

Covid-19 Safety Information for HotE

The Covid-19 pandemic continues and, notwithstanding the relaxation of national restrictions, the virus remains highly infectious and dangerous, especially to vulnerable persons. The Organising Committee (OC) seeks to minimise the risk to all involved in the HotE. All attendees should stay with their own club / group and avoid congregating with others as far as possible; if this is unavoidable, the OC suggests wearing a face covering, especially when indoors. All attendees should practise both *Show Row Go* and *Hands, Face, Space, Fresh Air* as far as practicable.

HotE is run under British Rowing's latest guidance [here](#) and NHS guidance [here](#).

Prior to the Event

You should not attend the event if you:

- Are showing symptoms of COVID-19 (continuous cough, fever, loss of smell / taste or other published types).
- Tested positive for COVID-19 within 10 days prior to the event.
- Have tested positive recently and are still unwell or still showing symptoms.

We recommend all visitors take a lateral flow test the evening prior to the event.

During the Event

Face Coverings

All attendees at HotE should bring their own face coverings. We recommend wearing a face covering in the following instances:

- When moving through the Clubhouse building.
- When you are unable to maintain a social distance from others for a prolonged period of time anywhere on the Club premises.

Spare Face Coverings

A limited supply of spare face coverings will be available should any visitor or volunteer require one. These will be available to pick up from under the balcony.

Hand Sanitiser

Attendees should bring their own hand sanitiser. Hand sanitiser points will also be available for use throughout the Club premises.

One-Way System

There will be a one-way system in place in the Clubhouse building – please follow the signage (enter via the normal Clubhouse entrance, exit via the fire exit at the far end of the building). Minimise both numbers of people and time spent in the building.

Registration

To minimise the number of people gathering at Registration, we recommend one representative from each of the visiting clubs be responsible for collecting all of the race numbers for their club's crews and competitors at the start of the day.

Social Distancing

Whilst the OC acknowledges the limited space within the St Neots Rowing Club premises and the number of visitors attending the event, we encourage all visitors and volunteers to maintain a social distance from others where possible. If this is not possible for a prolonged period of time, we encourage wearing a face covering.

NHS Test & Trace QR Codes

These will be displayed throughout the Club premises – please make sure to check in using the NHS Covid-19 app.

Head Of The East – Sunday 6 March 2022

Changing Facilities

The changing facilities at the Club will be open. However, as far as possible to avoid gathering in confined spaces, the OC requests that competitors limit their use of the facilities, favouring those competitors who may have been involved in a capsized. Where feasible, competitors should change in the vehicles in which they travelled to the event. Coaches and responsible adults should ensure plentiful supplies of warm and dry clothing, in case these are required.

Toilets

We advise that only one person enter the toilets at any time. Please avoid queuing for these in the Clubhouse building.

Provision for Equipment Sanitising

Please note that the HotE will **not** be able to provide sanitising equipment for boats for visiting competitors. It is competitors' responsibility to ensure their equipment is appropriately sanitised before, during and after the event.