

### Rowing guidance for 16/17<sup>th</sup> May

Tyne ARC have taken the decision in light of the British Rowing and government guidance to open for single scullers only.

Adult scullers wishing to take part in some water training this weekend will be able to access the boat shed in pairs at an allocated time. In order to keep all of our members safe during this time it is important that we follow the below rules:

1. Sign up for a 90 min slot using the sign up sheet - <https://docs.google.com/spreadsheets/d/1B1NKKpo2VxmXTIji-GtBodu08tkh-Hsxlp0ZxkQxJw/edit#gid=0>
2. Do not enter the boat shed before your allotted time
3. Ensure you plan your outing to be off the water, have your equipment cleaned and put away in order to exit the boat shed at the end of your 90 min slot to ensure there is no overlap between you and the next pair.
4. Follow the cleaning guidance posted in the boat shed and online.
5. If using a club single or blades please ensure that the equipment is fully washed using soap and hot water so it is safe for the next user.
6. The spreadsheet will also be used as a sign out sheet – if you have signed up and are no longer going to go out please remove your name.

#### Safety instructions:

1. Wash your hands on entering the boat shed
2. Use the Dettol spray and blue roll to clean the shutter mechanism after opening or closing the shutters
3. Clean all equipment used with soapy water and a clean cloth, including any equipment you have to move to access your own (blades etc)
4. Ideally bring your own boat cleaning cloth (there will be some spare) and take it home to wash it.
5. Use the Dettol spray on blue roll paper to clean door handles etc as you exit the shed.
6. Ensure you keep a 2m distance from any other member accessing the boat shed.
7. Do not attend the boat club if you are experiencing any symptoms of Covid-19, especially a high temperature or a new and persistent cough

#### Water Safety instructions

1. To go out you must be on the list of those approved by your coach or squad coordinator as being competent to take a single out on their own with no safety launch cover
2. Before leaving home check the weather forecast (especially for wind) and tide times, taking particular note if wind will be against tide and check the Club Members Facebook page for any late announcements, e.g. about likely conditions, low tides etc
3. On arrival undertake a personal risk assessment in your head taking into account these factors plus the actual water conditions, your fitness and your own experience in a single (even if on the approved list) and come to a clear conclusion on whether it is safe for you to go out without launch safety cover; if in doubt, don't go out
4. You can get help to get your boat out and put on water (and the reverse), but you must social distance as necessary.
5. Try to go out at the same time as the other rower in the same time slot, so you can keep an eye on each other and assist if there is an incident such as a capsize, subject to social distancing guidelines as far as possible
6. If at all possible take a mobile phone with you in a waterproof pouch in case of emergency – numbers to call will be posted in the boat house
7. We recommend that scullers stay between the White House and the bottom of Newburn straight on your outing.