



MKRC Procedures for Rowing During Covid-19 Restrictions

UPDATE: 1st August 2020

Following updated guidance from British Rowing, all members may now access some club boats during MKRC water time, subject to:

- Confirmation that they, or anyone they have been in contact with, are not exhibiting symptoms of COVID-19
- Government guidance on social distancing being followed
- The number of members present at the Watersports Centre being restricted
- Club procedures relating to equipment washing and disinfecting being followed
- Equipment sharing being kept to a minimum, and rowing 'bubbles' being established

Restricted areas of the Watersports Centre and Facilities are open, provided social distancing and good hygiene practices are maintained:

- OPEN: Compound, Boathouse, North & South Lakes
- OPEN with RESTRICTIONS: toilet areas, changing rooms, training bay, clubroom
- CLOSED: access to gym equipment, kitchen area

This is not yet a return to rowing training, rather an opportunity to exercise and explore rowing skills. This document is an appendix to the current MKRC Safety Plan. Notwithstanding the procedures set out below, you should consider there is an increased risk associated with rowing at this time. You are strongly advised to carry out your own risk assessment before participating.

ROWING

- Full club sessions are running Monday 6:00 – 8:30pm, Thursday 6:00 – 8:30pm, Saturday 7:30 – 9:30am and 9:30 – 11:30 am. And Recreational rowing on Tuesday 9:00 – 12:00. The launch will be on the water for all club sessions, to provide safety cover and coaching.
- All members (incl. private boat owners) are required to use the regular club Planner to indicate they would like to participate in a session. You will only be able to do this once you have ticked the box in column G to confirm you agree to abide by the content of this document.
- Only singles and doubles (including mixed household) are currently permitted.
- Arrival times for a session will be staggered to restrict the number arriving at any one time to 6. Members will be allocated an arrival time and club boat (if needed) by the club Captain.

- Members must hand sanitise (preferable) or wear gloves (single use) before handling padlocks, chains and gates. Footpaths in front of the compound and pontoons should be clear of pedestrians before attempting to carry boats so that 2m social distance can be maintained.
- Two cleaning stations will be in operation: one outside the boathouse, and one outside the clubhouse. All boats and associated equipment must be washed and disinfected, according to the club cleaning process (Appendix 1), both BEFORE and AFTER use.
- Maximum Nr of people per pontoon is 2.
- When rowing in a mixed household double, rowers should always 'move together' in the boat. If one person is not moving up and down the slide, social distancing is not being maintained.
- The launch driver is responsible for ensuring the Launch Procedure is followed (Appendix 2). Please observe the indicated touch points on the launch, trailer and rope.
- Private boat owners, and members having permission from the club Captain to use club boats, may row during SHARED water time. They should use the SHARED USE BOOKING tab on the Planner to reserve a time, and use only the specific boat allocated to them. Again, this will only be possible once the box in Column B has been checked, confirm that you agree to abide by the content of this document.

ERGOMETERS

- Club ergs are available for use during the club sessions listed above, but only outside. They must be taken around the outside of the building to the patio overlooking the lake.
- Dettol disinfectant, available in the equipment cleaning box in the bay, must be used to clean all touch points both before and after use.
- Use the ERGOS (COVID-19) tab on the Planner to reserve a slot

FACILITIES

The main building is open for restricted use. Use the hand sanitiser provided, upon entry and exit.

- Toilets: 1 person per toilet area. Use simple calling system to check whether area is free. Use disinfectant available to clean all touch points, both before and after use
- Changing Rooms: 3 people permitted at a time. Showers available in the event of a capsized.
- MKRC Bay: one person at a time to access water & cleaning equipment. Weights NOT IN USE.
- Main clubroom: access to lockers only, 1 person at a time
- Kitchen area: Closed

A 2m distance between members and other users of the facilities must be maintained in all areas of the Watersports Centre. Any concerns or issues that members encounter in terms of being unable to maintain 2m social distancing or with hand hygiene should be reported to the Committee. If any member has symptoms of Covid-19 since rowing under these conditions, they must inform the Committee.

APPENDIX 1.

EQUIPMENT CLEANING

- **Use hand sanitizer upon arrival & throughout your visit**
(next to signing in sheet)
- **Key Holder to organise preparation of Bleach Solution**
 - 110ml (measuring cup) in 5 litres water (mark on black buckets). Please bring your own gloves.
 - Fresh solution to be made every day
- **Clean ALL equipment BEFORE your outing**
 - HARD surfaces (shells, seats, riggers, oarlocks): use bleach solution & cloths in black buckets. Please bring your own gloves.
 - SOFT surfaces (shoes, trestles, blade handles): spray on Dettol Surface Cleanser & leave.
- **Clean ALL equipment again AFTER your outing**
 - Including trestles, spray bottles, bucket handles
- **Leave all cloths in one of the buckets of bleach**
- **Pour all other bleach solutions down the drain outside the clubhouse**

APPENDIX 2.

COVID Guidance for Launch Drivers

Notes

- Drivers are asked to coordinate getting the launch on & off the water
- A life jacket has been assigned to each driver, and should be kept at home please
- Dettol spray disinfectant, hand sanitiser and face masks are available on the launch

Getting the launch ON to the water

- Once members have completed boat washing, ask 5/6 to assist with the launch
- Everyone to wash hands / apply hand sanitiser
- Dettol disinfectant to be sprayed on marked 'touch points' on the launch, the jockey wheel, the 2m markers on the rope, launch keys & bag, controls, petrol can
- Manoeuvre launch from the Boathouse on to the water in the usual way, BUT
 - o ONLY TOUCH the DISINFECTED AREAS, and
 - o Maintain a SOCIAL DISTANCE of 2m
- Everyone to wash hands / apply hand sanitiser

Getting the launch OFF the water

- Everyone to wash hands / apply hand sanitiser
- Manoeuvre launch from the water into the Boathouse in the usual way, BUT
 - o ONLY TOUCH the 'touch points' on the launch, the jockey wheel and the 2m marks on the rope, and
 - o Maintain a SOCIAL DISTANCE of 2m
- Once in the Boathouse, Dettol disinfectant to be sprayed on marked 'touch points', the jockey wheel, the 2m markers on the rope, launch keys & bag, controls
- Everyone to wash hands / apply hand sanitiser