

# Return to rowing Planning & Implementation



**COVID -19.** On March 12th the government announced the closure of schools, creches and universities and restricted the number of people that could congregate indoors and in the open. Further government directives followed on social distancing and sanitisation to tackle the spread of the Coronavirus. 5 phases for easing of this lockdown period were outlined to cover all sectors.

On June 19<sup>th</sup> (*then*) Taoiseach Leo Varadkar said that the reopening of a number of sectors had now moved into Phase 3 of the easing of Covid-19 restrictions, with gyms, cinemas and places of worship to open their doors on 29 June.

He said we all need to stay careful, and that while progress is being made the announcement comes with terms and conditions.

The Taoiseach said personal responsibility would become more important and asked people to follow four things under the concept of DATE - Distance, Activity, Time and Environment.

The followings protocols are being implemented by Fingal Rowing Club.

## Access/Egress

All members of Rush Sailing Club and Fingal Rowing Club MUST log their arrival to the Club facility. On arrival you must text your name to 089 6166349. It is advised that, where possible, members should travel independently (unless they are from the same household/Crew). Please refer to risk assessment and control measures.

## Temperature check & Self-Declaration

Members are expected to sign a *self-declaration form* prior to returning to rowing and every two weeks thereafter. This form will be available to fill out and submit via the FRC website. (<https://fingalrowingclub.ie/>). Your temperature will be taken on arrival to the Club. If your temperature is above 38c you will not be permitted to partake in training and should contact your GP for advice.

## Personal Belongings

You should arrive to training in your training clothes. Members should bring their own water/drinks bottles. These should NOT be shared in line with COVID19 guidelines.

Members should have their own hand sanitiser. Any items left in the boat will be disposed of immediately.

## Club Facilities

In line with current restrictions and COVID19 guidelines, Club facilities remain closed until July 20<sup>th</sup>. No access is permitted.

## Crew Responsibility

In accordance with guidelines, crews should follow a 'pod' system. i.e. the same crew members will train together at the agreed times. All crew members MUST confirm that they have read & understand the COVID plan (Risk Assessment, Self Declaration, Return to Rowing Protocol) by emailing the FRC Club Secretary before SATURDAY July 4<sup>th</sup> 2020. Any member that has not confirmed same will not permitted to row.

## Cleaning Kits

*(a checklist will be kept in the boat listing touch points and areas to clean)*

All crews must have their own cleaning kit to include:

- *Detergent*
- *Sponges & basin/bucket*
- *Paper Towels/Disposable cloths*
- *Disinfectant spray/Disinfectant Wipes*
- *Bin Bags (for disposal of wipes or gloves if used)*

## Physical/Social distancing

On launching of the boat, no more than 8 people is permitted. Each crew member must ensure that they follow social distancing and avoid the concertina effect. (move in unison to avoid physical hand-over-hand contact). If there is a low tide, or a pre-empted difficulty in launching, crew captain should request assistance from another club member in advance of training time, whilst keeping within COVID19 guidelines.

# In summary.....



## *Before and when you arrive for Training*

- Have you completed the clubs self declaration form online?
- Text the Sailing Club when you arrive to inform them you are on club grounds – 089 6166349
- Arrive in training gear – clubhouse closed until 20<sup>th</sup> July
- Try to maintain social distancing as much as possible while ashore
- Timetable – this will be available online and used for contact tracing.
- Skiff, Oars, launching trailer and all related equipment to be thoroughly washed down before and after use using appropriate sanitising cleaning products.
- Each crew to have their own kit for cleaning the boat (bucket, sponges, fairy/bleach, towels, etc) (Please keep the environment in mind when using detergents)
- Remember to wash hands and use hand sanitiser often. It is up to each individual member to have their own hand sanitizer
- As per the ICRF guidelines all **Coxes** are recommended to wear face protection including Face Masks, Eye Protection and/or Full Face Visors and in addition to wear vinyl gloves at all times in the boat.
- Put boat and oars away for the night ensuring tarp is secure.
- Each crew is responsible for disposing of their sealed bin bag after sanitizing the boat.



## **Boats and Equipment**

*Keep the use of shared equipment to an absolute minimum thereby reducing the risk of the spreading COVID 19.*

### **Oars:**

- Where possible oars should not be shared however, when it is not possible to get by without sharing oars, then they must be thoroughly sanitised before and after every use.
- Particular attention must be paid to the cleansing of the Oar Handles and areas of the shaft which are handled when carrying the oars and placing them in and removing them from the spurs.

### **Personal Protective Equipment:**

- A bespoke system of cleansing should be created for each piece of equipment specifying areas such as the oar handles, handled areas on the shafts when carrying and removing inserting oars into/from boats, etc.
- Until an item has been thoroughly sanitised after use, it should not be allowed under any circumstances to return to service.

### **Seat Cushions:**

- Seat Cushions covered with Leather, Leatherette or other Non-Porous surfaces can be reused provided that all exposed surfaces and seams are thoroughly sanitised before and after each use.
- If a Member uses their own cushion, they must personally remove it after use.
- Seat Cushions finished with Textile, Cloth or other Porous materials must not under any circumstances be shared between different Members.

### **Life Jackets:**

- Members are advised to use their own life jackets where possible.
- If sharing life jackets they must be sanitized after each use.

### **Tillers / Rudders:**

- Coxes are recommended to wear Vinyl Gloves when handling Tiller / Rudder Ropes, due to the porous and flexible surface of ropes it will be impossible to ensure that all surfaces of the rope can be sanitised short of dipping the rope in a sanitising solution.

### **Bow & Stern Ropes:**

- Everyone handling Bow & Stern Ropes for example when assisting launching and recovery must wear Vinyl Gloves due to the porous surface of the ropes as it will be impossible to ensure that all surfaces of the rope can be sanitised short of dipping the rope in a sanitising solution.

### **Launching Trailer:**

- Launching Trailer must be cleansed between every use, sanitise all areas which were handled during a launching or recovery procedure.