



MKRC Procedures for Rowing During Covid-19 Restrictions

Following updated guidance from British Rowing on 13th May 2020, and subsequently on 29th May, in response to recent changes announced by the UK Government, MKRC are now able to provide access to some club boats and the use of Caldecotte Lake. This is subject to:

- Having a club plan in place to support safe access to and use of boats and blades, which follows the Government guidance including hygiene and social distancing.
- Continuing to follow all relevant UK Government and/or Waterway authority restrictions.
- The absolute minimum necessary areas of the club being opened and only to facilitate access to boats and blades.
- British Rowing advise that gyms, bars and other facilities remain closed, with no organised club activities or gatherings.
- The Parks Trust and Sailing Club have advised the lake is not to be used for club activities at present.
- Each member must book a two-hour slot on the Planner when they wish to row; this is per person not per boat, and covers their total time at the club, not time on the water. The maximum number of rowers is 6 per slot.

This is not a return to rowing; these are tentative steps to allow rowing to be used as exercise in certain cases.

This document is an appendix to the current MKRC Safety Plan, and all advice contained therein remains in place.

Notwithstanding the procedures set out below, you should consider there is an increased risk in using the water at this time. You must at all times consider your own and others' health and minimise the spread of Covid-19. You are strongly advised to carry out your own risk assessment before rowing.

You are not permitted to access the boat compound or go rowing if you or your family have symptoms of Covid-19. You must self-isolate and follow the guidance available from NHS 111.

Available facilities

Rowing is limited to club members with private boats and those who have been granted access to a club single or double scull (for use only by members of the same household). These club boats and blades are allocated for exclusive use and cannot be shared under any circumstances.

Use of the clubhouse, erg room, changing and toilet facilities is NOT permitted. The clubhouse will remain closed and is not to be opened by any keyholders.

The boat compound can be accessed to collect and return equipment before/after outings. Use/access to the boatshed is NOT permitted and is NOT to be opened by keyholders.

Although rowing is permitted on both the south lake and north lake, the north lake can only be used if it isn't in use for A4Y activities.

Rowing can take place during any of the usual club sessions or at times designated as FREE sessions, but **you must book a slot on the Planner to row. This applies to both private boat owners and users of allocated club equipment.** During FREE sessions, there will potentially be more people from other clubs using the boat compound and water and you should consider if you will be able to maintain a 2m distance from others on land, and that you can use the water safely.

You should park in the car park outside of the gate if rowing during a designated club session. However, this car park is reserved for use by the businesses in Copperhouse Court during weekdays, and you may receive a penalty parking charge if you park here during this time. There are also parking restrictions in force in Monellan Grove, so please consider where you will park before planning an outing during free sessions during weekdays.

Travel to/from club

Travel to and from the club should be in a privately owned vehicle or on a bicycle. The use of public transport is currently for those who cannot work from home and have to travel a distance that precludes them from walking/cycling. The use of public transport to access leisure facilities is to be discouraged. If travelling by car, you may do so with another member of your household, but if planning to accompany another rower on the lake during your session, you must travel separately.

Access

Access to the boat compound and pontoons is via the usual routes. Members must either clean hands with 70% alcohol hand gel (preferable) or wear gloves (single use) before handling padlocks, chains and gates. It is essential that the footpaths in front of the compound and pontoons are clear of pedestrians before attempting to carry boats so that 2m social distance can be maintained.

Rowing

It is club policy that no lone single sculler is permitted on the lake (apart from private boats) and this policy continues to be in place during the restrictions. You must arrange to be on the lake at the same time as another member and booking a slot on the Planner will facilitate this. It will also allow members to ensure that the facilities are not overcrowded by staggering rowing times.

Single scullers must assess their ability relative to water conditions before each outing and not row if in any doubt.

As there is no access to the clubhouse, rowers must ensure they have a towel and change of warm clothes in their car or stored somewhere in the boat compound that they deem to be safe, and bring adequate water for hydration during their outing. A dry bag will be useful to take car keys/mobile phone on the water. There will be no access to handwashing facilities, so rowers should bring alcohol gel/wipes to help reduce the risk of cross-contamination before and after their outing, and for cleaning equipment. All rubbish must be taken home for disposal as there is no access to club facilities.

Although the Parks Trust have resumed fortnightly water testing, as the temperature is rising and amount of sunlight increasing, it should be assumed that blue-green algae is present. It is important to follow the guidelines contained in the Club Safety Plan. This requires cuts to be covered with waterproof dressing, direct contact with the water is to be avoided, and the use of alcohol gen/wipes for hands is vital.

A 2m distance between members and other users of the facilities must be maintained at all times, including boat compound, racking, slipways and pontoons. Members must carry their own boats or have assistance from someone within their own household if they are unable to do this safely on their own. If this is not possible, they can request the assistance of another sculler, provided they are happy to do so and that 2m distance is maintained. It must be stressed this is just for boat carrying and not to aid getting into/out of a boat by holding a rigger or handling blades. Only one boat per pontoon is permitted at any one time.

Private/allocated club boats and blades will be stored on external racks. Blades should be stored on racks next to the allocated boat and not left on the ground. Members must only handle their own equipment or what has been allocated to them unless another member is helping to carry the boat. It should NOT be assumed that the equipment is clean, and members are strongly advised to clean blade handles before each outing and any other parts of the equipment that is handled, particularly if another member has assisted with carrying. The use of club trestles is NOT permitted.

Access to the clubhouse is not permitted and therefore MKRC is unable to provide access to clean water and handwashing facilities. Rowers should plan how they intend to maintain hand hygiene within current Government guidelines and ensure they have the materials to do so.

As in usual times, any safety incident must be reported to British Rowing via the incident reporting system. 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 during this phase.

If any member has symptoms or received a positive diagnosis of Covid-19 since rowing under these conditions, it would be appreciated if they would inform a member of the Committee out of courtesy and respect for other members and clubs.

In the case of capsize, it is the responsibility of the rower in question to self-rescue. They should not expect fellow rowers to compromise their own safety by requesting a buddy rescue, or their health, by potentially compromising the 2m distance rule. There is a throw-line located under the step of the pontoon closest to the club house if needed, together with a first aid kit. Please ensure you clean the first aid kit with alcohol wipes after use and notify a member of the Committee if you have used any of the contents and/or the throw line, so that cleaning can be facilitated.

The boat compound must be locked after use, providing there are no rowers still on the lake (please check before leaving) or that it is not in use by the other clubs. Members must leave promptly after rowing and not congregate in groups or more than 6 people.