

## Phasing a Safe Return to Rowing at PCRC Version 2

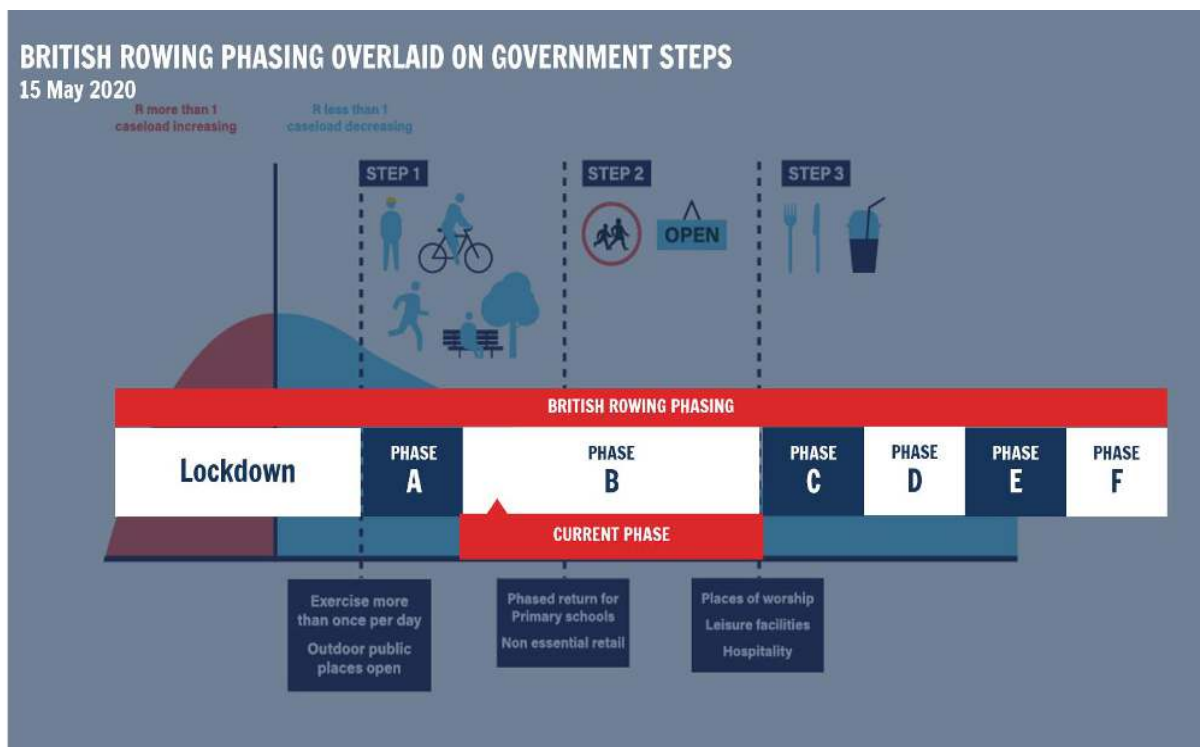
**Revised 7 June 2020**

### The Rationale

Recently, the UK Government released [Guidance for the public on the phased return of outdoor sport and recreation](#) and this sets out more detailed information, specific for the sports sector, and building on the [Government's COVID-19 recovery strategy](#)

British Rowing have mapped how they see a phased, safe return to rowing playing out <https://www.britishrowing.org/2020/06/coronavirus-advice-return-to-rowing-version-two/>

At this moment in time, we are currently at British Rowing's Phase B, see graphic below:



### PCRC COVID-19 Principles

The Trustees together with the CRSA, Chair of the Rowing Committee and both Captains came together as a Panel to discuss & look at the current guidance. We have looked closely at the revised guidance and continue to discuss and consider all available information so as to allow access to boats and equipment for daily exercise in the short term and how we later re-open the club in the medium term when guidance allows. The overarching principle that the Panel has worked towards is 'how to get the maximum number of members back on the water, safely & within the guidelines'. However, Coronavirus doesn't change any of our responsibilities towards safeguarding or safety & with the current guidance in place this will mean that not everyone will be able to return to rowing immediately, this includes **some juniors, those that are not proficient at single sculling** and anyone who falls into the Government defined 'at risk' category.

