

**Maidenhead Rowing Club - Safe return to rowing: Wave 14 – 30<sup>th</sup> August 2021.**

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

- All members must follow UK Government, British Rowing, Environmental Agency and club guidance, including:
  - Full Club Safety Plan: <https://maidenheadrc.org.uk/index.php/safety>
  - British Rowing: [210720-Managing-COVID-19-v14.pdf \(britishrowing.org\)](https://www.britishrowing.org/210720-Managing-COVID-19-v14.pdf)

**REMEMBER: Some members may not be comfortable with the opening up, they may wish to wear masks, maintain a distance - please respect their needs.**



**REMEMBER: To prevent the spread of Covid-19 wash hands often for at least 20 seconds with soap & water or use hand sanitizer.**

## 1. Pre-arrival at the club

Do not come to the club:

- If you are experiencing any symptoms (however mild) of Covid-19.
- If you have tested positive for Covid-19 or have been asked to isolate by Test & Trace or for travel. Follow current guidance on testing and self-isolation.
- Live with or have been in close contact with anyone who has tested positive for the Coronavirus

All members for either water or land training sessions use FITCLUB

- Sign up to a land or water session on FITCLUB before 7pm the evening before. This is a courtesy to the volunteers who do the line-ups and boat allocations.
- If you forget, contact the volunteer who does the line-ups to see if you can be accommodated.
- Please use the boat that you have been allocated in the FITCLUB line-up; please do not just take another boat.
- In signing up on FITCLUB you give the club permission to save all the records for at least 21 days (Test and Trace).

## **2. Arrival at the club to row or land train.**

- Changing rooms can now be used, but please respect other members and do not gather in groups in the confined changing room areas where ventilation cannot be guaranteed. Minimize time spent in the changing rooms; maximum of 6 people at any one time recommended.
- Showers are still not in use.
- Please respectfully follow social distancing guidelines both inside and outside the club – remember many members may still be unsure about the opening up and may wish to continue to wear a face covering.
- Whilst in the clubhouse please ensure windows and doors are open, ensuring good ventilation in the rooms being used (Ergo room, Weight room, Function room, changing rooms). Last to leave please close all windows and doors.
- The balcony is still out of bounds. Please prop doors open with care.

## **3. Rowing**

- Retrieve your allocated boat from its rack with the minimum number of people required to safely lift the boat, to maintain social distancing.
- Optionally wear a face covering during all or parts of the boating procedure.
- Clean the boat and blades before and after the outing.
- Please continue to bring your cleaning products / cloths; minimize the sharing of cleaning products & cloths as much as possible.
- Wash hands before and after outings.
- No solo outings.

## **4. Coxes**

- Coxes may wish to wear appropriate personal protective equipment (PPE) which is provided in the Cox PPE Box .
- As with rowers, coxes may wish to wear a face covering: stern loader - coxes may wish to wear both a face covering and eye protection (e.g., goggles, sunglasses, or a face visor); bow loader - coxes may wish to wear a face covering.

## **5. Launches**

- Both safety launches and coaching launches should be equipped with appropriate personal protective equipment (PPE) contained within the Launch bags.
  - This should include face covering, apron and gloves for those in the launch and spare face covering for anyone that might need to be rescued.
- As a safety launch's primary purpose is to provide rescue cover, those in the launch must have access to an apron, face covering, and gloves at all times to ensure they are ready to respond quickly if required.

## 6. Land training

- Land training areas have been set out, and marked with tape, to maintain distancing – please avoid moving the machines. If you do move them, please return them to how they were when you found them.
- Do not leave weights on the equipment; please store them correctly.
- Ensure all windows/doors are open for free air flow – please close them when you finish.
- Cleaning protocols before and after use are still required. Cleaning spray is provided for this purpose.
- No Solo land training; at least 2 persons must be present in the clubhouse.
- No solo use of the weights room, 2 persons must be present.

## 7. Breakfasts, Bar & Social Events for Members (External Functions covered separately)

When in the club house for any Member social event, including weekend breakfasts, please respect social distancing wherever possible – do not accumulate in large groups. Please give everyone space and respect other people.

- Sign-up to FITCLUB 'Weekend breakfast' session before Thursday midnight.
- Tables will be arranged to allow sufficient space. Please don't move them.
- If obtaining food/drink at Bar/Hatch please maintain respectful distance.
- Wash your hands regularly with soap and use hand sanitizer provided via wall mounted dispensers or hand sanitizer dispenser bottles on the Bar
- Take care and observe good hygiene when using food items that other members will also be using (e.g., tea bags, margarine etc.), packaging or appliances (e.g., toasters etc.). Spoons for coffee and knives for butter/jam to be single use.



QR code is available and displayed should you wish to check in to support Test and Trace.