



Fingal Rowing Club

Guidelines. June 29th, 2020. Return to rowing.

All information and guidelines are in accordance with directives from the following:

- Department of Health
- HSE (Health Service Executive)
- Rowing Ireland
- East Coast rowing Council
- Irish Coastal Rowing Federation

Please refer to <https://www2.hse.ie/coronavirus/> and confirm that you have read/viewed the following by emailing FRC at fingalrowingclub@gmail.com prior to attending any training or visits to the club.

1. Symptoms
2. Protect yourself and others
3. People at higher risk
4. Handwashing (<https://www2.hse.ie/wellbeing/how-to-wash-your-hands.html>)

You will find a COVID19 self-checker tool on the HSE website. If you have any concerns about your health, please contact your GP.

The screenshot shows the HSE website interface. At the top, a yellow banner reads "Coronavirus: Stay local" with the subtitle "Health information and advice to stop the spread of coronavirus". Below this is the HSE logo and the text "our health service". A dark green navigation bar contains links for "Health Services", "Health A-Z", "Staff & Careers", and "About Us". A search bar asks "How can we help you?". Three main service tiles are visible: "Find Services Near Me" (with a location pin icon), "Do It Online" (with a mouse cursor icon), and "Conditions & Treatments" (with a first aid kit icon). The "Do It Online" tile lists several services: "Patients awaiting admission (TrolleyGAB)", "European Health Insurance Card", "Apply for a Medical Card", "Make a Comment or Complaint", "Births, Deaths and Marriages", "Apply for GP Visit Card", and "Compare Drugs and Medicine Prices". A blue arrow points from the "Conditions & Treatments" tile towards a "Coronavirus Self checker" button in the bottom right corner.

1. Each member of Rush Sailing Club MUST check in on arrival at club by texting their name to 089 6166349
2. Each crew is responsible for cleaning and disinfecting the boat prior to and following training

Each crew should have a cleaning kit to include:

- *Detergent*
- *Sponges & basin/bucket*
- *Disinfectant spray/Disinfectant Wipes*
- *Bin Bags (for disposal of wipes or gloves if used)*
- *Paper Towels*
- *Each crew member should have their own individual hand sanitiser*

Each crew is responsible for disposing of sealed bin bags following their training slot.



Fingal Rowing Club

Covid-19 Questionnaire / Self-Declaration

In the interest of safety of the people of this Club, their families, and the community, you are required to complete the following questionnaire / self-declaration before returning to rowing with FRC. **To be completed every two weeks**

Question	Yes	No
1. Have you been in close contact with a confirmed / suspected case of COVID-19 in the past 14 days (i.e. less than 2m for more than 15 minutes accumulative in 1 day)?		
2. Have you been diagnosed with confirmed / suspected COVID-19 infection or been advised, by a doctor to self-isolate within the past 14 days?		
3. Do you have any of the following typical COVID-19 symptoms; fever, high temperature, persistent coughing, or breathing difficulties / shortness of breath?		
4. Have you been advised by a doctor to cocoon at this time?		
5. Have you returned to the island of Ireland from another country within the last 14 days? If 'YES', where?		

I confirm that I have responded to the questions above truthfully based on my current condition and I commit to advising FRC and excluding myself from rowing if this situation changes. (i.e. if a point in the future, I would answer 'Yes' to any of the above questions).

Name (print) _____

Date: _____

Signature _____

GDPR: I UNDERSTAND THAT THIS FORM WILL ONLY BE USED FOR THE PURPOSE OF ASSESSING IF I CAN TAKE PART IN CLUB ACTIVITIES AND FOR THE PURPOSES OF CONTACT TRACING. THE FORM WILL BE KEPT FOR A MAXIMUM OF A MONTH BEFORE BEING SECURELY DISPOSED OF.

Signature: Date: