

Maidenhead Rowing Club - Planning a safe return to rowing: Wave 9 – 29th March 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=YCF93GmFDQO>

Key principles

1. Follow UK Government guidance <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation>, British Rowing advice [Managing COVID-19 version 11 released - British Rowing](#), and Environmental Agency advice <https://www.gov.uk/government/publications/environmental-agency-waterways-coronavirus-covid-19-update>
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. The full Club Safety Plan can be found on MRC website under Safety tab <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 9 – effective from 0700 29th March 2021

- Rowing will be in line with British Rowing's Managing COVID-19 advice v11 (11th March 2021) <https://www.britishrowing.org/wp-content/uploads/2021/03/210311-Managing-COVID-19-v11.pdf>
- Records kept for 21 days of who has been rowing by all squads in Fitclub.
- All equipment and boats will be cleaned and disinfected before and after use.
- 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.
- Compliance with limit of 12 people on pontoons will be observed. No other restriction on numbers will be applied.
- Boating Marshalls operating during key busy periods – Saturday and Sunday morning and for all Junior session times.
- Squad session times and squad boats to be operated: Appendix 1a, 1b and 1c show squad times
- Crews should stick to the same people and boats as much as possible
- 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.
- Members are not restricted to one outing a day.
- The use of masks around the boat house and pontoons is mandatory.
- No land training on club premises.
- All Private singles need a current valid EA licence to be used on the river.
- All members need to be affiliated to a squad in order to effectively manage the booking system.

- Currently there are works taking place on the Brunel Bridge: single file through the bridge; and for the duration of the works only the upstream turning point is at the steps. Keep a good lookout.
- The balcony is out of bounds.

Squad sessions (according to schedules in Appendix 1a, 1b & 1c are managed by squad captains using FitClub. During busy periods Boating Marshalls will ensure that the club is compliant with the necessary COVID mitigations (2m social distancing, mask-wearing unless in the boat, etc) and with maintaining a limit of 12 people at any time on the pontoons.

Boating Marshalls will have the authority to direct crews to boat from the pontoons or hold position on the water when returning to the landing stages, ensuring that at no time more than 12 people are on the pontoons. Boating Marshalls will be able to turn away crews who have not been registered on FitClub.

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 prior to the Covid lockdown in March 2020 ([MRC Boat Database September 2020.xlsx \(maidenheadrc.org.uk\)](#)) If a squad wishes to use a boat allocated to another squad then prior agreement must take place between relevant squad captains.

Each squad should be prepared to help out with Boat Marshalling for this solution to work. Please volunteer to do a shift to your squad captain.

Effectiveness of this approach to be monitored throughout and formally reviewed during w/c 12th April (two full weekends of operation and one week of Juniors and CCS rowing camps).

- 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 9 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 5) 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 contingent on outcome of Wave 9.

Procedures for specific activities and physical areas – for **Wave 9.**

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. As directed by the boat marshall ● 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, as changing rooms will not be available for changing, 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. ● Restricted access to the club house is for emergency use of the bathrooms only.

	<ul style="list-style-type: none"> ● No showering is allowed, in any circumstances. ● Changing permitted only in extreme circumstances (e.g. capsized). ● If using the toilet ensure you clean the toilet after you have used it. Cleaning materials are available in the bathrooms. ● Queuing in the bathrooms will take place to maintain the 1m+ social distancing regulation. ● The disabled loo may be used during this period. ● The bar, ergo Room, weight room, function room and balcony is out of bounds ● 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 2000. High-vis tops and lights (non-flashing white, fore and aft) required for low-light conditions at dawn and dusk. ● Mask wearing is compulsory until you are in the boat. ● Maximum of 12 scullers/rowers allowed on the pontoons/ boat house at one time ● No solo single outings permitted, to support safely on the water in case of any difficulties/capsized. Do not come off the water leaving solo singles, ● 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. ● Do not use the EFA laptop in the boathouse. ● 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 a number of 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.

	<ul style="list-style-type: none"> • 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. • The use of masks is Mandatory around the club by all members, the mask can be removed when 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. • Crews should aim to maintain the maximum distance between rowers at all times, including rowing full crew at all times to avoid someone rowing towards another rower sat at backstops; take a slow approach back into crew rowing, easing people back up to pace to avoid a rower falling out of sync with the rest of the crew. • 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. • Launch will be allocated on FITCLUB (vessel usage will be rotated). • 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. <p>Clean all touch points on launches before and after use</p> <ul style="list-style-type: none"> • 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 as this can transmit the virus. <p>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 for detail.</p>
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;

	<ul style="list-style-type: none"> ● 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. ● Sculling/rowing is restricted to the reach between the A4 road bridge and the white-bridge turning point above Bray lock. There are no easy egress points above the A4 road bridge. ● Only effect a rescue if it is deemed an emergency. ● For Juniors, a MRC Junior 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 capsize and recovery skills on this British Rowing video: https://www.youtube.com/watch?v=A6un3TkbQUQ
Reporting	<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
Clares Court School BC	<ul style="list-style-type: none"> ● Subject to separate arrangement, ● All club procedures (except for those specific to Maidenhead RC Juniors) will apply.

