

Star Club Plan for Safe Rowing During Covid-19

Until further notice, any Star Club member who is qualified under these terms and who wishes to row from the club must sign this form and adhere to the rules outlined.

Having and publishing a plan

British Rowing's updated guidance is subject to Clubs having a plan in place to support safe access to and use of personal and shared equipment.

The plan must follow all relevant government guidance including hygiene and social distancing and must continue to follow all relevant UK government and/or waterway authority restrictions.

This document is Star Club's plan and the provisions in it must be followed by all members.

Covid-19 Safety Plan

Who can row?

British Rowing has allowed members to use club and shared boats in addition to private boats.

In order for social distancing rules to be followed, only rowers who can fulfil the following criteria are able to row:

1. Membership is current.
 - a. Until full consultation complete, seniors and masters only
2. Can remove equipment from the boathouse without assistance, or with assistance from a member of the same household
3. Does not need supervision while on the water – bikes/coaches/support will not be allowed unless from the same household
4. Is able to recover a capsized boat without assistance
5. Has been approved by squad leader as a competent sculler
6. Has been approved by the club captain

What equipment can be used?

Equipment use is restricted to:

- Private boats
- Club single sculls: CliveT, Paul, Nicky D, Lady Kay & Zehnter
- Pairs or doubles when used by members of the same household
- Private blades
- Club blades: one set per club scull will set aside and made easily accessible
- Slings: two slings have been allocated and scrubbed

Boats will have to be booked through an online booking system. Members will need to log in to iCrew to book boats.

All equipment used must be washed both before and after use using the detergent and materials provided.

How to access the boathouse?

Access to the boathouse is by the electronic bay doors.

Toilets and changing rooms are only accessible in extreme emergency. There is no hot water and the club facilities are not being regularly cleaned.

Please keep out of all club rooms apart from the boathouse.

When can you row?

Members must remain socially distanced (preferably away) while other members are boating.

Allowing time for boating and landing and to avoid congestion on the river, concurrent outings are restricted to six with a maximum of six outings per session.

Rowing during 07:00 to 19:30 only for duration slots of 120 minutes.

Landing is on an as-needed basis observing social distancing.

Star's pontoon section is directly in front of the boathouse. Viking will use the end section. Please stick to Star's section.

How do we minimise risk?

Social distancing

1. Arrive changed and leave changed
2. No access to club other than boating bays unless in emergency
3. Only one person or household in each bay of the boathouse at once
4. Observe social distancing when boating
5. No coaching/support unless same household
6. Apply normal distancing rules

Surfaces, hygiene and cleanliness

1. Don't approach the club if you feel unwell (for any reason), are symptomatic or should be in isolation. Please check your temperature before arriving at the club
2. No use of club facilities other than authorised equipment
3. Clean all equipment before and after use using detergent provided. This includes trestles, slings and blades.
4. Clean the inside of the boat with mild detergent, clean the exterior with river water as usual or use mild detergent as appropriate. Please spray club boat shoes with disinfectant spray after use.
5. Before arriving at the club, put on disposable gloves. Only remove gloves when in your boat.
6. Before getting out of your boat, put on disposable gloves. Only remove gloves when you have left the club. Dispose of or sterilise gloves.

Pontoon

1. Don't remove gloves until you're in your boat
2. No spitting!
3. Wear footwear until you're in the boat, then carry footwear in the boat.
4. Avoid physical contact

Bays and Bay doors

1. Trolleys have been moved so that boats can be accessed easily. Only boats from the middle and right-hand bays may be accessed.
2. Only open doors using the key from the outside
3. Open doors fully or not at all
4. Close door completely before rowing
5. If you are leaving a bag in the boathouse, please leave it at the back, away from other people.

Equipment provided

1. Bleach
2. Detergent
3. Buckets
4. Scrubbers & sponges
5. Broom

Equipment you must bring

1. Rubber gloves – preferably disposable, but if not, bleached clean

Detailed instructions for members

1. You must book your outing online at iCrew.club
2. You must arrive changed and bring clean rubber gloves with you which you must put on before entering the boathouse
3. You are to enter the boathouse through the bay doors using a key. If you do not have a key for the bay doors, please email captain@starclubbrowsing.co.uk. All other club doors are locked
4. You are not authorised to use any other facilities in the clubhouse except in extreme emergency.
5. You must boat from the allocated part of the pontoon
6. You must socially distance from all club members and members of the public while at the club
7. You must close the bay doors before pushing your boat off the pontoon
8. You must keep rubber gloves on until you are sitting in your boat
9. You must take your shoes with you in the boat and leave nothing on the pontoon
10. You must wear socks and are requested to wear long socks if using a club boat
11. You are to put rubber gloves on before touching the landing stage
12. You must only approach the landing stage if you can do so safely observing social distancing conventions
13. You must clean club boats thoroughly inside and out. Spray detergent on the inside, detergent on the outside and wash off with clean water
14. You must clean your blade handles using bleach spray, leave on for 10 seconds, wash off with clean water
15. You must wash trestles down
16. You must keep your rubber gloves on until you are clear of the boathouse

I have read and agree to abide by the rules outlined in this document. I understand that I am attending the club while it is officially closed and I waive any liability cover I might normally expect from the club. I understand that this agreement can be revoked with no notice and agree not to challenge such a decision.

Signed

Name _____

Date _____