



ROWING GUIDANCE DURING COVID-19

Summary

As of Friday 28th August 2020, we remain in the **AMBER PHASE** of traffic light guidance. Welsh Government has announced that from Saturday 22nd August extended households can include up to 4 households. This means that an extended household can row a crew boat in the same way that same household crews have been able to. Rowers should continue to observe strict hygiene protocols, and to adhere to social distancing guidelines when landing and launching their boats, using mitigations below if necessary.

Gym areas may open whilst adhering to guidelines for indoor gym areas on social distancing, indoor groups, and hygiene measures.

A maximum of 30 individuals can be present in one session, this includes parents, coaches, volunteers, and rowers. Clubs should ensure that social distancing is adhered to by these groups.

Changing rooms, social areas and toilets may now re-open. Clubs should ensure that they follow the guidance for hospitality and social areas provided by Welsh Government. Changing rooms and toilets should be subject to enhanced cleaning regimes and follow the guidance set out by Welsh Government.

This version of the guidance builds on our previously published guidance and should be read as an update to those documents. If you require copies of previous guidance please see the link to previous WSR COVID-19 advice on the WSR website.

You should only row if you can launch and retrieve boats without assistance that would result in breaking extended households and social distancing rules currently in force. A full and thorough risk assessment should take place including COVID-19 and advice from the RNLI, Coastguard and Local Harbour Authorities must be observed.

If you are able to get back out on the water, then you must remember to check with your club committee that all WSR affiliation paperwork is complete for rowers to ensure insurance cover is in place prior to getting back out on the water and that the equipment insurance has been updated as most of the equipment covered by the fleet insurance is currently registered as being laid up and not in use.

COVID Training

By now all of the WSR clubs appointed officers will have received the WSA link to the COVID on-line training course and we hope you have found this online course beneficial.

Events

A small number of test events will be run across the sports and arts sectors during August and September to explore the possibility of larger numbers of people being allowed to gather for formal events. British Rowing currently advise events up to 30th September are to be postponed or cancelled.

Duty of Care

Public Health Wales have advised the following wording for the self-declarations that your club members should be completing before each session:

- I do not currently have symptoms of COVID-19 (new persistent dry cough, fever, loss of taste or smell)
- I have not had a positive test for COVID-19 or onset of symptoms of COVID-19 in the last 10 days. (Individuals who have completed their period of isolation (10 days) and have no remaining symptoms (other than a dry cough or loss of taste or smell which can last for some time) may return to normal activities)
- No member of my household has had symptoms of COVID-19 or has tested positive for COVID-19 in the last 14 days
- I have not been contacted by a contact tracer from the Test, Trace and Protect Programme and told to isolate in the last 14 days as a contact of someone with confirmed COVID-19
- I have not returned from a country outside of the UK in the last 14 days, other than those on the exempt list (<https://gov.wales/exemptions-self-isolation-coronavirus-covid-19-html>)

Households

The extended household rules change to include up to 4 households from Saturday 22nd August 2020. This means that an extended household can row a crew boat in the same way that same household crews have been able to. All hygiene measures for club boats must still be adhered to by an extended household. The regulations around extended households state:

‘Because a household can vary in size, there is no limit on the number of people who can be in an extended household. But only four households maximum can form part of the extended household. All the occupants of the households will be part of the extended household, no matter how many people are in each household.’

The key rules are that:

- no person can be part of more than one extended household, with the exception of children who live in two homes (for example because their parents have separated and have joint custody)
- all individuals in one home must belong to the same extended household
- all of the adult members of each household must agree to join the same extended household
- once you have agreed and joined an extended household, nobody can leave the extended household to form a new one.

Clubs are advised to ask their members to let them know if they intend to form an extended household with other rowing households, so that the club can ensure that the above restrictions are met whilst on club premises.

Extended households can be cross-border – for example, a household in Wales can join with a household in England – but the arrangements will need to comply with the rules in both countries.

If one member of an extended household develops symptoms of coronavirus, the entire extended household should self-isolate, not just those living together. Guidance is available about [self-isolation](#) and [how to apply for a coronavirus test](#). It is also useful for people to keep a record of who is in their extended household and their contact details, so [contact tracers](#) can get in touch with them quickly in the event that they need to.

Mitigations

There are two mitigations currently in place, subject to risk assessments by clubs, both where closer contact is minimal and temporary, and to allow greater safety provision, and access to the sport. These are:

- When launching ribs for coaching or safety, these can be launched by two people within the 2-metre social distancing guideline, provided they both wear face coverings, and that the furthest distance between two individuals is kept at all times. Clubs may wish to mark launches for this purpose.
- Rowers who require assistance from another person to carry, launch or retrieve their boat may receive this, as long as both people wear face coverings and that the furthest distance between two individuals is kept at all times. Clubs should risk assess this mitigation and rower competency in the instance.

Bubbles

As schools return under Welsh Government advice, they have formed consistent groups of individuals (bubbles) and subject to the school's own guidelines and risk assessment, it may be possible to form crews of school children from these bubbles if this is consistent with the rest of the restrictions and mitigations put in place by the school. These bubbles apply for school-sanctioned activity only and do not transfer to community activity.