## Safety

At all times, throughout this phasing, PCRC will need to put in place appropriate, adapted safety plans which are in line with British Rowing's RowSafe guidance and comply with all relevant COVID-19 guidance (including from the Environment Agency and Nene Park Trust). These should always follow both the spirit and the letter of any Government restrictions. The current restrictions allow for access to single sculls, doubles and pairs (whereby the two members are from the same household) whilst maintaining social distancing from others.

This policy and the instructions below apply to both club boats and privately owned boats alike, there shall be no deviation from them.

Furthermore, access to boats and equipment (club or private) will be granted on a competency/skills basis with the final decision on being able to access a boat being granted by the Chair of the Rowing Committee or either Captain, **in the case of juniors this will be by the junior coaching team.**

## Opening of Club Facilities

The precise club facilities that can be opened in each phase will be led by Government and British Rowing guidance. At this stage, it appears this will be in two phases:

**Phase B** - Access to the absolute minimum level of facilities required for safe access to required boats and equipment. Toilets can be open.

Gyms, changing rooms and social facilities remain closed.

**Phase C** - Gyms, changing rooms and social facilities (including club room, kitchen and bar) may open subject to adhering to restrictions set out by the Government.

Based on the precise nature of Government restrictions when announced, certain facilities may need to remain closed for longer (for example, club bar). Equally, we may decide not to open certain facilities.

## Coaching

The latest guidance from the [Government advises that coaching is currently permitted](#) only if:

*If you are a personal trainer/coach you can now work with clients outdoors, providing you are meeting no more than 5 other people from outside of your household, outdoors, and you are staying a minimum of 2 metres apart.*

*You can meet with different clients in a single day as long as it is in gatherings of no more than 6 and you are maintaining social distancing. You should not spend time with anyone not from your household indoors.*

*You should also enforce strong hygiene measures. This might be cleaning any equipment rigorously in line with wider guidance on hygiene, for example by using antiviral spray and washing hands thoroughly before and after use.*

However, we believe at this stage, it is not advisable to use coaching/safety launches. It is good practice for a launch acting as safety cover to have at least one crew member in addition to the driver meaning that it will be harder to adhere to social distancing rules. Similarly if when risk assessed it is found that individual safety cover is a requirement then this brings social distancing

into question when a rescue is required. We also do not think it is practicably possible to coach from a cycle and maintain social distancing given the additional foot traffic on towpaths.

We will consider the impact of future phases on coaching in due course.

### Accessing Boats and Equipment

With current restrictions in place we have adapted our safety and operational plans so as to allow those members who show good competency/skills within the available boat classes along with the ability to self-rescue the opportunity to access boats and equipment at certain times for daily exercise. You must be confident in your ability to boat, de-boat and self-rescue without any assistance before going out in a boat at this time.

Access to the boathouse bays will be carefully controlled at agreed times when the building will be unlocked.

The club will be open for pre-booked sessions **by adult members** at the following times:

|                 |                            |
|-----------------|----------------------------|
| <b>Tuesday</b>  | 09:00-12:00<br>17:00-20:00 |
| <b>Thursday</b> | 09:00-12:00<br>17:00-20:00 |
| <b>Saturday</b> | 08:00-14:00                |
| <b>Sunday</b>   | 08:00-11:00                |

The club will be open for junior members at the following times (boats and timeslots will be allocated by the Junior Coaching Team):

|                  |             |
|------------------|-------------|
| <b>Monday</b>    | 16:00-18:30 |
| <b>Wednesday</b> | 16:00-18:30 |
| <b>Friday</b>    | 16:00-18:30 |
| <b>Sunday</b>    | 11:00-14:30 |

(Please see 'Return of Junior Rowing at PCRC' document for further information on time and boat allocations)

An electronic booking system has been put in place whereby members can select a two hour timeslot along with preferred boat in advance, there will be no access allowed if a timeslot has not been pre-booked – this applies to both club and privately owned boats. **The additional timeslots will be released at 22:00 Sunday 7 June 2020.**

This two hour timeslot will allow you to **'Show, Row & Go'**, turn up at the club in your kit, access and clean the boat and equipment, launch, exercise, de-boat, clean equipment and put away, then leave (there is no access to showers or changing rooms).

