

Step 1B Water Training Plan

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 (Monday to Sunday).
- 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 shielding or have been advised to shield and follow all government guidelines on travel.
- f) 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.
- g) Each session will have a designated key holder to open up the boathouse before every session.
- h) 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.
- i) Please leave all personal belongings in the boot of your car and do not keep bags on the floor of the boathouse.
- j) The adult squads can book a session by e-mailing lvrc.captain@gmail.com the junior squads will be invited to attend sessions by a junior co-ordinator. The slots will be booked on a first come, first served policy.

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 in the boat.
- c) Members must not socially gather in groups of more than six people before or after rowing.
- d) There will be a maximum of twelve people involved in any session.
- e) Each session will have a designated key holder who will open and lock up the boathouse and a person designated as land support.
- f) 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.
- g) 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.
- h) 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.
- i) Only enter the boathouse through the bay doors and to retrieve and store boats and do not gather inside or use the other doors.

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. These are any combination of a new and persistent cough, high temperature, loss of taste or smell, fatigue, a headache, muscle or body pains, nausea, diarrhoea, vomiting, difficulty breathing, sore throat or vomiting.
- 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.
- b) If more than one person is in the launch then they must maintain 1m+ social distancing and wear face coverings at all times.
- c) 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.
- d) 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 capsize is likely. Coaches will have this responsibility for junior sessions.
- e) 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.
- f) 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) 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.
- c) 2m distancing must be maintained at all times when not in the boat.
- d) The whole crew must row together at full-slide at all times to make sure that their bodies remain at least 1m apart. The crew must wear face masks for any technical exercises and warm-ups that involve only part of the crew rowing.
- e) There should be no shouting in the boat to reduce the risk of transmission through moisture droplets.
- f) 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 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.