

# FISHGUARD AND GOODWICK JEMIMA ROWING CLUB ROWING POLICY



**For information only during any lockdowns and for guidance when allowed back onto the water**

*All WSR affiliated clubs and rowers will not currently (or in the near future given social distancing requirements) be able to row Celtic Longboats/Coastal Quads.*

***We all have a responsibility to keep risks as low as possible.***

***Do not visit your club if you or anyone in your house are showing any symptoms of coronavirus (COVID-19) or whilst you should be self-isolating or shielding.***

This is not a return to normal club activity, there will need to be changes made to ensure the safety of all members. Shared club equipment (singles and larger boats for households) can be used following hygiene guidance.

- Arrive in your rowing kit and avoid any changing outside of your house. Bring your own drink and do not consume food whilst rowing. Take all of your own clothing into the boat with you.
- The grab bags will include gloves, face masks and a small pack of antiseptic wipes for use in the event of an emergency or CPR is required. Please note that you need to use your own judgement as to whether you feel comfortable to administer first aid or CPR.
- Experienced rowers are able to use private and smaller club boats, while remaining mindful of the advice as set out by the Welsh Government and Welsh Sea Rowing.
- Use your own lifejacket if you have one but, if you don't please contact a member of the committee who will allocate one to you (for a £20 deposit) which will remain your responsibility and for your sole use to be returned at the end of the year.
- One rower for each boat needs to be 'Designated Leader' (DL). The DL will be responsible for ensuring that the procedure for accessing equipment is followed whilst also ensuring that someone shoreside is aware of the outing (including expected return time) and is aware of the safe return.
- All rowers are responsible for their own safety and the safety of those around them whether DL or not.
- Please inform a member of the Committee if you notice anything awry with equipment, full bin, low levels of hand-sanitizer, antiseptic wipes or antiseptic solution.

### **Procedure for accessing equipment: Before going out**

- Hand-sanitize then collect the back door key from the keysafe by the boat racks (code FGJRC). You need to use the code to open and to close the key safe.
- Only DL should go into the clubhouse back door, hand-sanitize again and collect the shed key for the shed, open the left-hand (Rowing Club) door of the cupboard, collect the grab bag and fill in one Outings Form, return it to its plastic folder and leave in the 'Completed Forms' box inside the door.
- Return the cupboard key to the internal key safe, remembering to hand sanitize before **and** after using the keysafe.
- Open the shed, organise the wiping of the oars, the trolley and the outside of the grab bag using the antiseptic wipes provided and disposing of them safely in the bin in the shed.
- Collect a bucket of antiseptic water and cloth from the shed to take to the boat.
- Return the shed key to the internal key safe, remembering to hand sanitize before **and** after using the keysafe.
- Return the back door key to the keysafe by the boat racks.
- Use the antiseptic water to wash down the rowlocks, foot straps and any part of the boat that you will be touching.
- Go rowing!

### **Procedure for accessing equipment: On your return**

- Rinse the boat down well with the Quayside hosepipe, use the antiseptic water to wipe down the rowlocks, foot straps and any part of the boat that you touched.
- Hand-sanitize then collect the back door key from the keysafe by the boat racks (code ). You need to use the code to open and to close the key safe.
- Only DL should go into the clubhouse back door, hand-sanitize again and collect the shed key for the shed, open the left-hand (Rowing Club) door of the cupboard, return the grab bag and complete your Outings Form, return it to its plastic folder and leave in the 'Completed Forms' box inside the door.
- Return the cupboard key to the internal key safe, remembering to hand sanitize before **and** after using the keysafe.
- Open the shed, organise the wiping of the oars, the trolley and outside of the grab bag using the antiseptic wipes provided and disposing of them safely in the bin in the shed. Return the oars carefully so that they can dry out to be ready for the next rowers.
- Dispose of the antiseptic water into the drains on the Quay (not directly into the sea!). Leave cloth to dry on the bucket inside the shed.
- Return the shed key to the internal key safe, remembering to hand sanitize before **and** after using the keysafe.
- Return the back door key to the keysafe by the boat racks.

This activity should still be *exercise*, not training. We would not expect coached sessions.

Travel in accordance with the current Welsh Government guidance and exercising with another person or small groups with social distancing permitted.

- You must be able to launch your boat by yourself or with members of your household.
- You should only row if you can launch and retrieve boats without assistance that would result in breaking social distancing rules currently in force.
- Safety launches should have 2 people as per RowSafe, so will not be possible to use unless in an emergency.
- Groups should be limited to stay within government guidelines and social distancing of 2m apart should always be maintained.
- We would consider putting limits on boats on the water, and in areas of the boathouse to ensure social distancing but would ask members to use their common sense whenever this is not possible.

#### Cloakrooms and Toilets

- All cloakrooms and the urinals remain closed. Please do not use them.
- The two toilets are open but you use them at your own risk as they are not cleaned between users.
- There is a one-way system in all areas of the clubhouse. Please observe our signage.

#### **From WSR:**

It is important that you remain aware of the Government guidance which often will provide more details on the general precautions required to help control the virus. It will be some time before rowing whether on the sea or along rivers is back to normal, whatever normal may be in future. Please be aware it could be a rocky road to get there and Stay Safe!

Respect the rules set out by your club and help yourself, your clubmates and the public stay healthy

Take it easy getting back on the water, your body may need to get used to rowing again

Respect other water users, remember for some people the water is their home

Follow any rules set out by your club to keep equipment and facilities clean

Walk, cycle, run or drive to your club - do not use public transport

Look after your hands – you will probably find you get blisters once you are back on the water again

Be kind - your club's committee are giving up their time for free to ensure you are all safe



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## **Useful Links for the most up-to-date advice and information**

Public Health Wales: <https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>

Welsh Government: <https://gov.wales/coronavirus-covid19>

British Rowing: <https://www.britishrowing.org/news/>

Welsh Rowing: [https://www.welshrowing.com/archive.php?news\\_id=476](https://www.welshrowing.com/archive.php?news_id=476)

## **Useful contact details**

Chairperson: Martha Owen – 07985 225940 or [fgjrcchair@gmail.com](mailto:fgjrcchair@gmail.com)

Secretary: Yasmin Barlow – 07900 938281 or [fgjrcsec@gmail.com](mailto:fgjrcsec@gmail.com)

Safety Officer: Mike Hughes – 07880 586279 or [fgjrCsafety@gmail.com](mailto:fgjrCsafety@gmail.com)

Welfare Officer: Gaynor Martin – 07765 272805 or [fgjrcwelfare@gmail.com](mailto:fgjrcwelfare@gmail.com)