

Ryde Rowing Club Plan for Safe Rowing During Covid-19 at Folly Boathouse.

Until further notice, any RRC member who is qualified under these terms and who wishes to row from the Folly Boathouse must read this form, agree to adhere to the rules outlined and confirm by email.

Having and publishing a plan

British Rowing's updated guidance is subject to Clubs having a plan in place to support safe access to and use of personal and shared equipment.

Our plan must follow all relevant government guidance including hygiene and social distancing and must continue to follow all relevant UK government and/or waterway authority restrictions.

This document is RRC's plan and the provisions in it must be followed by all members.

Covid-19 Safety Plan

Arrangements for outings must be booked through Captain – Graham Reeve – 07871 093349. Email: grdre@tiscali.co.uk or Vice/Rowing Captain – Joel Smith - 07837 968971. Email: joelsmith199974@gmail.com

Who can row?

British Rowing has allowed members to use club and shared boats in addition to private boats.

In order for social distancing rules to be followed, only rowers who can fulfil the following criteria are able to row:

1. Membership is current.
2. It is strongly recommended that all active members have at least a "Race" or "Row" membership of British Rowing for Insurance purposes.
3. Can remove equipment from the boathouse without assistance, or with assistance from a member of the same household or one other person.
4. Does not need supervision while on the water – coaches support will be limited – one person in small RIB.
5. Is able to recover a capsized boat without assistance.
6. Has been approved by the club captain as a competent sculler

A maximum of six members can be present at any one time including coaches (6 rowing/sculling; 5 rowing/sculling – 1 coach.) and they must all and they must all social distance – and a maximum of 2 only can enter the Folly site.

What equipment can be used?

Equipment use is restricted to:

- Private boats
- Club single sculls: will be allocated by the captain.

- A double/pair if members of the same household.
- Private blades
- Club blades: one set per club scull will set aside and made easily accessible
- Two trestles, allocated and scrubbed
- NO FOURS/QUADS.

All equipment used must be washed both before and after use using the detergent and any materials if provided.

Access to the boathouse?

There is **NO** parking on site. Must use the Folly Public House Car Park or general public car park area.

Access to the boathouse when opened is by the side door and the main door.

Toilets and changing rooms are only accessible in extreme emergency. There is no hot water and these facilities are not being regularly cleaned and we cannot use the hose pipe.

When can you row?

Members must remain socially distanced (preferably away) while other members are boating.

Allow time for boating and landing and to avoid congestion on the river.

Time slots as agreed with Club Captain/Vice (Rowing)-Captain.

Landing is on an as-needed basis observing social distancing.

How do we minimize risk?

Social distancing

1. Arrive changed and leave changed
2. No access to facilities other than boating bays unless in emergency
3. Maximum of two people in boathouse and folly site at any one time.
4. Observe social distancing when boating
5. Only one person coaching/support unless same household
6. Apply normal distancing rules

Surfaces, hygiene and cleanliness

1. Don't approach the club if you feel unwell (for any reason), are symptomatic or should be in isolation. Please check your temperature before arriving at the club
2. No use of club facilities other than authorized equipment
3. Clean all equipment before and after use using detergent provided. This includes trestles and blades.
4. Clean the inside/exterior of the boat with mild detergent, as appropriate. Please spray club boat shoes with disinfectant spray after use?
5. If possible before arriving at the club, put on disposable gloves. Only remove gloves when in your boat. Disposable gloves should be taken home at the end of the outing and disposed of.
6. Before getting out of your boat, put on disposable gloves. Only remove gloves when you have left the club. Disposable or sterilized (with bleach) rubber gloves.

Launching

1. Don't remove gloves until you're in your boat
2. No spitting or clearing of phlegm!

3. Wear footwear until you're in the boat, then carry footwear in the boat.
4. Avoid physical contact

Boathouse

1. Open doors fully or not at all
2. Close door completely before rowing
3. If you are leaving a bag in the boathouse, please leave it at the back, away from other people.

Equipment you must bring

1. Rubber gloves – preferably disposable,
2. Gel, wipes or spray

Detailed instructions for members.

Captain – Graham Reeve – 07871 093349. Email: grdre@tiscali.co.uk

Vice/Rowing Captain – 07837 968971. Email: joelsmith199974@gmail.com

Safety Officer – Steve Draper on 07783350776. Email; tigersteve1050@gmail.com

1. You must agree in advance and book your outing by contacting the Club Captain or rowing captain
2. You must arrive changed and bring clean rubber gloves with you which you must put on before entering the boathouse. Disposable gloves should be taken home at the end of the outing and disposed of.
3. You are not authorized to use any other facilities in the boathouse or Folly site except in extreme emergency.
4. You must socially distance from all club members and members of the public while at the club
5. You must close the boathouse doors before launching
6. You must keep rubber gloves on until you are sitting in your boat
7. You must take your shoes/boots with you in the boat and leave nothing on the bank
8. You must wear socks and are requested to wear long socks if using a club boat
9. You are to put rubber gloves on before landing
10. You must only approach the landing area if you can do so safely observing social distancing conventions
11. You must clean club boats thoroughly inside and out. Spray detergent on the inside, detergent on the outside and wash off with clean water
12. You must clean your blade handles
13. You must wash trestles down
14. You must keep your rubber gloves on until you are clear of the boathouse
15. You must confirm via Text/Phone call to the Club Captain/Vice (Rowing) Captain when you have left the Folly site.
16. You must report any damage to club boats immediately to Club Captain/Vice(Rowing) Captain and Safety Officer
17. You must report any incident/breach/concern relating to these COVID rules to the Safety Officer

This plan for Safe Rowing during Covid-19 at Folly Boathouse should be read in conjunction with the Ryde R. C. Covid-19 Risk assessment document.

This is a live document and open to changes as the restrictions from the Government are eased.

Please read and email Club Captain(grdre@tiscali.co.uk) to say you agree and will adhere to the conditions. You should be aware that by agreeing, you waive your right to liability cover you may expect from the club. You should also understand that this agreement can be revoked without notice and agree not to challenge the decision.