**Members, parents, carers & guardians should not congregate as a group anywhere on club premises including the patio or car park.**

There will be **six** spaces available per timeslot, with at least three timeslots available each time the club opens. Timeslots will be staggered by half an hour increments to allow for the previous wave to set off before the next arrives. It is expected that boating and de-boating will be staggered.

Instructions (and a link to the booking system) are provided in Appendix 1 of this document.

Private boat owners will only be allowed out if they have confirmed that their boat insurance is up to date.

Each pre-advertised session will be under the control of a designated Session Co-ordinator, this person has the express powers to allow or deny access as delegated by the Trustees so as to maintain social distancing and good hygiene practices. The Session Co-ordinator is responsible for opening and closing the boathouse. Details of their responsibilities can be found in Appendix 2.

### **Social Distancing**

Maintaining social distancing is important during these times and general care and patience is expected from everyone. If you feel unwell, have any COVID-19 like symptoms, or knowingly should be self-isolating, shielding or are in a high risk group then please do not attempt to attend. Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

The changing rooms will be closed. Only use the toilets if necessary. Arrive and leave the club in the kit you row in and shower at home. Only use club washing facilities if you have capsized or have got wet and cold - **'Show, Row & Go'**

As a member who has booked access, you can expect the front boathouse bay doors to be open and trestles set out on the hard for your use. These will be spaced to comply with social distancing guidelines.

A one-way system is now in place for access to the toilets, please follow this and do not abuse it. Access will be via the sculling bay & through the office to the toilets, egress will be via the corridor to the main boathouse, this is to keep the building safe and deter the general public from using the toilets. Doors will be propped open to avoid contact points where possible

Blades will be assigned to individual boats and should not be swapped, this is to maintain a concise record of who has used what equipment should we need that information.

Tennis balls should be placed in the assigned bucket of cleaning solution during your outing. These should be replaced back on your boat at the end of your session. Boat tags are not being used at this time; the Session Co-ordinator will be aware of who is out on the lake.

We ask that you boat as a pair of hulls where possible whilst maintaining social distancing so that you can adopt a 'buddy system' whereby should one of you need assistance in an emergency then the other can either give or call for assistance – this does not mean major relaxation of social distancing.

### **Cleaning of Equipment**

We advise all members, including the owners of private boats that might be shared to follow the instructions given below with regard to the cleaning of equipment, these are in-line with Government and British Rowing advice.

### **Please Note**

Guidance is changing on an almost daily basis, the Panel will attempt to keep abreast of such changes so these guidelines/procedures will change from time to time.

If you decide to proceed with an outing based on the above, it will be at your own risk. PCRC would discourage anyone from taking any unnecessary risks during the Covid-19 pandemic and this includes outings in a single scull whereby you do not feel confident of being able to self-rescue or boat/de-boat by yourself.

This above system has been put in place by the Panel to allow access to boats and equipment for use on both the lake and the river. When using the river you should inform the Session Co-ordinator before boating & make sure that you return in a timely manner, any lateness in returning will result in the ability to use the river being withdrawn either on an individual or club-wide basis.

## Instructions For Members Rowing – 'Show, Row & Go'

### Booking

- Select your preferred timeslot on the electronic booking system.
- You will be turned away from the club if you turn up without a booking. This applies to users of both private and club boats.

### Arrival

- Arrive on time for your time slot in the clothes you expect to row in. There will be no access to the changing rooms.
- Do not attempt to enter the club early.
- You will be turned away if you are more than 15 minutes late.
- Check-in with the Session Co-Ordinator before collecting any equipment and follow their instruction.
- Wash your hands at the handwashing station before touching anything.

### Collecting equipment

- Wait for others to exit the boat bays prior to entering.
- Collect the blades assigned to your boat.
- Place your boat on the pre-positioned trestles. Do not move the trestles.
- Place tennis balls in the assigned bucket of cleaning solution.
- Wash the boat thoroughly, inside and out along with the blades using the cleaning materials provided. This includes riggers, gates, and cockpit. Spray the shoes with disinfectant too.

