



# CORONAVIRUS ADVICE RETURNING TO ROWING



BRITISHROWING

TEAMWORK | OPEN TO ALL | COMMITMENT

Version 4.1: 10 July 2020

# Important Notes



## Public health is the number one priority

Do not leave your home to go rowing if Government advice means you should stay at home because you or someone you live with has or has had symptoms of coronavirus (COVID-19), or you are in one of the more vulnerable categories and have been advised to shield from the coronavirus. See [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) for more details.



## Don't forget your responsibilities

Remember that any plans for exercising or rowing during the period of coronavirus restrictions should be in addition to your normal responsibilities as a rower, coach, club or event to safety, safeguarding and welfare.



## Always check Government and waterway authority guidance

British Rowing will make best endeavours to ensure the advice contained in this document is up to date but the situation and guidance from Government is regularly changing. Rowers, clubs and events should always ensure they check relevant guidance from the Government and local waterway authorities. The latest advice from the Government is available at: [gov.uk/coronavirus](https://www.gov.uk/coronavirus)



## This guidance is for England only

The advice contained in this guide is aligned to the UK Government guidelines for England as the devolved governments have issued different guidance for Scotland and Wales. For advice for Scotland and Wales, please refer to Scottish and Welsh Rowing respectively.

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## Version History

- Version 1 – issued 22 May 2020
- Version 2 – issued 4 June 2020
- Version 3 – issued 12 June 2020
- Version 4 – issued 29 June 2020
- Version 4.1 – issued 10 July 2020 (changes highlighted in yellow and list of changes available in Appendix 3)

## Photo/Imagery Credits

- Front cover image – Drew Smith
- Icons made by Pixel Perfect and Freepik from [www.flaticon.com](http://www.flaticon.com)

# Introduction

Coronavirus (COVID-19) has been an unprecedented challenge for the community as a whole and the difficulties this has created for rowing are put into stark contrast by the terrible situation that many families have and continue to face. For that reason, it is important to emphasise that whilst this document sets out what may be possible at each phase of a return to rowing, **public health is the number one priority** for all of us. Clubs and individual rowers should be cautious in the implementation of these and always apply sensible decision-making based on the local situation.

On behalf of the whole rowing community, I would like to thank the many volunteers in clubs who have worked tirelessly to ensure that their clubs and their members are supported through this difficult period. If you are a member of a rowing club, please remember to say thank you and be respectful and kind as your club's committee work to get you back on the water in a safe manner. Please be patient with them. Implementing processes to move from phase to phase in this plan are complicated and may take time to put in place. At the same time, some volunteers may have been affected directly or indirectly by the virus and so rowing may well not be top of their priority list right now. Please also appreciate that clubs may choose not to allow the full range of activity advised at a particular phase based on the challenges of implementing this in your local environment.

Thank you also to everyone from around the rowing community who has helped feed into the creation of this document. The document is designed to help clubs, rowers, coaches and events understand and plan how we all may be able to move back towards more normal rowing activity. I appreciate it is a long document but please do take the time to read it and use it as a reference to dip in and out of as your club plans its approach.

At this stage, the later phases of this plan are subject to confirmation of what the UK Government's next steps look like and the detail of any restrictions within these. We will continue to monitor the situation and will update this document as more information is available. It is important that this document is always read alongside the Government guidance which often will provide more details on the general precautions required to help control the virus.

Please remember that our Club Support team remains ready to help where we can. If you have any questions, in the first instance, please email [clubsupport@britishrowing.org](mailto:clubsupport@britishrowing.org).

It may take some time before rowing is back to normal and I'm sure there will be a few bumps in the road along the way. Thank you for continuing to respect the guidance from the Government and for your ongoing support and patience.

Stay safe!



**Andy Parkinson**  
Chief Executive Officer | British Rowing

# Key Facts on Coronavirus

- Coronavirus (COVID-19) is a virus not a bacterium - therefore the most effective way to avoid spreading it is to regularly wash your hands for at least 20 seconds with soap and water or, if they are not available, alcohol-based hand-sanitiser.
- Coronavirus (COVID-19) is a novel virus that hasn't been seen before in humans so there is little research available about the virus, how it is transmitted and what is best avoided.
- The virus can be passed from person to person by an infected person touching, breathing on or coughing or sneezing on a surface and spreading virus particles (known as 'shedding').

*For rowing this means we have a problem as there are shared facilities and shared equipment - not as simple as asking people to bring their own tennis racquet or ball.*

- The virus has an incubation period where someone may be able to pass on the virus but may not be experiencing any symptoms.

