

Water Training Plan—21st July 2021

1. Before rowing

- a) Members must e-mail lvrc.captain@gmail.com with the times that they want to train and wait for confirmation before rowing.
- b) Do not visit the club if you are shielding or have been advised to shield and follow all government guidelines on travel.
- c) If The Wirral becomes an area with surge testing, then all members will require a negative test result before training.

2. Social Distancing Instructions

- a) Please consider other members and maintain social distancing of 2m as much as possible as they may still be vulnerable or not be vaccinated.
- b) It is recommended that face coverings are worn in crowded areas and especially in the boathouse.
- c) Changing rooms must be sprayed with disinfectant and wiped after every use.

3. Hygiene Safety Instructions

- a) Please sanitise your hands at the beginning and end of every session.
- b) All contact points of boats and equipment must be washed with soapy water or disinfectant after use.
- c) 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.
- d) Wipe down the toilet and sink, using the provided wipes, after use.
- e) 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.
- f) Clean all door handles, taps and other contact points as you leave.
- g) 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) PPE must be worn by both parties if first aid is applied.

5. Crew Rowing Instructions

- a) 'Crew bubbles' will be formed to make sure that crews remain as fixed as possible.
- b) There should be no shouting in the boat to reduce the risk of transmission through moisture droplets.
- c) It is recommended that coxes wear a face covering and eye protection (face visor, goggles or sunglasses).

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.

Indoor Training Plan—21st July 2021

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) Do not visit the club if you are currently shielding or have been advised to shield by the government.
- c) The slots will be booked on a first come, first served policy.
- d) Make sure that you have logged the times that you have been present at the club through booking online.
- e) 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) Please consider other members and maintain social distancing of 2m.
- b) Equipment is spaced 2m apart and tape has been used on the floor to help social distancing.
- c) There will be a maximum of ten people present in the gym at all times.
- d) Changing rooms must be sprayed with disinfectant and wiped after every use.
- e) Circuit training sessions can also be run with crosses marked on the floor of the gym spaced 3m apart.

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) Wipe down all touch points (door handles, light switches, extractor fan controllers) with disinfectant and blue cloth before leaving.