

# Liverpool Victoria Rowing Club

## Planned Phased Return to Rowing

British Rowing have produced a document with guidance for clubs to make a phased return to rowing activity. The journey to Phase F may not be linear and we may be required to close the club again depending on government advice, for example if there is a spike of cases in the area or a 'second wave' causes another national lockdown. Below is a summary of the phases and a brief summary of the actions that club plans to take for each of them to eventually return the club to normal activity (we are currently in Phase B):

### Phase A

Private sculling is allowed but no clubhouse activity.  
The club is closed.

### Phase B

Organised club activity is not permitted but access to the clubs equipment and downstairs toilet (but not the gym, changing rooms, lounge or committee room) is allowed.  
Single scullers and household doubles can go out in groups of two or three.  
There can be no coaching or safety launch on the water as both would compromise social distancing.  
Junior sessions cannot resume as a result of the safeguarding and water safety requirements.  
Rowing is restricted to 500m from the boathouse to match Peel Ports guidance for rowing on the dock without a launch.  
Due to the absence of safety launches, no rowing boats are to be on the water if shipping movement is predicted anywhere in the West Float (as advised by the Alfred Dockmaster on the day).

### Phase C

Organised sessions with small groups of single sculls are allowed.  
Staggered boating times, social distancing and the same hygiene measures are required.  
It may be possible to have a launch on the water, if the driver is provided with PPE, but British Rowing cannot confirm yet. If this is the case, junior training sessions and rowing the full length of the dock will be possible again.  
Crew rowing is unlikely to be allowed in this phase, restricting activity to single sculls, virus boat and household doubles.

### Phase D

Crews may start rowing together again but staggered boating times and extra hygiene measures will still necessary.  
The launch can definitely go on the water and junior training session can resume.  
It may be possible to have intra-club competitions, such as a members regatta, and run Learn to Row courses.

### Phase E

We may be able to organise fixtures against local rowing clubs as way of returning to competition.

### Phase F

Regattas and head races will resume.

British Rowing say that it is too early to provide detailed guidance for Phases D, E and F but have provided it for Phases A, B and C. The following pages contain the detailed instructions that we would provide to our members for these stages and will be reviewed to address and changes in government and British Rowing advice. Measures taken by other rowing clubs were considered for Phase B and this is the same level of access that has been offered by the other clubs that have managed to reopen.

# Plan for Phase B

## 1. Booking Boats

- a) Each Saturday the captaincy team will provide a list of available sessions for the following week. Each of these sessions will be for a maximum of 90 minutes. All rowers must have left the boathouse at the end of their session, so that there will be no overlap of rowers. A keyholder can hand over to a new keyholder between sessions whilst maintaining social distancing.
- b) Only single sculls and virus boats can be booked by individuals. Double sculls may only be used by members from the same household. No larger boats may be used..
- c) Only competent scullers can use fine boats, so you must have raced in the category of boat are booking (single or double). If you are not experienced enough, virus boats are available for you.
- d) There will be a maximum of two boats on the water in the same session.
- e) Each member can book a maximum of two sessions per week to ensure that everyone has a chance to book a session.
- f) E-mail [captain@lvrc.co.uk](mailto:captain@lvrc.co.uk) to book a session.

## 2. Social Distancing Instructions

- a) Stay at least 2m apart from anyone not from your household at all times and do not socially gather before or after going on the water.
- b) Each session will have a designated key holder who will open and lock up the boathouse and stay on land for the duration of the session.
- c) Turn up just before your allocated time, already changed and ready to row, and wait until the previous crew has boated before leaving your car.
- d) The boat bays and downstairs toilet are accessible to members. Access to the upstairs facilities is not available.
- e) A maximum of two people can be inside the boathouse at the same time.
- f) You can get someone to help carry you boat but must maintain social distancing.

## 3. Hygiene Safety Instructions

- a) Wash your hands immediately after entering the boathouse and after putting your equipment away.
- b) Use disinfectant and blue roll to clean the shutter mechanism after closing and opening the shutters.
- c) All boats, including the seats, riggers, runners and shoes; and blades, including the handles and spoons, must be washed with soapy water and disinfectant BEFORE and AFTER each use.
- d) After putting the boat back on the rack, wipe down the bow ball and any parts the boat that you have been in contact with to carry it there.
- e) Ideally bring your own sponges and cloths and take them home to wash. The club will provide sponges and cloths if you are not able to do this.
- f) Only use the downstairs toilet in an emergency and wipe town the toilet and sink, using the provided wipes, afterwards.
- g) Do not travel to the club if you have any symptoms of COVID-19, a new and persistent cough, high temperature and loss of taste or smell.
- h) Use disinfectant and blue paper roll to clean doorhandles, taps and any other surfaces that you have touched in the boathouse as you leave.
- i) Take all personal belongings with you at the end of the session.

## 4. Water Safety Instructions.

- a) Before leaving to travel to the club check the weather forecast to check that conditions will be safe, under 15mph winds.
- b) Upon arrival at the boathouse, carry out a personal risk assessment to whether it is safe to go out without a safety launch on the water. Take into account the actual water conditions, your fitness level and your experience in a single scull.
- c) Before boating, you must phone the dock master and the session is cancelled if there is any shipping movement expected in your time slot.
- d) If possible, make sure that there is another boat on the water at the same time.
- e) Do not go any further than 500m from the boathouse (turn around at the tyre. This is the maximum distance that we are permitted to row from the boathouse without a launch on the water.