

Notes from Sharing Good Practice Open Forum on 19th June 2020

Facilitated by **Tracy Muir and Lou Rivett**

The focus of this session was on the British Rowing Return to Rowing Advice V3 document, with discussion on areas which clubs are finding more difficult to implement.

Key areas discussed were:

Managing the loss of Learn to Row:

Clubs worried about loss of income and new rowers to keep membership healthy

There does not appear to be any likelihood of holding these this summer as not compatible with social distancing

Schools and Universities particularly concerned about loss of a whole year of activity and the effect this is going to have on this years' and next years' students

Idea of holding joint LTR's for clubs in the region to pool resources which could include running a coaching course simultaneously and be incorporated within an SGP format. Somewhere central such as Peterborough. Some clubs have long waiting lists and this could help clubs to get more people through.

Clubs could look to attract members to indoor rowing sessions when guidance allows

Resources to help with planning LTR courses were shared, and the BR Learn to Row handbook was suggested <https://www.britishrowing.org/2013/01/new-handbooks-for-learn-to-row-scheme/>

Keeping members engaged:

Continued evidence of remote activities for those unable to get on the water, such as 'Lockdown Leagues, Zoom circuits, outdoor socially distanced activities with 6 people.

Sculling 'schools' for experienced sweep rowers to learn to scull, to keep existing members engaged and offer something to as many fee-paying members as possible. On average clubs were able to get between one quarter to a third of members on the water.

Some clubs have stable boats which are allowing more people access to rowing, and are less likely to capsize

Sculling competencies discussed and there was interest in sharing resources such as competency tests and documents. It was agreed that scullers must show proof of competence and be up to date with capsize training

Junior rowing

School rowing has not been possible yet

University rowing varies from area to area with what has been possible, but mostly restricted by numbers of boats

Mental health of juniors as well as adults is a big concern. Some may be anxious about returning, others may want to train hard, and be anxious that they have not been able to train. Some will have other worries relating to the return to education and it was felt that clubs need to be prepared to encounter this and training on mental health first aid was suggested. <https://mhfaengland.org/>

To help take some pressure off juniors, maybe a message that rowing is 'available' rather than 'required' would be best

Some clubs are concerned about capsize and safety given the rule of only one person in a safety launch. Some have shallow water, easy to wade to the bank, another club is using a throw line from a launch to drag rower to the bank. Some using parents on the bank to observe and help if needed

Also touched on the revised guidance on resuscitation from the Resuscitation Council as performing CPR can generate aerosol spray from a potentially Covid infected person which could put the rescuer at risk. See advice here:

<https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>

