



## PROTOCOLS FOR ROWING and Gym use AT BARC

From 25<sup>th</sup> September 2020 – **Doubles, Singles and Pairs ONLY**

**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](#).**

### What facilities are open?

- The gym is open. It can be used for up to 3 people at a time
- When river conditions prevent rowing, ergs may also be used outside or in the boat sheds providing the seats, when all in the catch position, are at least 3m apart and the shutters are fully open.
- Rowing in singles, double and pairs is permitted.

### Before you come to the club

- Please make sure you have booked your rowing slot using the club booking tool <https://bradfordarc.simplybook.it>
- Make sure you have provided your declaration to the Captain. Only attend if you meet the conditions of your declaration.
- Please make sure someone else will be at the club with you – do not train in the gym or row alone.
- Change into your kit at home

### When you arrive at the club

- 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.
- 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.
- WASH YOUR HANDS on arrival and frequently during your visit. You can do that in the BW Boat shed or in the club toilets.

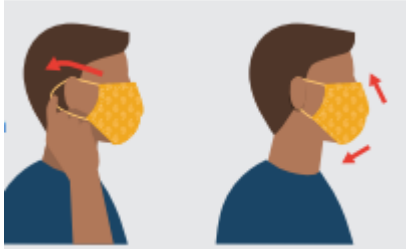
### Accessing the clubhouse

- The clubhouse will be accessible but ONLY to
  - Use the gym (if booked)
  - collect and replace keys,
  - wash hands and use the toilet.
- 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.
- PLEASE DO NOT USE THE TOILETS except in an emergency.
- If you need to enter the clubhouse, unlock then, spray the shaft of their personal clubhouse key with antiviral spray then wash your 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 clear access to your boat.

- Doors to the gym, toilets and key locker will be propped open to minimise touching. Please do not close them

## Wearing Masks

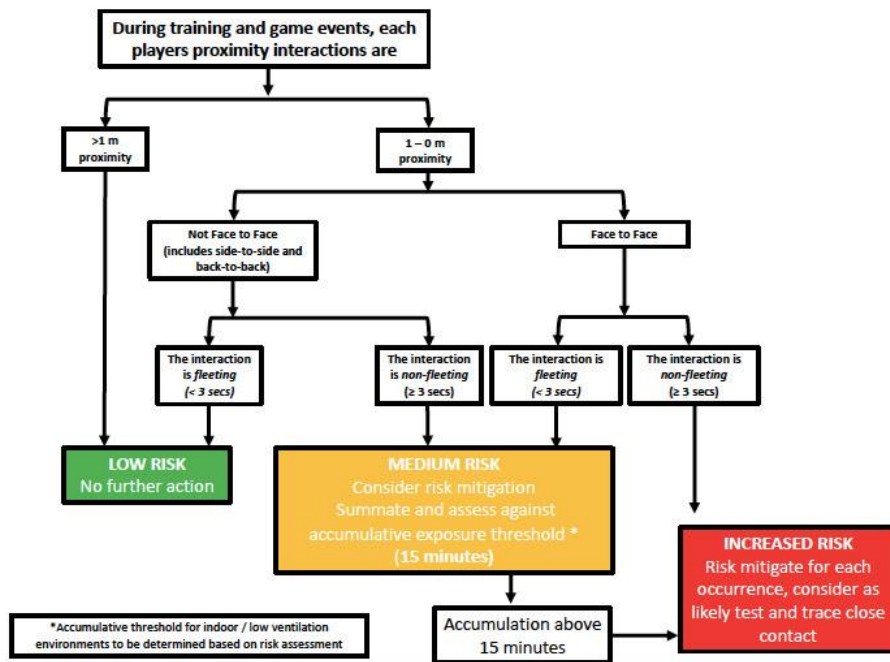
- Please wear a mask when indoors except when exercising. Masks are NOT recommended for exercise.



- If you remove your mask whilst at the club please store it hygienically.
- Used masks are an infection risk so please store yours in a safe place where it cannot infect others and take it home with you after training

## Rowing

- In a double or a pair, you will be roughly 1.2m 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.** This is a flowchart provided for sports club to assess the level of risk. Note – BRITISH ROWING state that there is insufficient evidence to understand the risk of droplet infection when rowing.



- **How you mitigate the risk of infection from your crew mate 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>)

- **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.**
- Put trestles out on the lawn, for the boats AND the blades. Even if you 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.

### Using the Gym

- Only use the gym if you have booked, and only the equipment you have booked.
- The gym is marked in 3 zones – 2 for ergs and one for machine weights. 1 person per zone only
- Please do not move equipment or use equipment marked with red and white tape
- Please clean all touch points

### 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.



### After Rowing

#### BOAT AND BLADE CLEANING

- Put the boat and blades on trestles.
- 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**

Members can book to take part in sessions of up to 12 people. Please only attend if you have booked.

### **Conditions of taking part**

9. Members wanting to row **MUST**:

- a. Book before attending
- d. Record attendance every time on the online form
- c. Provide a declaration to the Captain before attending for the first time
- e. Stick to the rules.



Stay Safe  
and  
Healthy