Appendix 1a – Squad Times Week of 29th March

Week of 29th March																													
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															General Adult													
																MRC Juniors													
		Claires Court Schools *TBC																											
		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
T u e s d a y	General Adult							Daytime															Master Women, Senior Women						
																MRC Juniors									Recreational & Adaptive				
		Claires Court Schools *TBC																											
		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
W e d n e s d a y	General Adult															General Adult													
																MRC Juniors													
		Claires Court Schools *TBC																											
		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
T h u r s d a y	General Adult															General Adult													
																MRC Juniors									Recreational & Adaptive				
		Claires Court Schools *TBC												Claires Court Schools *TBC															
		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
F r i d a y	Racing Squads - Vet Men, Senior Men, Master Women, Senior Women							Recreational and Adaptive						General Adult															
								Daytime																					
		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
S a t u r d a y	Racing Squads - Vet Men, Senior Men, Master Women, Senior Women							Recreational and Adaptive						General Adult															
								MRC Juniors																					
		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
E s t i m a t e d e a r l y	Racing Squads - Vet Men, Senior Men, Master Women, Senior Women							Recreational and Adaptive						General Adult															
								MRC Juniors (L2R & J13-14)																					

*TBC - Subject to contractual agreement

Appendix 1b - Squad Times Easter Vacation – Weeks beginning 5th and 12th April

Easter Vacation (Weeks beginning 5th April and 12th April)																														
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												General Adult																	
	MRC Juniors																													
	Claires Court Schools *TBC																													
T u e s d a y	General Adult						Daytime						Master Women, Senior Women																	
	MRC Juniors												Recreational & Adaptive																	
	Claires Court Schools *TBC																													
W e d n e s d a y	General Adult						MRC Juniors												Vet Men & Senior Men											
	Claires Court Schools *TBC																													
T h u r s d a y	General Adult						MRC Juniors												Master Women, Senior Women											
	MRC Juniors												Recreational & Adaptive																	
	Claires Court Schools *TBC																													
F r i d a y	General Adult						Daytime						General Adult																	
	MRC Juniors																													
	Claires Court Schools *TBC																													
S a t u r d a y	Racing Squads - Vet Men, Senior Men, Master Women, Senior Women												Recreational and Adaptive						General Adult											
S u n d a y	Racing Squads - Vet Men, Senior Men, Master Women, Senior Women												Recreational and Adaptive						General Adult											

*TBC - Subject to contractual agreement

Appendix 1c - Squad times Week of 19th April onwards

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																	General Adult										
													MRC Juniors															
Claires Court Schools *TBC																												
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													MRC Juniors					Recreational & Adaptive										
Claires Court Schools *TBC																												
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													MRC Juniors															
Claires Court Schools *TBC																												
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T h u r s d a y	General Adult																	Master Women, Senior Women										
													MRC Juniors					Recreational & Adaptive										
Claires Court Schools *TBC												Claires Court Schools *TBC																
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S a t u r d a y	Racing Squads - Vet Men, Senior Men, Master Women, Senior Women					Recreational and Adaptive																	General Adult					
													MRC Juniors															
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*TBC - Subject to contractual agreement

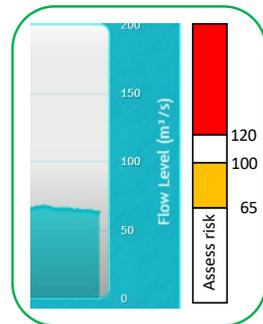
Appendix 2 – Suggested Risk Assessment approach

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.

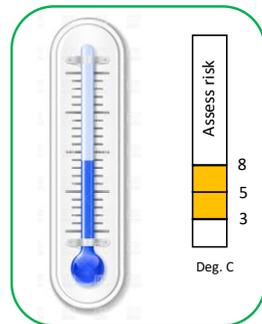
E.g. On the water: Hazard – debris in the water; Barriers – keep a good look-out; Hazardous event – capsize; Controls – know how to self-rescue and egress points on the reach.



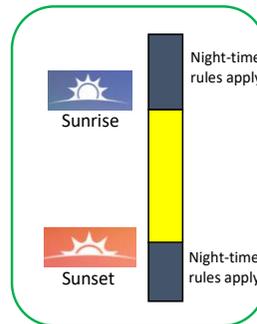
Maidenhead Rowing Club – Safe to Row dashboard



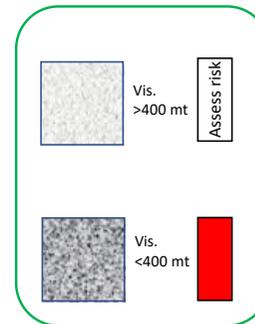
Flow
(E.A. Guagemap)



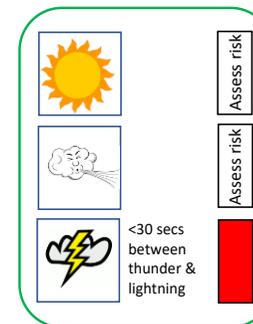
Water temperature
(Pontoon thermometer)



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. These items are placed in a “zip lock” bag to ensure cleanliness.</p>
	<p>Normal Operations 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 When in close proximity to crews undertaking a rescue situation; full PPE must be worn. 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. Provide the casualty with a face mask.</p>
	<p>Disposal of PPE After use, dispose of the PPE. It must not be shared. All PPE provided in the launch bags is for single use only. Place in bin by Boathouse or take home with you and dispose.</p>
	<p>Replenishment of PPE Any PPE that is used must be replaced in the launch bag. It is your responsibility to do this. There is a box by the Launch Bags in the Boathouse containing spare PPE. 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>



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