

Tier 2 (High Alert) Plan for Water Training

1. Before rowing

- a) Make sure that you have checked the latest communication from the club and the government to make sure that their advice has not changed.
- b) Each Saturday the captaincy team will provide a list of available sessions for the adult squads to book the following week.
- c) The junior co-ordinators will invite junior members to attend junior sessions.
- d) Each session will last for a maximum of 90 minutes from arrival at the club to leaving the site. Punctuality is key to this working so make sure that you arrive as close as possible to the time before your session is due to start.
- e) Do not visit the club if you are currently shielding or have been advised to shield by the government.
- f) Do not travel to the club from a Tier 3 area for the purposes of rowing.
- g) If you are not booked to row, coach or be land or safety support for a session please do not visit the club. Parents and guardians of juniors can remain in their cars and observe the session from a distance but must stay away from the clubhouse and stage areas.
- h) The slots will be booked on a first come, first served policy.
- i) The amount of slots that each individual can book each week will be based upon demand and be decided by the captaincy team (for adults) and junior co-ordinators (for juniors).
- j) A Coronavirus parental consent form will be distributed to the parents of junior members. This must be completed and returned to the junior co-ordinator before any junior member is allowed to take part in their first session under the current Coronavirus restrictions.
- k) The adult squads can book a session by e-mailing captain@lvrc.co.uk, the junior squads will be invited to attend sessions by a junior co-ordinator.

2. Social Distancing Instructions

- a) Maintain social distancing of 2m between people who are not members of your household when possible. Even when rowing as a crew, 2m distancing must be maintained when not in the boat, for example when carrying it to the water.
- b) Face coverings must be worn at all times when not exercising.
- c) Members must not socially gather in groups of more than six people before or after rowing.
- d) Physical contact between rowers is not permitted.
- e) There will be a maximum of twelve people involved in any session.
- f) Each session will have a designated key holder who will open and lock up the boathouse and a person designated as land support.
- g) Use of the changing rooms and upstairs is not permitted. Please contact a member of the captaincy team or junior co-ordinators if you have a disability that requires their use and we will be happy to arrange access.
- h) When getting the launch on the water, all members involved must take hold of the launch on the designated points, marked with tape, to ensure that they are socially distancing and are wearing a face mask.
- i) All rowers must have left the boathouse at the end of their session, so that there will be no overlap of rowers. A key holder can hand over to a new key holder between sessions whilst maintaining social distancing.
- j) Only enter the boathouse to retrieve and store boats and do not socially gather inside.

3. Hygiene Safety Instructions

- a) Hand sanitiser will be provided at the entrance to the boathouse. Use it immediately after entering the boathouse and at the end of the session.
- b) 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 use.
- c) 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.
- d) After the end of each session with a launch, the engine must be cleaned out and the seats, handle bars, steering wheel, gear lever and any other surfaces that the driver has been in contact with must be sprayed with disinfectant.
- e) Only use the downstairs toilet in an emergency and wipe down the toilet and sink, using the provided wipes, afterwards.
- f) 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.
- g) Use disinfectant and blue paper roll to clean door handles, taps, roller shutters and any other surfaces that you have touched in the boathouse as you leave.
- h) Arrive with a full bottle of water for personal use.
- i) Take all personal belongings with you at the end of the session.
- j) If you test positive for COVID-19 and have recently been spending time at the club, you must contact a member of the captaincy team or junior co-ordinator.

4. Water Safety Instructions

- a) All launches must contain Grade 1 PPE for the crew (mask, gloves and apron) and a spare mask to use in the event that they need to rescue someone. As the primary purpose of a safety launch is to rescue people, the crew must wear the PPE at all times and maintain social distancing in the boat.
- b) Before boating, you must phone the Alfred dock master and the session is cancelled if there is any shipping movement expected in your time slot.
- c) All rowers must perform a personal risk assessment of the session taking into account their experience, the weather and condition of the water. Rescues require social distancing to be broken so the session should not go ahead if the chance of a capsizing is likely. Coaches will have this responsibility for junior sessions.
- d) Only essential first aid should be applied and PPE must be worn. This includes a mask for both parties and gloves for the person administering first aid.
- e) All water safety rules and procedures that were in place before the pandemic must be followed.