### Boating

- It is okay to have help carrying your boat provided social distancing is maintained.
- Try to boat in pairs so you can operate a buddy style system, in case of emergencies.
- Boat from the cut side of the lake, and de-boat from the clubhouse side (same as at our regattas).
- Remove shoes once you are seated in your boat. Take your shoes with you in the boat.

### Exercising

- Please be careful, remember you have not been in a boat for some weeks.
- Do not spit.

### De-boating and cleaning

- Put shoes on in the boat
- Take boat and blades and place on pre-positioned trestles. Do not move the trestles.
- Wash the boats and blades thoroughly as you did prior to boating.
- Place tennis balls back on riggers.
- Place boat and blades back on the rack.
- If you are the last session, wash and replace trestles in the boathouse.
- Wash your hands.

### Leaving

- Report any damage to the Session Co-Ordinator prior to leaving. They will notify the Boatman.
- Leave swiftly. Save those catch-ups for a Zoom call!
- Leave in the kit you arrived in. The changing rooms are unavailable.
- Shower at home. Club washing facilities are only available for those who have capsized or are wet and cold.
- Incidents or near-misses should continue to be reported to the Club Rowing Safety Advisor, via the online incident reporting facility on the British Rowing website <https://incidentreporting.britishrowing.org/>

## **Appendix 1 – Instructions For Booking a Timeslot**

The electronic booking system can be found here:

[https://www.supersaas.com/schedule/PCRC/Boat\\_Booking\\_System](https://www.supersaas.com/schedule/PCRC/Boat_Booking_System)

You will need an account to make a booking; this is free.

### **Fair Access To Sessions**

To ensure everyone has the opportunity to row, we are currently asking members to limit advance bookings to two sessions per week.

Should there be spare slots still available within the next 48 hours, then these are free to anyone. You still need to book these spare slots; you will be turned away if you do not have a booking.

Bookings can be made 7 days in advance. Bookings will close 3 hours before a particular time slot so that the Session co-ordinator knows who to expect.

### **Instructions For Making A Booking**

- 1) Select your preferred start time from the panel on the left. This will highlight available slots on the calendar.
- 2) Click the slot you want; this will open a dialogue box.
- 3) In the dialogue box:
  - a. The 'When' will match the time/date you have just selected.
  - b. Select your boat from the 'Boat List' dropdown. Boats marked with an asterisk (\*) are captains' permission; normal limitations apply. Boats already booked at that time will be greyed out and unavailable for selection.
  - c. 'xx:xx Start Time' is used to limit numbers; keep the default selection.
  - d. Type your name in the 'Full Name' field.
  - e. For household doubles, add the name of your partner in the 'Other crew member(s)' field.
  - f. Tick 'Send email' if you want a confirmation email.
- 4) Click 'Create Reservation' at the bottom of the dialogue box to complete. This will take you to the 'Agenda' tab, listing all your upcoming bookings.

## **Appendix 2 - Session Co-Ordinator Duties**

### **Opening**

- 1) Upon arrival at the club put on washing up gloves prior to unlocking any padlocks or doors.
- 2) Unlock and make sure that padlocks are locked back on the open doors and that shutters are fully open.
- 3) Clean padlock keys and padlocks with cleaning solution in spray bottles.
- 4) Switch on boathouse/toilet lights.
- 5) Take trestles and wash with cleaning products provided and set out within markings on the hard.
- 6) Prepare a bucket of cleaning solution for tennis balls.
- 7) Wash gloves thoroughly.

### **Closing**

- 1) At the end of the session get the last members to wash the trestles and put them away.
- 2) Secure any cleaning materials ready for the next session.
- 3) Put on your gloves and lock down the building. Once locked, wash your gloves, bag them and take them home to wash in a bleach solution ready for your next session.

### **General**

- Always observe a safe distance between yourself and members/the general public.
- Give firm instruction to members upon their arrival and advice if you see someone doing something they shouldn't.
- **Keep a written log of who is on the river or lake.**
- Make sure there are sufficient cleaning materials available to members for cleaning their equipment.

Stay safe at all times.