



ROWING GUIDANCE DURING COVID-19

Summary of Post Firebreak Guidance

As of 00:01AM on 9th November 2020, the recent Welsh Government 'firebreak' lockdown throughout Wales will cease.

Things that 'have changed' after the firebreak:

Households

Two households are able to join together to form an extended household. This means that an extended household functions as one household, and therefore can row a crew boat as households are able to. This new extended household can be different to that which has been in place before, once you have agreed and joined an extended household, you cannot then leave that extended household. All hygiene measures for club boats must still be adhered to by an extended household. Clubs are advised to ask their members to let them know if they intend to form an extended household with another rowing household, so that the club can ensure that Welsh Government guidelines are adhered to whilst on club premises.

Duty of Care

Clubs must continue to ensure that the administration around their activities would provide the ability for the Test, Trace, Protect system to carry out contact tracing if needed. Clubs should ensure that records are kept for 21 days in a GDPR compliant manner. Clubs should continue to ask all participants to make a self-declaration when attending a session that they are not currently experiencing any of the symptoms of COVID-19 or have been asked to self-isolate. A template for this self-declaration is provided at the end of this guidance under Appendix 1. Clubs should ensure face coverings are worn by members whilst inside their premises (unless individuals are exempt) unless taking part in physical activity.

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 of a capsize and adjust safety/launch/buddy requirements, as necessary.

Events

Clubs are able to run events which will keep within the numbers for the type of activity given below. Please note the need to keep all participants/organisers separate, and to not have mixing of these groups.

On Water

Singles, and (extended) household crew boats are within current Welsh Government guidelines. Rowers should continue to observe strict hygiene protocols, and to adhere to social distancing guidelines when landing and launching their boats, using mitigations above if necessary. Outside of an organised session, rowers should limit themselves to meeting as a maximum of a group of 4 unless within the same (extended) household. Rowers should make efforts to be consistent with their group of 4 if possible.

Training Group Size

A maximum of 30 individuals can be present in one session outdoors, children aged under 11 plus those organising the activity (such as coaches) are not included in these numbers. Clubs should ensure that social distancing is adhered to within these groups. We have also had clarification that there can be simultaneous groups of 30 at an outdoor facility, provided they are clearly separate, do not come into contact with each other at any time and with a responsible person overseeing the activities. Indoor sessions are limited to 15 participants maximum (coaches/volunteers/under 11's are not included within this number), if facilities can manage this number within social distancing guidelines. Simultaneous groups of 15 people will be able to take part in organised activities indoors, using the UK Active guidance to determine the maximum capacity for the available setting (space).

Travel

There are no restrictions on travel within Wales. Travel will only be possible across the Wales-England border with a reasonable excuse. Examples of a reasonable excuse include travelling for work or volunteering, education, a medical appointment, legal requirement, or compassionate grounds. The English lockdown also means cross-border travel is not allowed unless one of the exceptions in the English regulations applies.

Things that 'have not changed' after the firebreak:

General Guidelines

The social distancing rule of 2 metres and the use of face masks in accordance with Welsh Government guidelines still apply throughout Wales.

Club Facilities (Changing Rooms, Toilets, Bar areas)

Social areas, changing rooms and toilets may now re-open. Clubs should ensure that they follow the guidance for hospitality and social areas provided by Welsh Government including the limited hours for the sale of alcohol and table service requirements. Clubs are required to responsibly manage changing rooms and toilets to minimise the spread of Covid-19, this might mean controlling access and capacity. Changing rooms and toilets should be subject to enhanced cleaning regimes and follow the guidance set out by Welsh Government.

Indoor Gym Areas (Strength and Conditioning rooms, Erg rooms etc.)

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

School Rowing

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. Young people within bubbles formed under Welsh Government guidelines can row in crew boats with each other within school

guidelines and risk assessments. All hygiene measures recommended for shared equipment should be followed, and rower, coaches and volunteers should be socially distanced whenever this is possible within the session.

Do not leave your home to go rowing if Welsh Government advice means you should stay at home because you or someone you live with has or has had symptoms of coronavirus (COVID-19).

See <https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/> for more details.

For more information on coronavirus (Covid-19) we recommend visiting the following additional websites:

- [Welsh Government coronavirus information](#)
- [World Health Organisation coronavirus information](#)

Welsh Sea Rowing advice on hygiene and cleaning for rowers and equipment remains unchanged. This is imperative to reducing the risks to our community.

Appendix 1

Example of a Health Declaration required for Welsh Sea Rowing affiliated clubs:

Health Declaration to be made before each session, I declare that:

- I have not travelled to a country that requires quarantine on return to the UK in the last 14 days.
- I am not waiting for the result of a Coronavirus test.
- I am not currently in the isolation period after testing positive for coronavirus.
- I do not have any symptoms of Coronavirus (COVID 19).

I understand the main symptoms of Coronavirus are:

- High temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature).
- New, continuous cough – this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
- Loss or change to your sense of smell or taste – this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal.

NOTE: Rowers must inform the club if they develop any of the above symptoms!

Name:

Signed:

Date: