



## PROTOCOLS FOR ROWING AT BARC DURING PHASE B5

From 7<sup>th</sup> September 2020 – **Doubles, Singles and Pairs ONLY**

1. If you wish to open the gate at the top of the track to drive down to the club, you can, however it is your responsibility **to clean where you have touched the gate and padlock with anti-viral spray, and to ensure the gate is closed and padlocked when you leave**, UNLESS you handover that responsibility from someone attending for the bubble after you.
2. Unless they live in the same household, members must keep 2 meters apart as much as possible – that is roughly 2 arm lengths, the length of Peter Crouch or the height of a standard door.
3. In a double or a pair, you will be roughly 1.2 apart when you are both at backstops, closer if you are not in synch. **YOU WILL BE AT RISK OF INFECTION FROM YOUR CREW MATE. How you mitigate that risk is your personal decision.** Face masks are not recommended by WHO when exercising however you may wish to use a face shield. These are available commercially or from the club (example - <http://thekitcrew.co.uk/Clip-on-Visor-box-of-5>)



4. **Only use or touch the boat allocated to you.** Exceptionally you may assist a fellow rower with their boat if you can do so **from distance of 2m.**
5. YOU MAY NOT USE THE GYM AT ANY TIME unless you have been designated by the Captain as a Gym User
6. The clubhouse will be accessible but **ONLY to collect and replace keys, wash hands and use the toilet.**
7. **Changing rooms will NOT be accessible nor will the bar.** Brown tables and tape block off the changing areas. Please do not remove or cross tape. **You must arrive and leave in your rowing kit.**
8. PLEASE DO NOT USE THE TOILETS except in an emergency.
9. **Doors to the gym, toilets and key locker** will be propped open to minimise touching. **Please do not close them**
10. IT IS A LEGAL REQUIREMENT THAT THE CLUB KEEPS A RECORD OF EVERYONE WHO ATTENDS THE CLUB which they retain for 21 days for COVID test, track and trace. Please can everyone log their attendance each time they attend using the online club attendance form.

### WHICH ANTI-VIRAL SPRAY DO I USE?

We have two anti-viral sprays. The **Hycolin spray is much stronger** than the Magic spray. We will eventually phase out the Magic spray but while we have it, it is only to be used for lower risk situations ie cleaning the boats and blades of Private use boats. For everything else please use Hycolin Spray.



Cleaning a private boat?

Magic Spray



Everything else?

Hycolin Spray



## 11. ON ARRIVAL, athletes must

- Unlock the clubhouse, spray the shaft of their personal clubhouse key with antiviral spray then wash their hands with **soap and hot water for 20 seconds**. Smear soap on the tap handle during washing. Dry hands on a paper towel.
- Spray boat house key bunch with anti-viral spray, retrieve the keys, unlock the boat sheds and move trolleys to give them clear access to their boat. Unless there is a gym user using the gym in the session, athletes must then replace the keys in the clubhouse and LOCK THE OUTER DOOR.
- IF you a gym user is present, note they cannot use the gym until you have finished in the club house.**
- Athletes should put trestles out on the lawn, for the boats AND the blades. Even if they do not intend to use them before the outing, they will need them afterwards for washing.
- Get boats and blades out.
- If there are sufficient members rowing for someone to always have eyes on the clubhouse, shutters may be left open but if in doubt, pull down all the shutters on all the boat houses before going out.
- Secure face shields (if using), row and have fun

**The clubhouse door must be locked whenever there is no one inside.**

  
BRITISH ROWING  
THAMES REGIONAL  
ROWING COUNCIL

**MAKE SURE YOU WASH YOUR BOAT AND BLADES THOROUGHLY**

**PAY SPECIAL ATTENTION TO TOUCH POINTS :**

 BLADE HANDLES	 SEAT & HATCH COVER	 FOOTPLATE & BOLTS
 SAXBOARDS	 TRESTLES	 GATES

**CLEAN WHAT YOU TOUCH :**

 TOOLS	 KEYS	 PADLOCKS
 DOOR HANDLES	 TAPS & HOSEPIPE	 LIGHTSWITCHES

**NOW WASH YOUR HANDS**

## 12. AT THE END OF THE OUTING,

### BOAT AND BLADE CLEANING

**IF a gym user is present, do not enter the club house until they have finished exercising. Their work-out should last no more than 1 hour.**

- a. Put the boat and blades on trestles.
- b. Wash hands thoroughly for 20 seconds with soap and water before dressing any blisters (**bring your own dressings**). You can do this in the club house or in the BW boat shed.
- c. Wash blades with hot soap and water - taking care to scrub key points - the handles but also all the way down the loom particularly at the balance points of blade carrying.
- d. Wash boat with soap and water paying attention to all touch points (see diagram). Once dry spray touch points (see diagram) with anti-viral spray (see picture above to tell you which one).
- e. Using anti-viral spray (see above for which one) spray blade handles and loom taking care not to splash or spray self or others. Wash any splashes off skin immediately with copious cold water leave blades perched on trestles for example spoon down for 5 mins minimum to air dry.
- f. Put boat & the blades away.
- g. Wash hands and any parts of the body you may have splashed with anti-viral spray well with soap and water. Wash anti-viral spray bottle with soap and water ready for next shift.

**BEFORE YOU GO** - Wash hands with soap and hot water for 20 seconds. Smear soap on the tap handle during washing. Dry hands on a paper towel and leave!

### **How sessions will be organised**

13. Members are allocated to specific sessions of up to 12 people. Please ensure you only attend at the time allocated to you.

### **Conditions of taking part**

9. Members wanting to row **MUST**:
  - a. Attend during the prescribed times
  - d. Record attendance every time on the online form
  - c. Provide a declaration to the Captain before they attend
  - e. Stick to the rules.

Stay Safe  
and  
Healthy