	<ul style="list-style-type: none"> • Only use the boat that has been allocated to you on FITCLUB, and the specific set of blades allocated to that boat as this important for Track and Trace purposes. • Check the boat and blades prior to boating (including bow ball, hatch covers, heel restraints, hull integrity). • Be aware that there may be many members of the public walking or cycling along the towpath, and trestle your boats out of their way. • You MUST extensively clean boat carrying points, gates, seats, shoe straps and blade handles before and after the session. Also clean the touch-areas on trestles. • Trestles will be put out by the first set of scullers/rowers; they will need to extensively clean the trestles. The final scullers/rowers should clean and put them away. All scullers/rowers should wash down the trestles when they are cleaning their boats. • Use of squad lockers is permitted, ensure you clean any touch points before and after use. • Do not block access to boathouse bays or pontoons whilst re-rigging or adjusting your boat.
Cleaning of Boats, Equipment and Shared Contact Surfaces	<ul style="list-style-type: none"> • Clean all surfaces frequently – you can't clean enough. • Clean hands and AVOID touching your face. • Please bring your own cleaning products (disinfectant spray, hand gel, wipes, hand soap) for your own use, and do not leave them in the clubhouse. • Coronavirus can remain on surfaces for several days and can be spread by an infected person touching a surface. Someone could not be showing symptoms but still be spreading the virus. • It is important to regularly clean shared contact surfaces. • Clean boat, blade handles, gates, shoes straps etc BEFORE and AFTER use. • Pay attention to cleaning outside tap, door handles, locks, handrails, toilets. • Bringing your own bucket with your cleaning equipment and cloths is suggested to facilitate this new cleaning regime. • Do not share cleaning equipment or cloths as this can transmit the virus.
Crew boats of mixed households	<ul style="list-style-type: none"> • Mixed household boats are permitted. • Some members may not feel comfortable returning to crew boats and any crew boat rowing should be subject to all individuals understanding the risk and agreeing to follow the protocols. • The same crews should row together wherever possible (outing after outing) to minimise the number of different close interactions with each other. • The same boats should be used by the same crews as much as possible. • Records of all crews will be kept by the club for at least 21 days to assist with NHS Test and Trace if required. • Before and after an outing, a minimum of a 2m distance should be maintained at all times unless in the boat. • Both before and after the outing, rowers should clean down their area of the boat and their oar. After cleaning the boat, rowers should wash their hands. • Aim to maintain the maximum distance between rowers at all times. • Rowers should avoid shouting to reduce the risk of droplet transmission. • Coxes must wear PPE and follow the guidelines in Appendix 4

Launches and fuel-cans	<ul style="list-style-type: none"> ● Launch will be allocated on FITCLUB (vessel usage will be rotated). Use allocated Launch as important for Track and Trace purposes ● RSCat16s will be used in preference, as these enable emergency rescue. Only If these are not available are the blue launches may be used. ● The Blue Launches must not be used when the river is on Red/Amber and only used on Amber as a last resort. ● Carrying a radio & phone with key emergency numbers in the launch is MANDATORY for all outings. The launch driver needs to give another radio to another coach in another launch; someone who will be at the boathouse for the duration of the outing; or a crew member of a boat. ● Clean all touch points on launches before and after use ● Additionally clean: fuel cans; keys/locks for launch key and fuel storage box; launch safety bag handles; anchor bucket handles; paddle handles; all parts of PFDs/lifejackets, whilst taking care not to totally immerse the red automatic ones (as they might inflate); both two-way radios (these are waterproof). ● When filling fuel cans (as per MRC Fuel Rota) clean where personal contact is made, including cleaning the Texaco Fuel card before and after it is used, cleaning the side gate padlock, key and hasp and Fuel Bin key and keyring, the Fuel Bin lid and padlock, the petrol tank handles and filler caps, the green jerry can handles and filler caps and the fuel funnel where it is touched, so please bring the appropriate cleaning materials with you. ● Clean hands and AVOID touching your face. ● Please bring your own cleaning products (disinfectant spray, hand gel, wipes, hand soap) for your own use, and do not leave them in the clubhouse. ● Do not share cleaning equipment or cloths a this can transmit the virus. In line with BR guidance PPE is to be made available and used when operating a launch both in rescue and coaching scenarios. PPE kits have been placed in each Launch Bag for this purpose. Extra PPE supplies are available in box located by Launch Bags in Boathouse if tops ups required. See Appendix 3.
On the water	<ul style="list-style-type: none"> ● Scullers/rowers must be competent, confident to self-rescue, have completed a club-recognised capsized and recovery drill, and can demonstrate a knowledge of the reach for safety purposes. ● No Solo rowing outings: minimum of 2 single scullers; ● We strongly recommend if only 2 singles on the river they buddy up ● Crew boats may go out alone, but we always recommend more than one boat on the water. ● Only effect a rescue if it is deemed an emergency. ● For Juniors, an MRC Junior coach or another qualified coach will be present at all times. ● Maidenhead Rowing Club Safety Plan and Safety Rules continue to apply (https://www.maidenheadrc.org.uk/ -> Safety -> Full Safety plan). Note the Reach map (including hazards, egress areas - shallow walk out areas, and turning points) is shown on page 13, and is posted outside the front door of the boathouse. ● Refresh your knowledge of capsized and recovery skills on this British Rowing video: https://www.youtube.com/watch?v=A6un3TkbQUQ