*This means we have to work from an assumption that anyone could have the virus and, therefore, maintain our distance from people outside of our households (as set out by the Government) and clean after ourselves and other people as if we/they might have the virus.*

- The risk of transmission of the virus is much greater indoors versus outdoors.

*Although rowing is an outdoor sport where transmission is less likely to occur, we store much of our equipment and boats indoors meaning that accessing them can be problematic.*

- There are a number of ideas about how a 'slipstream' effect might be created by someone exercising which affects the way virus particles might be spread. At this stage, there is not enough solid evidence and guidance in this area but we will continue to monitor any new information about this.

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

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

# Following the Guidance

The number one priority for all of us is public health - we all have a responsibility to each other to do what's right to help reduce the spread of the virus.

As a rowing community, this means we must listen to the guidance from the Government, from waterways authorities and within this document and apply it sensibly at a local level. Every club will find unique challenges and scenarios that it must work through and apply an appropriate risk assessment to.

In some cases, there may be variations between how the advice is applied. The rowing community is strongly inter-connected and we would hope that, in most cases, advice and constructive feedback shared between members, coaches, clubs and regional councils will ensure appropriate plans and actions are in place.

It is important to remember that British Rowing members clubs are still required to follow the normal [British Rowing safeguarding policies](#) and [RowSafe guidance](#). Likewise, through their membership of British Rowing and/or Affiliated Clubs, members have agreed to follow [British Rowing's Code of Conduct](#) which includes following the club's safeguarding, health and safety rules. Whilst we hope they will not be required, the usual disciplinary and grievance policies remain in force for clubs and members.



# Phasing

To help with planning, we have set out a series of phases of how rowing might return to normal in a stepped approach. An outline of the different phases is set out below and as a reference throughout this document.

	Club Rowing	On-Water Rowing Competitions
LOCK DOWN	No organised club-based activity No on-water rowing activity	No on-water competitions
PHASE A	No organised club-based activity Use of private boats allowed subject to restrictions	No on-water competitions
PHASE B	No organised club-based activity Use of club boats & equipment possible subject to the club having appropriate Covid-19-related plans in place Limited coaching allowed	No on-water competitions
PHASE C	Organised/coached sessions may be possible, subject to social distancing rules (e.g. small groups of singles)  Club bars and catering facilities may re-open subject to Government requirements for them to be COVID secure	No on-water competitions
	Other club facilities may re-open once Government advice allows.	
PHASE D	TBC	Intra-club challenges
PHASE E	TBC	Local inter-club private matches
PHASE F	TBC	Affiliated competitions restart

The timing and precise nature of each phase may change depending on the details of Government guidance. For example, Phase F may be implemented with restrictions on boat types and other procedures to allow for social distancing. This guidance document will be updated as we get further information.

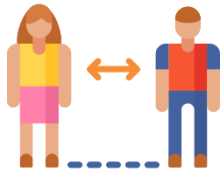
## Current Phase

As of 4 July, we have moved to Phase C of our Return to Rowing guidance. On 9 July, the Government issued further advice related to indoor facilities (which will be effective 25 July) and team sports (which now requires Government approval). Please see the table below for a summary of the current situation:

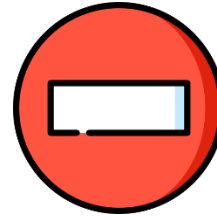
Rowing training - in singles or single household boats	Allowed subject to British Rowing guidance
Rowing training - in crew boats of mixed households	Not permitted
Rowing competition	Not permitted
Club toilets	Can be opened subject to mitigations to be COVID-19 Secure
Club changing rooms	Should remain closed
Club gyms and indoor training facilities	From 25 July, can be opened subject to mitigations to be COVID-19 Secure
Club bars and catering facilities	Can be opened subject to mitigations to be COVID-19 Secure
Club throughways	Can be opened subject to mitigations to be COVID-19 Secure

Given the relatively complex requirements for the club bars and catering facilities to be COVID-secure, in the vast majority of cases, it is likely that it will not be sensible for rowing clubs to open these facilities before they are able to open their sporting facilities. Further details and links to the Government Advice are contained in the [Club Facilities section](#) of this document.

