

RYDE ROWING CLUB PLAN FOR SAFE LAND TRAINING AT RRC CLUBHOUSE DURING COVID 19

Until further notice, any RRC member who wishes to land train from the RRC Appley Clubhouse must agree to these 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 club and club equipment.

This document is RRC's plan and provisions must be followed by all club 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 land train?

In order for social distancing rules to be followed the following applies.

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. All training, until restrictions are lifted, will take place outside the clubhouse
4. No equipment from the clubhouse to be used.
5. Training can be in groups of **6** people maximum, this to include any coaches.
6. Session has been approved by the above

Access to boathouse

1. Access to the main clubhouse will be restricted to placing valuables, coats and bags in the changing room.

2. Members are only allowed **ONE** at a time into the clubhouse
3. Toilets are only to be used in an emergency. There is no hot water and these are not being cleaned regularly.
4. There is **NO** access to the main boathouse.
5. Training must be carried out outside or on the beach.
6. DO NOT train if feeling unwell or have a temperature

How do we minimise risk

1. Observe social distancing rules
2. Arrive in training kit and leave in same manner
3. Maximum of **1** person at a time within clubhouse
4. Do not begin session if feeling unwell
5. Only use toilets if an emergency
6. Bring a bottle of water with you
7. Do not over exert yourself while training

Clubhouse

1. Only point of entry/exit is main door
2. Only use as stated above
3. Ensure clubhouse is properly locked and toilets/changing rooms are left clean and tidy

Notes

1. Sessions must be agreed as above
2. You must abide by social distancing rules as best you can from other members or the public
3. Clubhouse will be locked during session(only open at beginning and end)
4. Any incident/injury must be reported to the above and club safety officer. Steve Draper – tigersteve1050@gmail.com

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.