<p>Land Training</p>	<ul style="list-style-type: none"> ● Land Training available for adult members, subject to social distancing being maintained by all members from different Organised Covid mitigated indoor training and group exercise training is now allowed for adults, using the marked-out training pods, with a maximum of 6 people per zone. The marked-out Training Pods meet the Government guidelines of a minimum of 9.3m² with a 2-metre space of social distancing between Ergs / Mats etc. Mandatory sign-up (and receive email confirmation) using Fitclub group 'MHD Wave 13 Land training sessions' prior to training. Schedule in Appendix 5. ● Junior Land training permitted (maximum 15, excluding the coach, kept as consistent as possible), sessions subject to coaches' individual risk-based decisions. All junior coaches must sign up for sessions (and receive email confirmation) using the Fitclub group 'MHD Wave 11 land training sessions' prior to training (noting in the comments box the number of ergos they request). For track and trace purposes the junior coach must email the list of juniors for each session to rowingfitclub@gmail.com. No juniors will be accepted for indoor training if not accompanied by their coach. Schedule in Appendix 5. ● All adult members and junior coaches must have had an induction on land training COVID mitigation protocols ● Note that sessions are currently not squad specific. ● No Solo land training; at least 2 persons must always be present in the club house. ● No solo use of the weights room, 2 persons must be present ● Masks to be worn at all times in the club house, other than when exercising. Cleaning protocols to be followed. ● Doors in the function room to be open when exercising and closed at the end of the session. The BALCONY REMAINS OUT OF BOUNDS.
<p>Reporting</p>	<ul style="list-style-type: none"> ● If you, or anyone you have been in contact with, develops Coronavirus symptoms (see latest NHS information) please notify Club Safety Advisors immediately in order to instigate contact trace & additional cleaning regimes. safety@maidenheadrc.org.uk ● Please report incidents, all capsizes, or serious concerns to the Club Safety Advisors
<p>Claire's Court School BC</p>	<ul style="list-style-type: none"> ● Subject to separate arrangement, ● All club procedures (except those specific to Maidenhead RC Juniors) apply.

Appendix 1 – Squad and general outing times
Week of 19th April onwards

Sign up Times	6.30	7.00	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30	15.00	15.30	16.00	16.30	17.00	17.30	18.00	18.30	19.00	19.30	20.00				
M o n d a y	General Adult														Claire's Court Schools *TBC												MRC Juniors return by 6.30pm		General Adult			
T u e s d a y	General Adult						Daytime						Claire's Court Schools *TBC												MRC Juniors return by 6.30pm		Master Women, Senior Women Recreational & Adaptive					
W e d n e s d a y	General Adult														Claire's Court Schools *TBC												MRC Juniors return by 6.30pm		Vet Men & Senior Men			
T h u r s d a y	General Adult														Claire's Court Schools *TBC												MRC Juniors return by 6.30pm		Master Women, Senior Women Recreational & Adaptive			
F r i d a y	General Adult						Daytime						Claire's Court Schools *TBC												MRC Juniors return by 6.30pm		General Adult					
S a t u r d a y	Racing Squads - Vet Men, Senior Men, Master Women, Senior Women				Recreational and Adaptive				MRC Juniors												General Adult				Claire's Court Schools (Return by 9:15am) Trial *TBC							
S u n d a y	Racing Squads - Vet Men, Senior Men, Master Women, Senior Women				Recreational and Adaptive				MRC Juniors												General Adult											

