



Shropshire
Adventure
Rowing Club

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Return to Rowing!

POST COVID 19 RESTRICTION ACTION PLAN_REVB

01.09.2020

Current Status



- As of the 28th of August the WSRA remains in the Amber Phase
- WSRA current guidance has changed – Rowing is allowed, within extended households - made of upto 4 households.
- Club sec has completed COVID Awareness Course and club module as stipulated by WSRA
- Club sec has nominated himself COVID welfare officer
- COVID officer is key implementer and central point of contact for all COVID 19 matters
- Course emphasis was the clear communication with members, especially as the situation evolves, and pushing the health & safety message.
- Its all about reducing RISK, and everybody is responsible.

Booking & Equipment

- Booking system must be able to serve as a track & trace system
 - Stuart is able to add the following protocols:
 - a message at point of booking to alert members of evolving regulation & rules
 - A system to limit one name to one booking
 - We may have to think of a system to add guests or new members in addition?
 - Or we may have to suspend new memberships?
 - Booking should maybe be made specific to boats to reduce the risk further?
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- Can equipment be allocated to individuals or bubbles?
 - Equipment must be quarantined for 72 hours minimum between uses, unless cleaned.

Risk Assessment

- A risk assessment specific to COVID and its impact at SARC has been drafted.
- 1st draft is attached and influences the committee's decision making.
- It is designed to be updated and edited as reqd as the situation evolves.
- This should be published on the club website.

High Contact points?

- This list highlights the “high contact points” that every member may touch. It is important these are cleaned after each session. A responsible adult should be nominated to ensure members follow the rules & cleaning regime post row.
- Premises:
 - Showground Entrance – gate & padlock
 - Boat-Shed – pedestrian door, fittings & padlock
 - Light switches
- Other Equipment:
 - Dolly tow line
 - Top of dolly chassis
 - Batteries
 - Lights
- Boats:
 - Oars
 - Rowlocks
 - Gunnels
 - Foot straps
 - Foot-plate adj
 - Seats
 - Steering ropes
 - Bilge pump
 - Bung
 - Painter

COVID-19 What if?

- Members should not book or take part in a session, if they have developed COVID symptoms or who have knowingly come into contact with somebody who has tested positive. Symptoms include:
 - A new continuous cough
 - Loss of taste/smell
 - A high temperature
- Members who do develop symptoms and have attended rowing sessions in the last 10days must inform the club COVID welfare officer.
 - Equipment & contact points affected should be identified & deep cleaned by ???
 - COVID officer to inform affected members whom may have come into contact
- Anyone who thinks they have developed symptoms should ring 111 in the first instance.

Travel & Access to Showground

- Members should be encouraged to travel separately.
- The showground secretary said access to the Showground was unrestricted for SARC members.
- However to reduce risk, proposal should be that the first member arriving on site should open the gate and leave this unlocked & open until all members have arrived. Once all members have arrived a responsible adult should ensure the gate is closed & locked again.
- The same applies when leaving. One person should open & close the gate.

Pre-Row

- Members should be encouraged to keep to good standards of hygiene.
- Please remember to sanitise hands when arriving at the club.
- Social distancing should be observed
- Numbers allowed into shed at any one time should be kept to a minimum, observing the 2m social distancing rule.
- All personal effects should be left in vehicles, not in the shed.

Taking Boats Out & Rowing

- Boats crews should stick to the boats assigned/booked
- Boats will have been cleaned from the previous session, so there should be very low risk of transfer. Boats ready to take out.
- Oars should be clearly marked up and assigned to the boats.

- Members should be asked not to spit or share water bottles
- Hand sanitiser should be available at Cox seat in each boat
- Members need to take responsibility for their own items in the boat
- No Kissing!

Post-Row

- Return the boats to the shed in the same condition
- Remove all branches, rubbish & personal items
- Disinfect all high contact points on the boat, using a suitable applicator, including but not limited to:
 - Oars, foot-rests, foot-straps, gunnels, rowlocks/gates, seats, steering ropes
- Clean batteries & lights separately with disposable cloths
- Bin any rubbish.
- Disinfect contact points of doors/padlocks
- Sanitise hands before leaving
- Members to ensure all personal items are removed from boats & boat shed and taken home
- One member to unlock/open showground access gates and close lock once all members have left.

What we need to do next?

Get the following items organised:

- Manual pump garden type sprayer filled with suitable disinfectant for sanitising high contact areas on equipment.
 - Laminated posters to spread messages:
 - Social distancing, symptoms, hand washing, general rules, contact details
 - Wipes for batteries/lights & other contact points
 - Open bin with bin liners
 - Disposable gloves
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- Encourage all members onto WhatsApp group to keep easy comms channel open

Information & Guidance

We will continue to take guidance from the following sources:

- Home nation government <https://www.gov.uk/coronavirus>
- Welsh Sports Association <https://wsa.wales/>
- Welsh Sea Rowing Association <https://www.searowing.wales/>
- British Rowing <https://www.britishrowing.org/>