# Advice for Rowers



Follow social distancing guidelines at all times



Do not visit your club if you or anyone in your house are showing any symptoms of coronavirus (COVID-19) or whilst you should be self-isolating or shielding



Wash your hands regularly with soap and water for at least 20 seconds



Follow any rules set out by your club to keep equipment and facilities clean



Respect the rules set out by your club and help yourself, your clubmates and the public stay healthy



Walk, cycle, run or drive to your club - do not use public transport



Take it easy getting back on the water, your body may need to get used to rowing again



Look after your hands - you'll probably find you get blisters once you're back on the water again



Respect other water users, remember for some people the water is their home



Be kind - your club's committee are giving up their time for free to ensure you are all safe

**STAY ALERT >> CONTROL THE VIRUS >> SAVE LIVES**

# Advice for Rowing Clubs

For the foreseeable future, rowing clubs will need to make changes to the way they operate to help control the spread of coronavirus. The advice below sets out some general guidance for all phases of a return to rowing to support the [specific advice for each phase of the plan in the next section](#). It is important to remember that your club should make the decisions that feel right for your club and don't rush into reopening areas or aspects of your club before you are ready.

At all times, the advice from the Government should take priority over any rowing specific advice. You can find general coronavirus advice and specific advice for the sports sector from the Government at the links below:

 [UK Government advice on coronavirus](#)

 [UK Government advice on coronavirus for the sports sector](#)

You must also consider any restrictions from your local waterway authority, some of which are working hard to ensure that essential waterway traffic is supported.



As more information about further stages becomes available, this guide will be updated.

## General Principles

Coronavirus doesn't change any of our responsibilities towards safeguarding or safety. Your safeguarding policy and club safety plan must form a key part of your club's planning. At every stage, your club should not feel pressured to allow anything you are uncomfortable with.

When trying to consider if a particular activity is appropriate, the overarching principle that should be applied in any phase is: if a specific activity was considered acceptable by your club before coronavirus, providing the activity can be delivered with the same risk management controls in place within the letter and spirit of any Government restrictions then it should still be acceptable.

To help illustrate this, two examples are given below of hypothetical scenarios and club safety plans that could arise.


Check / Scenario	Can single sculling boats go out in pairs?	Can juniors go out?
Was it previously allowed by your club safety plan?	Yes - risk assessment stated buddying up was ok	Club safety plans say this is ok if accompanied by a safety launch
Is the activity in line with the spirit and letter of current Government guidance?	Yes - as long as boats maintain social distance	Clubs decides that it can't safely launch a safety boat in the current circumstances
Should activity be allowed in the current situation?		

Please note that both examples provided above are purely illustrative of the thought process that needs to be considered and will need to be considered in line with your own club's safety plan and the latest advice from the Government.

For example, if your club's risk assessment previously stated that sculling boats could go out in pairs on the water then, providing the two boats maintain a social distance, this would be appropriate to allow. If your risk assessment said that sculling boats can only go out if there is an accompanying safety launch then our current advice would be this wouldn't be appropriate.

Please note that failure to follow Government guidance and/or British Rowing advice is likely to adversely affect your club insurance.

A useful document in considering your club's risk assessment and safety plan may be our safety alert, 'Is it safe to row alone?'

 [Safety Alert: Is it safe to row alone?](#)

## Other river users

With many normal gathering spaces closed and limits to the normal activities people can take part in, there has been an influx of extra people in areas around waterways and on the water itself. Please promote a courteous attitude towards other water users and be aware many may be new to the waterways and have limited knowledge of navigation rules.

## Juniors

It is important to remember that all the same rules are in place around safeguarding junior rowers. This means that any club where any junior activity takes place will be required to follow all the normal safeguarding procedures (including appointing a Club Welfare Officer etc.). Clubs without a junior section may want to consider this carefully as there may be questions from members about allowing their children to use club boats and equipment. For more details see our safeguarding policies:

 [British Rowing Safeguarding Policies](#)

A common question we have been asked is whether a parent can take out their child in a double. As set out in the general principles section above, if this was allowed by your club before the lockdown and if it complies with the latest government restrictions then it should be ok. If not, you will need to carry out an appropriate risk assessment and ensure you have the right measures in place to mitigate and control any risk created by this.

We would remind you that you should seek appropriate parental consent for your arrangements for juniors. For example, where an adult member would be expected to explicitly opt-in, you should ensure the parent or guardian provides consent for the junior instead.

## School & University Rowing Clubs

Rowing clubs that form parts of schools or universities will need to consider the advice given by the Government for schools and universities, rules set by their own organisation (including whether staff are furloughed) and specific advice for rowing issued by British Rowing. We would recommend following whichever set of restrictions are strictest at any time.

## People & Members

The key to well-run clubs are the people that run them as volunteers or employees. Over the coming months, these people are going to be really important. As you go through the process of planning and re-opening the club, you should remember:

- Some members may have been directly affected by coronavirus (personal illness, illness or bereavement in the family or loss of job) and may not have capacity or desire to get involved in the rowing club in the way they normally would.
- Some members may fall into vulnerable groups category either by virtue of their age or a pre-existing illness and therefore may not be able to be able to help in the way you might expect.