*TBC - Subject to contractual agreement

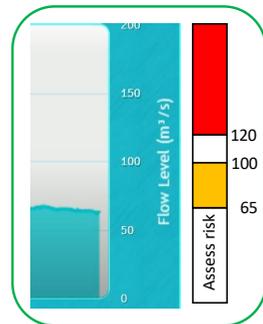
Appendix 2 – Suggested Risk Assessment approach

For each element associated with your outing (on the water, weather, other water users, local environment, going afloat and landing, boathouse, equipment, pre-existing health conditions and fitness level), consider: Hazards, Barriers, Hazardous Events, Controls.

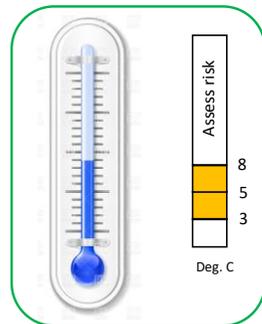
E.g. On the water: Hazard – debris in the water; Barriers – keep a good look-out; Hazardous event – capsize; Controls – know how to self-rescue and egress points on the reach.



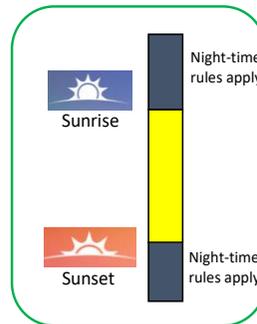
Maidenhead Rowing Club – Safe to Row dashboard



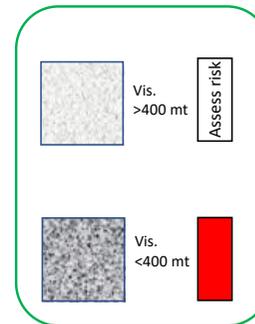
Flow
(E.A. Guagemap)



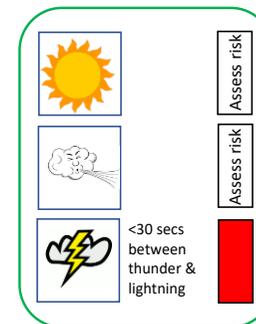
Water temperature
(Pontoon thermometer)



Visibility (Daylight)



Visibility (Fog/mist)



Weather

Everyone



- Take responsibility for your own safety and the safety of others affected by your activities
- Operate within your competence level
- Consider impacts of your health, injury, fitness, and wellbeing

Equipment



- Routinely check equipment before, and after, each use. Report any defects.
- Only use equipment that is in good condition.
- Check safety elements: bow balls; hatch covers; heel restraints; buoyancy

Appendix 3: Launch PPE

Area/Activity	Procedure
Launch PPE	<p>Both safety launches and coaching launches are to be equipped with appropriate personal protective equipment (PPE). PPE “bags” have been added to each Launch Safety Bag, containing x4 pairs gloves, x4 aprons, x4 face masks & x1 bottle hand sanitizing gel.</p> <p>These items are placed in a “zip lock” bag to ensure cleanliness.</p>
	<p>Normal Operations</p> <p>For launch use when there are two people aboard i.e. driver and a crew member who are not from the same household or in a ‘bubble’; then:</p> <ul style="list-style-type: none"> ➤ In <i>safety launch</i> scenario where primary purpose is to provide rescue cover; full PPE must be worn and 1+ metre distance maintained as far as possible. E.g. the crew and the driver should keep to their respective half of the launch. Full PPE consists of face mask / face covering, gloves and apron ➤ In <i>coaching launch</i> scenario a face mask / face covering must be worn and 1+ metre distance maintained as far as possible, i.e. for example, the crew and the driver should keep to their respective half of the launch.
	<p>Rescue Situations</p> <p>When in close proximity to crews undertaking a rescue situation; full PPE must be worn.</p> <p>Full PPE consists of face mask / face covering, gloves and apron. You may use your own face covering or use one from the PPE bag.</p> <p>Provide the casualty with a face mask.</p>
	<p>Disposal of PPE</p> <p>After use, dispose of the PPE. It must not be shared.</p> <p>All PPE provided in the launch bags is for single use only.</p> <p>Place in bin by Boathouse or take home with you and dispose.</p>
	<p>Replenishment of PPE</p> <p>Any PPE that is used must be replaced in the launch bag. It is your responsibility to do this.</p> <p>There is a box by the Launch Bags in the Boathouse containing spare PPE.</p> <p>Please also email: safety@maidenheadrc.org.uk, stating what PPE has been used from which Launch Bag so that CRSAs can ensure there is sufficient stocks available.</p>
	<p>Note: Cleaning of touch surfaces in the launch is still required before and after use to minimise the potential transfer of virus.</p>

