



ROWING GUIDANCE DURING COVID-19

Summary of Guidance

Following Welsh Government's announcement by the First Minister this afternoon, please see below for the relaxations in restrictions that impact rowing clubs.

For adult crew boat rowing, we would hope that the re-start of adult crew boat rowing will be within Welsh Government guidance with the above mitigations in place when organised activity for adults returns. This is due to be reviewed by Welsh Government on 22nd April 2021.

The detailed announcement can be found here: https://gov.wales/moving-wales-alert-level-3-first-minister-sets-out-plans-further-relax-covid-restrictions?fbclid=IwAR2PB_ZAKDnRWPMYFFZp2TaeAGnfvNlqyrFXnWrzDxvY2e8GzUkRwKEU7Y

Provided cases remain low, the following things will be permitted:

Monday, 12th April - Travel into and out of Wales from the rest of the UK and Common Travel Area

Monday, 26th April - Outdoor hospitality, including cafes, pubs and restaurants

Monday, 3rd May - Organised adult outdoor activities for up to 30 people

Monday, 10th May - Gyms, leisure centres and fitness facilities can reopen. Individual and one-to-one training will be allowed, but not exercise classes

Monday, 17th May - Children's indoor activities, organised indoor activities for adults, limited to a maximum of 15 people. This includes exercise classes.

Travel across the English border for Children

We also received clarification from Welsh Government on Wednesday around travel across the English border for children participating in Organised Outdoor Activity for sport.

The Government FAQ on organised outdoor activity for children now states:

Can people travel to attend these activities?

- Yes, though people should be mindful of our wider guidance on leaving home at the current alert level.
- Travelling into and out of Wales for the purpose of participating in or facilitating an organised outdoor activity for children is a reasonable excuse.
- Shared transport should be avoided. Wherever possible children, parents and organisers should avoid car sharing and lifts to attend these activities. If organisers use shared transport including minibuses, they should follow the rules on school transport. When using public transport people should follow the rules on the use of face coverings for those over 11.

For full regulations - <https://gov.wales/organised-childrens-outdoor-activity-frequently-asked-questions#section-67301>

This means more junior Welsh club rowers can access their clubs, and they can also attend events or sessions in England as they arise.

Clearly the weeks delay in reopening adult outdoor activity is an unwelcome development for all of our clubs with adult rowers and our Start Centre, and we will continue to make the case

through Welsh Rowing for this to be moved forward through the Welsh Sports Association (WSA). The WSA's statement on this delay can be found here: <https://wsa.wales/wp-content/uploads/WSA-Statement-010421.pdf>.

The previous recent announcement by Welsh Government's First Minister on the 29th March 2021 detailed below for the relaxations in restrictions that impact rowing clubs.

Introduction

Welsh Sea Rowing will continue to ensure that the advice outlined for members is up to date but the situation and guidance from Welsh Government through Welsh Rowing is regularly changing. Rowers and clubs should always ensure they check relevant guidance from the Welsh Government, Local Authorities, and local waterway authorities. The latest advice from Welsh Government can be found [here](#).

Public health remains the number one priority

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

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

Additions and changes to 12th March 2021 advice

Whilst Wales remains at Covid Alert Level 4, there was a further relaxation in Covid-19 restrictions in Wales, from 00.01 on 27 March 2021. The key areas that these impacts are as follows:

- Travel
- Organised outdoor activities for children and young people including crew boats
- Household meeting
- Opening of toilets

Travel

The stay local restriction has now been eased to an all-Wales travel area, which means travel within Wales is now not limited. Limits remain in place for English residents wanting to travel to Wales, and this must be for essential reasons defined by Welsh Government. We expect the limits for English residents travelling into Wales for exercise to be lifted in two weeks' time if conditions allow.

Organised outdoor activities for children and young people including crew coxes

Children and young people aged 18 (or persons who were aged under 18 on 31st August 2020) can now take part in supervised activities where they are held outdoors as part of an activity organised by a club. There is no limit on the number of children and young children that can attend, but space available will dictate limits. Adults, including volunteers and qualified professionals, may attend these activities where they are involved in running them, or where the child is too young to be left. Adults including parents should maintain social distancing at all times.