Remember to be considerate around these areas when talking with other members or the wider club as this may be a sensitive topic for those involved. Mind have some useful suggestions on coping for those affected by coronavirus and the people around them:

 [Mind: Coronavirus and your mental health](#)

You may want to consider:

- Does the club have the right number of people with the right knowledge to plan and operate the club at each phase?
- Do your club volunteers and/or staff have up to date training and checks (e.g. first aid, SPC and DBS)?
- How might your club replace any volunteers and/or staff who might not want to return either on a temporary or permanent basis?
- Contacting people who have not returned or you haven't heard of to check in with them and double check they don't require any help
- Bear in mind, people will have taken up other activities during lockdown and will be out of the habit of coming down to the rowing club - they may have extra draws on their time which limit their ability to volunteer in the same way as before.

### Communication

Throughout the process it is important that you communicate with your members on a regular basis. Remember:

- Agree a clear process of who will be sending out communications and who needs to review them
- Agree a method of communication with your members, bearing in mind that not all members will use the same channels
- Be clear about any changes to normal club rules/procedures that apply and reiterate that other club rules still apply
- When changes are made to club rules, be clear about when they apply from
- Be open to questions
- Consider how to manage members' expectations of what different phases will allow and when they will be implemented

## Club employees

Some clubs may have paid employees including coaches. These clubs should also consider all relevant Government guidance for employers when considering their plans for a return to rowing.

## Club Facilities

This section covers some general considerations for all phases, we also have [detailed phase by phase advice in the next section of the document](#).

### Cleaning/disinfection of surfaces

A virus can remain on surfaces and other materials for a number of days. Virus particles could be spread by someone with an infection touching a surface or from droplets that an infected person might emit by breathing, sneezing or coughing. Remember, someone may not yet be showing any symptoms but could be spreading the virus. For this reason it is important to regularly clean any surfaces that might be touched by multiple people, for example:

- Boats
- Blades
- Door handles
- Locks
- Window handles
- Handrails
- Toilets

Boats and other shared equipment should be cleaned before and after each use and other surfaces should be wiped down frequently.

The best way to clean these is use a disinfectant, dilute mixture of water and bleach or any other cleaning product appropriate for destroying an envelope virus. If using bleach, a ratio of approximately 50:1, water to thick bleach is normally recommended but you should always check the packaging on the bleach (some weaker bleaches may require less dilution). Your cleaning solution may be placed in a spray bottle to apply the solution and then disposable paper towels can be used to wipe down the surfaces. Please remember to plan for appropriate disposal of the paper towels and to take due care with any bleach as it is a corrosive substance and can be harmful to the waterways and environment. If members require gloves to use the cleaning solution then these should not be shared.

 [Government advice on decontamination in non-healthcare settings](#)

Remember that everyone should also be regularly washing their hands with soap and water. If this isn't possible then an alcohol-based hand sanitiser is a less effective alternative. A useful poster reminder of good hand hygiene is linked below:

 [Coronavirus handwashing advice poster](#)

### Ventilation

Good ventilation can help prevent a build up of virus particles in the air inside any club facilities that are opened. Where possible and practical, try and keep doors and windows open and any ventilation systems switched on.

### Taps and showers: reducing risk of Legionnaires' disease

If taps and showers are left unused for a period, there is an increased risk of build of bacteria including Legionella in the water system. For this reason, it is important to try and make all taps and showers are run at least once a week for 5 minutes if the facilities are

closed (subject to this being allowed under Government restrictions). If this is not possible during an extended period then the water system should be flushed out and cleaned appropriately.

 [British Rowing advice on Legionnaires' disease](#)

## Social distancing

It is highly likely that social distancing will still be in effect even if we are able to return to some club rowing activities in later phases. Regardless of the precise nature of the social distancing guidelines, some things your club may want to consider are:

- Would a one-way system help facilitate social distancing for members around the club?
- Do you need to limit access to certain facilities/equipment and, if so, can they be physically closed off or marked closed with signage?
- What boats are suitable for use based on the guideline and can you position them within the boathouse/outside racks to make them easier to access?
- Do you need to consider an online booking system for access to the facilities and/or equipment?

We have produced a series of posters that you can adapt for your club to provide signage around your club:

 [Club coronavirus posters](#)

The following advice from CIMSPA (Chartered Institute for the Management of Sport and Physical Activity) may be useful for clubs:

 [CIMSPA: Sport and physical activity sector facility reopening guidance](#)

## Crew Boats

Based on the 9 July advice from the UK Government, plans for team versions of sports must now be approved by the Government. We would consider crew boats to fall under this category and British Rowing will submit a plan accordingly. Until this plan is approved, only boats made up of a single household should go out.