5. Crew Rowing Instructions

- a) 'Crew bubbles' will be formed to make sure that crews remain as fixed as possible. Once members have agreed to be in a 'crew bubble', they must only row in a crew of people within that bubble.
- b) Details of all crews will be kept for the 'NHS Test, Track and Trace system' and you may be asked to self-isolate if you have been in close contact with someone who tests positive.
- c) Each individual must carry and clean their own oars and part of the boat. You must not touch any part of the boat (including the riggers, seats and footplates) or blades used by another rower.
- d) 2m distancing must be maintained at all times when not in the boat.
- e) The whole crew must row together at full-slide at all times to make sure that their bodies remain at least 1m apart. The cre must wear face masks for any technical exercises and warm-ups that involve only part of the crew rowing.
- f) There should be no shouting in the boat to reduce the risk of transmission through moisture droplets.
- g) The minimum amount of people required to carry a boat should be used to carry the boat from storage to the water.

6. Coxing Instructions

- a) The cox must wear adequate PPE at all times when in the boat. This includes a face covering (mask) in all boats and eye protection (face visor, goggles or sunglasses) in stern-loaded boats
- b) Coxes should use the same equipment (lifejackets and cox boxes) whenever possible and a record of who has used which equipment will be kept.
- c) The cox seat, steering wires and cox box must be used whenever possible and wiped down BEFORE and AFTER every session with a cleansing wipe.
- d) The microphone of the cox box should be kept outside the face mask.
- e) Coxes may wish to wear a face covering during the launching process and
- f) The cox must not shout to communicate with the crew.
- g) Coxes should remain fixed to the same crew as much as possible. Coxes must not be involved with the rowing activity of another crew for at least 24 hours after the session has finished.
- h) The coach will the discuss the safety measures with the cox and stroke pairing before the start of the first session and make them aware that the coach will support them to make any unnecessary changes if they feel uncomfortable.

All club rules that existed before the COVID-19 restrictions still apply and should be followed in addition to the plan set out in this document.

These rules are made to protect the health of both of our members and the wider public. If you are found to be deliberately breaking these rules, we will operate on a three strikes system. The first strike will be a written warning, the second strike will be another written warning and the suspension of access to the club for two weeks. After a third strike, you will be barred from the clubs facilities until the pandemic is over at least.

Tier 2 (High Alert) Plan for Indoor Training

1. Before Training

- a) Make sure that you have checked the latest communication from the club and the government to make sure that their advice has not changed.
- b) Each session will last for a maximum of 60 minutes from arrival at the club to leaving the site. Punctuality is key to this working so make sure that you arrive as close as possible to the time before your session is due to start.
- c) Do not visit the club if you are currently shielding or have been advised to shield by the government.
- d) The slots will be booked on a first come, first served policy.
- e) Make sure that you have logged the times that you have been present at the club either through booking online.
- f) The adult squads can book a session by e-mailing captain@lvrc.co.uk, the junior squads will be invited to attend sessions by a junior coordinator.

2. Social Distancing Instructions

- a) Maintain social distancing of 2m at all times, avoid physical contact with other people and wear a face mask when not exercising.
- b) Equipment is spaced 2m apart and tape has been used on the floor to help social distancing. Make sure that you stay inside the marked areas when training and do not move any equipment.
- c) There will be a maximum of ten people present in the gym at all times.
- d) Access to the changing rooms is not permitted for most members. Please arrive and leave the club in kit. Please contact the captaincy team or junior coordinators if you have a disability that requires you to use a changing room and we will be happy to arrange access.
- e) When parking your car, make sure that vehicle is parked away from other vehicles (we have three car parks) and there is space to enter and exit your vehicle whilst observing social distancing guidelines.
- f) Members must not gather socially before, during or after the session and all exercise must be completed independently for adults.
- g) Classes can be run for junior sessions. Crosses are marked on the floor of the gym spaced 3m apart. All participants are to put the front of their mats on the crosses and face the side of the gym with the squat rack. The leader of the session will stand on the black mats in front of the squat rack.

3. Hygiene Instructions

- a) Clean all touch points including bars, weights, benches, seats, mats and ergs (handles, seat, monitor, footplate and slide) with disinfectant and blue paper towel immediately after use.
- b) No sharing equipment between different households is permitted.
- c) The ventilation system must be set to us only fresh air from the outdoors and no recycled air and must be switched on for an hour before and after any exercise takes place.
- d) No loud music should be played in the gym and there should be no shouting.
- e) Wipe down all touch points (door handles, light switches, extractor fan controllers) with disinfectant and blue cloth before leaving.