Welsh Government recommends considering the use of face masks for those adults in attendance who are not under physical exertion. Contact sports for young people under 18 are now permitted, including those where social distancing is not possible, but it is advised that this activity is limited wherever possible.

If clubs do wish to run crew rowing sessions with young people in their clubs, they are advised to put the following mitigations into place:

- The risk assessment is reviewed to include crew boats
- Clubs operate an opt-in system for crew boat rowing including the individual and their parents/guardians acknowledging they may be asked to isolate should a crew member be tested positive and the risk of transmission in a crew boat is higher than in a single.
- Clubs should recognise that some individuals may not wish to return to crew boat rowing at this time, or may retract their opt-in and should plan for the inclusion of these individuals within sessions

- Clubs should ensure participants complete a self-assessment of Covid-19 symptoms before each session
- Crew boat rowers should be experienced to avoid clashes/out of sync rowing
- Clubs keep clear records of crew boat make-up and proactively ask members of boats where members have positive tests to refrain from rowing at the club ahead of any Test, Trace, Protect request
- Clubs keep the same crew rowing together wherever possible, do not mix crews if avoidable
- Clubs ensure 2m distancing is adhered to apart from when in the boat together e.g., on the landing stage, platform, beach, or slipway, whilst de-briefing etc.
- Clubs ensure all equipment is cleaned as per the previous guidelines, before and after each use
- Clubs should ensure all personal hygiene measures are followed, before and after each session
- Crews should avoid out of sync rowing
- Clubs should ensure crews return gently to crew rowing given the lengthy break from this activity
- Crews should avoid shouting
- Coxes involved in rowing activity should use a face mask and visor in a stern loader and a face mask in a bow loader

We would recommend a staggered return to junior crew boat rowing, introducing boats to existing provision on the following timetable:

- Coxless doubles and pairs - 29th March 2021
- Coxless fours and quads - 3rd April 2021
- Coxed boats - 10th April 2021

Clubs will need to ensure that the person in the role of Covid Officer is supported through this return to rowing period, and that all members of the club are aware of the person filling this role.

The Welsh Government FAQs for this are [here](#).

Household meeting

The household meeting rules now allow 6 adults from 2 households to meet up for exercise.

Opening of toilets

The club must ensure toilets are regularly cleaned ([within the UK Government's cleaning guidance](#)) and well managed to minimise the risk of the transmission of the virus. A full risk assessment should be carried out, setting clear use and cleaning guidance for toilets to ensure they are kept clean and social distancing is achieved as much as possible. Toilet capacity should be managed via entry and exit and to allow for the 2m social distancing to be maintained.

Consider:

- A one in one out system and 2 metre queueing point clearly marked outside the building.
- More frequent rubbish collection.
- Replacing hand dryers with paper towels in handwashing facilities.

When accessing and leaving facilities, people should wipe down areas of contact, wash their hands thoroughly, use paper towels where possible and avoid touching any surfaces in transit. Clubs should also regularly clean touch-point areas and surfaces in line with their club COVID-19 risk assessment.

When in enclosed public places, people are still required to wear face masks.

Situation Summary from 00.01 26th March 2021

On-Water/Outside Activity

On-water and outside activity is within Welsh Government guidance provided travel guidance and household meeting limits are followed. Crew boat rowing now within guidelines for young people with above mitigations and staggered re-start in place.

Indoor Gym Areas (S&C rooms, Erg rooms)

These areas should remain closed.

Club Facilities (Changing Rooms, Toilets, Bar areas)

Toilets are now permitted to reopen with the above mitigations in place. All other facilities should remain closed.

Training Group Size

Outdoor individual, household, support bubble and up to **6 people from 2 household's** groups only. There is no limit to the number of times per day you can train nor a requirement to maintain the same 6-person group.

School Rowing

Young people within bubbles formed under Welsh Government guidelines should follow school guidelines and risk assessments, including for crew rowing. These bubbles are in place for school activity only and do not transfer to community activity.

Travel

The Welsh Government guidance is changing to an All-Wales travel area. Limits remain in place for English residents wanting to travel to Wales, and this must be for essential reasons defined by Welsh Government.