## First aid

Ensuring you have the right plans in place for any emergency is important at any time, however, you may need to consider specific provisions for coronavirus. An example of this is your plan for any emergency resuscitation required. The Resuscitation Council (UK) and the European Resuscitation Council has issued more detailed guidelines advising how resuscitation should be carried out in the current situation. In any first aid situation involving someone from outside your household you should work on the assumption that the casualty has coronavirus. Therefore, you need to take appropriate precautions:

- If the casualty is responsive and able to follow selfcare advice, encourage them to do this from a safe distance.
- In other situations, for example, when a casualty is unresponsive:
  - Where possible wear gloves when touching or handling the casualty.
  - Wear a face cover/mask if available and consider placing a face cover/mask over the face of the casualty.
  - Only handle/touch what is absolutely essential, remembering that all surfaces in and around the casualty may be contaminated by the virus.
- Only provide essential direct first aid in order to limit your exposure time.
- This may include controlling significant bleeding, applying a dressing, use of an adrenaline autoinjector, assessing for responsiveness by shaking the person and shouting, and positioning of a casualty.

After administering first aid, it is essential to

- remove and dispose of any PPE (used PPE should be treated as clinical waste).
- wash your hands thoroughly with soap and hot water for at least 20 seconds.
- wash all your clothing as soon as practicable.
- be prepared to self-isolate and follow national guidance if you develop COVID-19 symptoms after providing direct first aid.

For further details see the links below:

 [Resuscitation Council UK Statement on COVID-19 in relation to CPR and resuscitation in first aid and community settings](#)

 [European Resuscitation Council COVID-19 Guidelines First Aid specific guidelines](#)

If your club has a defibrillator, you should check it is still working, and that the pads are in date.

## Wildlife

Please be mindful of the fact that wildlife (particularly nesting birds) may have moved into areas of your club whilst it was closed. Remember that it is illegal to disturb, move or destroy the nest of a wild bird.

## Go Row Indoor clubs/indoor rowing programmes

Clubs delivering Go Rowing Indoor programmes should consider this as part of any plan to reopen their gym (likely to be Phase C) but with particular attention paid to Government advice on social distancing and group sizes.

## Financial planning & support

Throughout the process of returning to rowing, it is important to be prudent in your financial planning and decision making. Putting in place additional measures and changing operating procedures to cope with coronavirus may incur increased costs. You may also want to consider:

- How many members are unlikely to return to rowing? How many members may seek deferral of fees or some arrangement to spread the cost due to their personal circumstances? What impact will this have on cash flow?
- What activities/users are unlikely to return in the short-term and what will be the resultant loss of income?
- Have the costs of reopening been reflected in the club finances?
- If the club is reliant on bar and catering income, consider the impact of any possible changes to use of these facilities?
- Can items such as planned maintenance of boats and other equipment and new purchases be paused or deferred without detriment to the safe operation of the club and compliance with Rowsafe?
- Some suppliers may no longer be able to offer credit terms in the short-term. Could and how might this impact on the club?
- If you have furloughed staff, ensure that you are familiar with the HMRC requirements for return to work?
- As a small business, have you explored the available funding options to you such as grants and loans, possibly from the local authority as well as Sport England and British Rowing?
- Ensure a procedure for regularly reviewing finances to ensure that issues are identified as early as possible, initially fortnightly but as operations become more established this review period could be extended.
- Whilst the spread of coronavirus through handling cash is not confirmed - the club may want to consider moving to contactless cards for payments to reduce cash handling. The initial cost of acquiring a card reader may ultimately be offset by reduced bank charges in paying and withdrawing cash from the bank. Also, removing cash could reduce insurance costs.

## Financial support

If your club requires financial support, there are a number of national sources of funding. For more information see the link below or contact [clubsupport@britishrowing.org](mailto:clubsupport@britishrowing.org) if you require further assistance/

 [Support available to clubs](#)

## Supplier viability

Whilst you will undoubtedly want to support your long-term suppliers and local businesses where you are able, be cautious if asked to pay up front for large orders. You should be conscious of the possibility of a supplier ceasing trading between the placing of the order and delivery. If clubs are put in this position, you may want to consider a maximum limit in order to reduce this risk.

## Scams

There has been an increase in attempted financial scams during the last few months and clubs should be alive to the risk around those.

## Managing your club's coronavirus plan

We suggest that you might want to form a specific group ('reopening committee') that can organise everything that is required at each phase of reopening your club. This process is unlikely to be a fast process and may take many months and so will allow the



main club committee meetings to focus on general club business. The 'reopening committee' may include a number of members of your main club committee but separating the groups will allow you to properly examine the detail required around this process.