Appendix 4: Coxes PPE

Area/Activity	Procedure
Coxed Quads/Fours/ Eights/Octos	<p>Background</p> <p>Coxes are in close proximity to the crew and, in stern-loaders, sit facing the whole crew and face-to-face with stroke. For these reasons, there is an increased risk of Covid-19 transmission between a rower and a cox so additional precautions must be taken to mitigate this risk.</p> <p>This protocol is put in place to help keep every member of a crew boat safe. If at any time the cox or the stroke feels it is unsafe at any point, they will be supported by the coach to make any necessary changes.</p> <p>MRC will keep the same crew rowing together wherever possible to minimise the number of different close interactions rowers will have with each other. As such, coxes will cox same crew in a bubble of 5.</p> <p>PPE and cleaning materials are provided in the Cox PPE Box located by the PFDs in the Boathouse. Replenishment of items in the Cox PPE Box must be reported to Safety Officers via mrc.rowingsafety@btconnect.com</p>
	<p>PPE for Coxes</p> <p>To limit the risk of transmission of Covid-19 coxes must wear personal protective equipment (PPE).</p> <ol style="list-style-type: none"> 1. Coxes must sanitise their hands before and after an outing, before touching cox boxes, life jackets or boats and again when these are put away. Avoid touching your face. 2. Coxes are to wear a face-covering during the launching process. 3. In a stern loader during the outing, coxes should wear both a face covering and eye protection in the form of goggles. 4. In a bow loader during the outing, coxes should wear a face covering. 5. Coxes must provide their own face covering but “spare” face masks are available in the Cox PPE Box. If a Club “spare” mask is used this must be disposed of securely after use and not left around in the boathouse or on the pontoons as it may be contaminated. 6. Goggles are available in the Cox PPE Box. Each pair of goggles can be found wrapped in its own plastic zip lock bag for hygiene purposes. Goggles must be cleaned by the Cox using a disinfectant wipe before and after use. After use and after cleaning the goggles must be replaced in the plastic bag. 7. The cox’s seat, steering wires/bar and other touch points must be wiped with a sanitising wipe before and after each outing 8. If disposable gloves are worn, a clean pair must be worn for each outing. Gloves are available in the Cox PPE Box if required.

	<p>Cox Boxes</p> <p>Coxing equipment (e.g. cox boxes) should be used only if absolutely necessary to avoid the need for shouting.</p> <p>Use of stern loaders will require a cox box as will rowing in an 8+ or 8x+.</p> <p>Ideally equipment (cox boxes & lifejackets) should not be shared between different coxes.</p> <p>At MRC it is the case that such equipment will need to be shared. To mitigate the risk of touching shared surfaces the following must be adhered to:</p> <ol style="list-style-type: none"> 1. Coxes must sanitise their hands before touching cox boxes, life jackets or boats, and again when these are put away. Avoid touching your face. 2. Cox boxes need to be cleaned before and after use. Cleaning spray, wipes and paper towel are available in the Cox PPE Box 3. The microphone and rubber connector of the cox box headset must be cleaned before and after use using a sanitizing wipe and then worn outside of the cox's face covering 4. Coxes must use a clean head band from the plastic bag labelled "clean headbands". Head bands will be cleaned between use by the Club. After every outing coxes must place used headbands in the plastic zip lock bag labelled "Used headbands". 5. A record of what equipment has been used and by whom is to be kept.
	<p>PFDs:</p> <p>Ideally equipment (including PFDs/lifejackets) should not be shared between different coxes where possible.</p> <p>At MRC it is the case that equipment will need to be shared. To mitigate the risk of touching shared surfaces the following must be adhered to :</p> <ol style="list-style-type: none"> 1. Cox must wash /sanitise hands before touching the PFD. 2. Cox must use the Dettol disinfectant spray found in the Cox PPE Box to clean the PFD clasp before putting the PFD on. 3. Cox must use the Dettol disinfectant to spray and clean the PFD after use. Spray the fabric, the handling loop and the fastening clasp.
	<p>Note: This protocol can and will be reviewed if BR guidance changes or indeed evidence of Covid cases in the immediate local area increases. Crew rowing in coxed boats could be suspended if local lockdowns or government advice dictates.</p>

