

Shiplake Vikings Rowing Club

Covid-19 policy for Senior members (updated 15/03/21)

On 23rd February 2021, the UK Government released its Covid-19 roadmap to opening the country back up from the current lockdown. British Rowing welcomes this roadmap and has provided 4 key steps for our sport to return. These key stages can be found at the following;
<https://www.britishrowing.org/2021/02/british-rowing-welcomes-governments-covid-19-roadmap/>

In line with the governments Covid-19 roadmap and subject to there being no further changes to this by the government, then we expect senior members to be able to re-commence on-water activity from 29th March 2021. All crew boats usage is subject to Covid-19 secure protocol remaining in place. The use of indoor facilities will not be available for use by senior members at this time.
Members will be updated by the committee once a decision has been made in relation to re-accessing these.

All Senior members should follow government advice, adhere to the guidance within this policy, as well as following British Rowing's '[Managing COVID-19 advice for the rowing community](#)' (version 11 - last updated on 11th March 2021), so that we can continue to enjoy rowing within a safe environment, mitigating some of the risks relating to the Covid-19 pandemic.

Anyone wishing to use club equipment and to go afloat does so entirely at their own risk and needs to be aware of their own capabilities, and this will be at the discretion of the Senior Captain. Scullers must be able to be self-sufficient if they capsize.

From 29th March 2021 Rowing/sculling is restricted to:

- private singles (for use by their owners);
- club singles (Amy, Caroline, Julia and Fischettun);
- club doubles (John, Ham Supper, Derek Drury and Spam Hunt);
- club blades (currently stored in our club trailer): the yellow/white Bracas, Crokers and a pair of C2s;
- club squads with the proviso that these should be kept to the same rowing groups if possible, to minimise the risk of wide infection (i.e. same group of rowers each week), and rowing full crew at all times to avoid distancing of less than one metre if some of the crew is stabilising the boat at backstops.

Single and double scullers should go out in pairs at all times.

Training will be available on Sunday mornings (07:30 – 10:30) and Wednesday evenings whilst the clocks have not changed, and if visibility allows for this. Outings will be for 1 hour, with 30 minutes for cleaning before and after an outing (Total outing and clean = 1.5 hours).

When booking boats, please use the google spreadsheet including the full name of your rowing crew. Access to the sheet can be requested by emailing svrcbooking@gmail.com. Rowing groups may want to create their own WhatsApp groups to facilitate the setting up of crews. Boating times should be staggered so that no groups larger than 12 individuals are using the landing stages (or equivalent) at any given time. If you have reserved a boat, please ensure you turn up, or another sculler might find they are alone and will not be able to go afloat.

As much as possible, individuals should aim to maintain a minimum of a 1 metre+ social distance and different groups should stay separate. All scullers should carry with them a mobile phone which should be secured to the boat or sculler in a dry bag whilst afloat. All scullers should download the [“what 3 words” app](#) to allow emergency services to access their location if needed.

There is strictly no access to any of the school buildings (including the wet boathouse) or other school grounds, so if arriving by car it should be parked in Church Lane with access via the public footpath next to the headmaster’s house (to be updated in due course).

All scullers are responsible for the cleanliness of the equipment. Scullers should bring and use their own hand sanitisers and use before and after use of club boats. The boats and blades must be washed thoroughly with tap water and soap/bleach both before and after outings, paying particular attention to items listed on British Rowing’s clean what you touch poster - <https://www.thames-rrc.co.uk/post/club-resources>. Please bring your own cloths to do this.

The Club cannot accept any responsibility for the transmission of viruses that might be due to unhygienic equipment or contagion through not respecting the 1m+ social distancing rules. All members using the facilities and equipment are personally responsible for this.

Club members must respect government rules including hygiene and social distancing rules. Most of the club’s activities are carried out outside however, if the 1 meter + social distancing cannot be followed, club members should wear face coverings. Club members (and members of the same household) who display any symptoms of Covid-19 within 5 days of rowing should immediately notify the Senior Captain letting them know of the date and timings of their most recent outings. The club will work with the relevant authorities to report on who was present during these times.

Club members who are feeling unwell should not come to the club.

Club members who have been in close proximity of another member who has tested positive for Covid-19 will be notified, to ensure they comply with the NHS test and trace (and they will need to self-isolate for a period of 14 days).

All scullers going out should abide by the club’s risk assessments and make an informed decision as to weather and river conditions and their ability to recover from a capsize. Please keep a watch out for fallen trees and turn just below Phillimore Island. Scullers should review the [emergency plan](#) and ensure any emergency numbers are programmed into their contacts.

Please note that there will be no safe storage for valuables or any changing facilities at this time. Please bring your own first aid kit as it is unlikely there will be a first aider on site.

First aid:

In any first aid situation involving someone from outside your household you should work on the assumption that the casualty has coronavirus. Therefore, you need to take appropriate precautions:

- If the casualty is responsive and able to follow self-care advice, encourage them to do this from a safe distance.
- In other situations, for example, when a casualty is unresponsive (PPE will be available in the green box under the stairs):
 - o Where possible wear gloves when touching or handling the casualty.
 - o Wear a face cover/mask if available and consider placing a face cover/mask over the face of the casualty.

o Only handle/touch what is absolutely essential, remembering that all surfaces in and around the casualty may be contaminated by the virus.

Only provide essential direct first aid in order to limit your exposure time.

- This may include controlling significant bleeding, applying a dressing, use of an adrenaline autoinjector, assessing for responsiveness by shaking the person and shouting, and positioning of a casualty.
- After administering first aid, it is essential to:
 - remove and dispose of any PPE (used PPE should be treated as clinical waste).
 - wash your hands thoroughly with soap and hot water for at least 20 seconds.
 - wash all your clothing as soon as practicable.
 - be prepared to self-isolate and follow national guidance if you develop COVID-19 symptoms after providing direct first aid.

This policy should be followed at all times and in conjunction with the [clubs safety and emergency plans](#), and risk assessments.

SVRC Committee 15/03/2021 Version 3