Your 'reopening committee' will need to make a list of tasks and plan how these will be completed. At each stage of the journey you will need to update your risk assessment to include any specific coronavirus risks. An example of some of the considerations for this risk assessment are included as an appendix to this document.

 [Example risk assessment for coronavirus specific concerns](#)

## Reversibility

When drawing up plans to reopen facilities, make sure you consider how you would reverse any decisions should they become problematic or if the Government needs to re-impose any restrictions either nationally or locally. You will also have to respond and have a plan in place for if a member of your club test positive for coronavirus (COVID-19), some considerations for this are included in the sections below.

## Alternative club activities

During lockdown, clubs have done a fantastic job of coming up with creative ideas to keep their members engaged in rowing programmes. You may want to continue some of these virtual activities even when some limited on-water activity is possible. A number of ideas are listed on the British Rowing website:

 [Running your club remotely: practical advice](#)

It is important to remember that you follow normal safeguarding procedures and bear in mind how to keep your members safe whilst online. Please refer to British Rowing's social media policy for full details but some important considerations would be:

- There should be no one-to-one communication with children and/or young people.
- Do you need to broadcast live? Pre-recording materials is a good way to keep everyone safe.
- If you do want to live stream or provide other interactivity, you need to ensure you think about who is at both ends of the stream – are they who you think they are?
- Do you have consent from parents if you are sending materials to under 18s?
- Who is moderating any content or communications?
- Are people appropriately qualified if they are providing any form of coaching activity?





# Clubs Facilities - Phase by Phase Checklists

To help with your planning, we have set out a series of checklists to act as a useful prompt for each phase below in relation to facilities. The checklists are for guidance only and are not exhaustive. Information for phases D-F will be added once more guidance is issued by the Government.

Click the appropriate phase below to jump to the correct section.



## Lockdown

 <p>Facilities</p>	 <p>Club Activity</p>	 <p>Coaching Activity</p>	 <p>On-Water Competitions</p>
All closed	None	Virtual only	None

### Secure your boathouse





If we are required to re-enter lockdown it is important to remember to ensure your club facilities are safe and secure. The following forms a checklist of things for securing your boathouse:

- Is the club fully secure with windows closed, doors locked, entry codes changed, all alarms on and flood defences in place?
- Is the access gated locked?
- Have you considered regular checks from nearby club members when they are out for their permitted exercise?
- Have security lights and CCTV cameras been checked to ensure that they are working?
- Has the alarm key holder list been updated with your security provider and the local police?
- Have any fridges and/or water heaters been emptied and turned off?
- Have you turned off the gas?
- If you have a club bar, has the beer and gas been turned off and disconnected
- If you have a club bar, have spirits been removed from the club or locked away out of sight?
- Have all valuables and/or monies been removed?
- Have bar snacks been put in rodent-proof containers or removed from the club?
- Have you emptied all the internal rubbish bins?
- Do you need to put in place rat and mouse traps?
- If equipment is outside, is it secured to the racks properly to stop theft or damage from the weather?
- Is there equipment that is normally left outside, that could be put inside. e.g. launch engines?
- Are cox boxes, stroke coaches and batteries for lights unplugged, and in a secure place?
- Is the trailer locked up and a wheel clamp on?
- Are petrol tanks being stored in the proper place and vented correctly?
- Are any towing vehicles locked up and the keys in a secure place?
- Are boat hatches open to avoid any build-up of pressure and/or condensation?
- 

### Regular checks

Subject to the nature of Government restrictions, it may be possible to get a member of the club to check in the facilities on a regular basis. If possible, it is advisable to run all taps and showers for five minutes each week to mitigate the risk of Legionnaires Disease.





## Phase A

 <p>Facilities</p>	 <p>Club Activity</p>	 <p>Coaching Activity</p>	 <p>On-Water Competitions</p>
<p>All closed</p>	<p>No organised club-based activity</p> <p>Use of private boats allowed subject to restrictions</p>	<p>Virtual only</p>	<p>None</p>

In phase A, rowing is limited to private boats boating from private land and subject to guidelines from waterways authorities. In reality, the amount of rowing possible in Phase A is extremely limited.

Should there be a requirement to move back to this phase, clubs may want to explore the option of facilitating members picking up boats from the clubhouse in a managed fashion to avoid any members wanting to do this during a club closure.