Appendix 5: Return to Land Training protocols

Area/Activity	Procedure
Clubhouse Land Training	Aim Keeping in line with the Club’s aim of a safe return to rowing, Covid Security protocols have been put in place throughout the Clubhouse in order to facilitate a safe and structured return to land training by Squads and individuals who express a desire to a return to land training and then complete the Induction process.
	NO INDIVIDUAL CLUB MEMBER MAY TRAIN ON THEIR OWN IN THE CLUBHOUSE.
	Session Times Specific Squad times are in place and are noted on the FitClub booking system The Committee reserves the right to modify these times to maximise training opportunities for the membership.

Land Training Protocols | What to Expect

Extensive Covid security measures have been put in place by Maidenhead Rowing Club and these are evident as soon as you step into the entrance foyer.

These include, but are not limited to the following:

1. A Sanitisation Station and digital Temperature Check device – When using the digital temperature device please hold it 1-5cm away from the forehead
2. One-way Entry and Exit with clearly marked posters guiding members through the Club to the pre booked training space and finally exiting via the back stairs
3. Hand sanitiser and disinfectant wipes available in all training spaces - please use them when entering and exiting each training zone
4. All equipment and training spaces to be cleaned before and after your session
5. No equipment to be shared or removed from a Training pod
6. Training Pods/Zones meet the Government guidelines of a minimum of 3m² with a 2metre space of social distancing between Ergs / Mats etc.

Please note the following:

1. Arrive ready to train
2. Bring your own water for your session - no water fountains are in use
3. Leave the building as soon as your session is finished to allow a 15min void and exchange of air between sessions.
4. You are NOT required to wear a mask or gloves whilst training, however, you need to wear a MASK when arriving and exiting the building. You may choose to wear gloves when cleaning the equipment before and after your session. Spray mops have been supplied to clean the floor of your training pod/Zone after your session.

5. Switch on the mechanical air ventilation in the Gym when training in this space. Windows and doors to be opened in the other Training spaces during your session. Please turn off the air ventilation and close all windows and doors if you are the last session of a block or the evening. The Balcony is currently out of bounds.

6. Earpods to be used when playing music during your session

Please bring a **CoVid BioSecurity Kaddy** as a backup should you be 'caught short' of any particular item at any stage during your visit. It should contain the following items:

1. Hand Sanitising Gel
2. Disinfectant Wipes
3. Disinfectant Spray
4. Tissues
5. Face mask & gloves

Land Training schedule

Land Training Slots		
Key: CR=Clubroom Ergs-6 Static, 2 Dynamic WE= Weight Room-2 ER=Ergo Room-6 Static Ergs with weights	Fitclub Group – Wave 11 Land Training Sessions Currently all sessions are not squad specific, this may change. Juniors signing up must be accompanied by their junior coach, who also needs to sign up	
	Morning	Afternoon
Monday to Friday	7:00-8:15 General CR, WE, ER 8:30-9:45 General CR, WE, ER 10:00-11:15 General CR, WE, ER 11:30-12:45 General CR, WE, ER	17:00- 18:45 General CR, WE, ER 19:00-20:15 General CR, WE, ER 20:30-21:45 General CR, WE, ER
Weekend		
Saturday & Sunday	6:15-6:45 Warm up CR 7:00-8:15 General CR, WE, ER 8:30-9:45 General CR, WE, ER 10:00-11:15 General CR, WE, ER 11:30-12:45 General CR, WE, ER	



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Maidenhead Rowing Club

Bridge Boat House, River Road, Taplow, SL6 0AT

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