## Phase B

 Facilities	 Club Activity	 Coaching Activity	 On-Water Competitions
<p>Access to the absolute minimum level of facilities required for safe access to required boats and equipment</p> <p>Toilets can be open</p> <p>Changing rooms and other facilities remain closed</p>	<p>No organised club-based activity</p> <p>Use of club boats &amp; equipment possible subject to the club having appropriate Covid-19-related plans in place</p>	<p>Limited coaching allowed subject to Government restrictions on group sizes</p>	<p>None</p>

Phase B allows for a minimal level of club facilities to be opened to allow people to take exercise as permitted by the Government guidelines and is not a return to normal club activities. The following checklists highlight a number of considerations you may want to make as a club and should be read alongside the [general Advice for Rowing Clubs section of this document](#):

### Plans

- Has your club reviewed your risk assessment, safety plans, safety rules and/or emergency response plans to reflect the latest advice from the Government, British Rowing and any other relevant bodies? Bear in mind that waterways may not have been as well maintained as usual during the lockdown period and so there may be additional hazards.
- Have all plans been communicated to members?
- Do you need to consider a staggered return of members to allow you to test new arrangements?
- Are there enough people available to put all processes in place?

### Is the club site still safe and secure?

- Are fire appliances still in place and in working order?
- Is the alarm system still operational?
- Are windows and doors still secure?
- Are landing stages, pontoons, slipways and boating areas secure and safe to use?
- Clear away any rubbish and clean/repair before use if necessary.
- Has the wildlife taken over? Trees encroaching, grass needing cutting, are birds nesting in boats and/or pontoons.
- Carry out a check of visible pipes and cables for damage before switching utilities back on.
- Check the foul water disposal/drains and, if appropriate, septic tank.

### Facilitating social distancing

- Do you need to implement a booking system (including for shared equipment) to limit the number of people at the club at the same time?
- Do you need to limit the number of people inside the boat bays or other areas of the club site?
- Can you implement a one-way system through any sections of the club that are open?
- Place clear signage to tell people where to go.
- Can you close off areas that members shouldn't be accessing (e.g. bars, gyms, balconies) by locking them or by using signage?
- As changing rooms should not be opened (except for access to toilets), encourage members to arrive in their rowing kit and change and shower once they get home.
- If your club has multiple pontoons or shares pontoons with other clubs, you may want to consider identifying each individual pontoon and agreeing which groups/club uses each pontoon.

## Cleaning/hygiene

- We would recommend that the club thoroughly clean all areas that will be used initially before you open the doors to members.
- Encouraging members to follow good hand hygiene practices at all times.
- Place hand cleaner at all entrances/exits.
- Put in place a regular cleaning plan, particularly any common contact touch points (e.g. padlocks and door handles) and provide spray bottles of simple bleach and water solution 1-part bleach to 50 parts water with paper towel to wipe down the surfaces.
- Agree appropriate protocols and products for cleaning any shared equipment before and after usage:
  - provide paper towels for drying boats and blade handles;
  - ask members to bring their own household washing up gloves; and,
  - use a simple water and bleach solution for common contact area's shoe's seat and gates).
- Communicate the cleaning arrangements before re-opening the club, including the cleaning regime that will be adopted once the club is opened and the individual responsibilities of members to assist the process. You may want to place posters as reminders around the club.
- Until further guidance is received, clubs are recommended to increase the frequency of cleaning appropriate with the usage of the club and to ensure that the club provides the certainty required by members.
- Check with your landlord if they require or have introduced any additional requirements for cleaning/occupation.
- What cleaning materials does the club have, and do you need to stock up?
  - Does the club have enough paper towels and soap/hand sanitiser?
  - Ensure you have the right cleaning solutions (diluted bleach solution etc.)
  - Do you have the required equipment (buckets, sponges, mops etc.)?
  - Does the club have a stock of household washing up gloves in case required?
- Review current arrangements for rubbish disposal - do you need to increase frequency/increase number of bins/more frequent arrangements to empty?

## Boathouse/boat bays

- Remove and dispose of any rubbish before opening.
- If possible, remove boats and clean floors and walls with appropriate products.
- Wash boats, inside, outside and gates before returning to the boathouse.
- Wash blades and scull handles before and after use.
- Do you need to increase boat cleaning and allow enough time before and after an outing to clean equipment properly?
- Ensure a ready supply of cleaning materials to facilitate the clubs cleaning plans, so that members cannot claim that they could clean because there were no materials.
- Secure or remove club equipment which is not to be used.

## Equipment & boats

- All equipment should be checked before going afloat (see RowSafe chapter 7 for how to check equipment).
- Owners of private boats should also be reminded to check their equipment.
- Additional checks may also be needed for boats reliant on buoyancy bags - ensure you check inflation bags.







[RowSafe Chapter 7 - Equipment](#)

- Review usage and consider alternative arrangements for cleaning boats and blades after each outing.
- When wiping down/drying boats after outings use disposable paper towels (private owners can use towels and take them home for washing).
- Ensure hatch covers, seats, riggers, saxboards and blade handles are all cleaned appropriately.
- Don't forget to check that your boat licenses are still valid.
- If the club has a defibrillator - is it working, and the pads are in date?

## Car parking

- Consider the spacing within the car park, can the club mark out alternate spaces for use to aid social distancing?
- Open up any overflow or additional parking provision the club might have available.
- If possible, provide a one-way route from car park to and from the boathouse.
- Provide clear signage in the car park to direct members and outline any changes in arrangements before they access any facilities.

## Phase C

 Facilities	 Club Activity	 Coaching Activity	 On-Water Competitions
<p>Club bars and catering facilities may re-open subject to Government requirements for them to be COVID secure</p> <p>Other club facilities (e.g. gyms, changing rooms) must remain closed until Government advice allows.</p>	<p>Organised/coached sessions may be possible, subject to social distancing rules (e.g. small groups of singles)</p>	<p>Organised/coached sessions may be possible, subject to social distancing rules (e.g. small groups of singles)</p>	<p>None</p>

In Phase C, further club facilities may open subject to adhering to Government guidelines on how to make them COVID-secure. From 4 July, club bars and catering facilities may open, however, at this stage the Government's advice for sporting facilities has not been updated and therefore gyms, indoor training spaces and changing rooms should remain closed.

The Government requirements for club bars and catering facilities to re-open are very strict and, as such, for the vast majority of rowing clubs it is likely that it will still not be practical or viable to open these facilities.

Make sure you double check you've considered [the factors we've set out under Phase B](#), particularly if you didn't open the club at this stage.

### Plans

- Has your club reviewed your risk assessment, safety plans, safety rules and/or emergency response plans to reflect the latest advice from the Government, British Rowing and any other relevant bodies?
- Have all plans been communicated to members?
- Do you need to consider a staggered return of members to allow you to test new arrangements?
- Are there enough people available to put all processes in place?
- Do outing times need to be adjusted to reduce the number of people on the club site?

### Is the club site still safe and secure?

- Are fire appliances still in place and in working order?
- Is the alarm system still operational?
- Are windows and doors still secure?
- Are landing stages, pontoons, slipways and boating areas secure and safe to use?
- Clear away any rubbish and clean/repair before use if necessary.
- Has the wildlife taken over? Trees encroaching, grass needing cutting, are birds nesting in boats and/or pontoons.
- Carry out a check of visible pipes and cables for damage before switching utilities back on.
- Does the club need to review its maintenance policies and procedures?
- Check the foul water disposal/drains and, if appropriate, septic tank.
- Check hot water boilers to ensure correct operation.
- Check all appliances are safe and usable.
- Check portable water dispensers (follow manufacturer's advice on how to clean these before refilling).
- Does your club need to test your water for Legionnaire's disease? Bear in mind, there may be a lot of organisations requiring this testing so turnaround times may be longer than usual.

 [British Rowing advice on Legionnaires' disease](#)

### Facilitating social distancing



- Do you need to implement a booking system (including for shared equipment) to limit the number of people at the club at the same time?
- Do you need to limit the number of people inside the boat bays or other areas of the club site?
- Can you implement a one-way system through any sections of the club that are open?
- Place clear signage to tell people where to go.
- Can you close off areas that members shouldn't be accessing (e.g. bars, gyms, balconies) by locking them or by using signage?

### Cleaning/hygiene

- Before you open the doors to members, we would recommend that clubs thoroughly clean all areas that will be used.
- What cleaning materials does the club have, and do you need to stock up?
  - Does the club have enough paper towels and soap/hand sanitiser?
  - Ensure you have the right cleaning solutions (diluted bleach solution etc.).
  - Do you have the required equipment (buckets, sponges, mops etc.)?
  - Does the club have a stock of household washing up gloves in case required?
- Until further guidance is received, clubs are recommended to increase the frequency of cleaning in line with club usage.
- Promote the cleaning arrangements that will be undertaken by the club before reopening and the cleaning regime that will be adopted once the club is opened. Individual responsibilities of members should be made clear to assist the process.
- Consider whether a regime of "deep cleaning" (possibly employing external contractors) is required. (If you are thinking of hiring an external contractor, we suggest you book them as soon as you have decided to reopen following government advice on the date as there is likely to be high demand).
- If you lease premises, check with your landlord if they require or have introduced any additional requirements for cleaning/occupation.
- Regularly review cleaning plans for all areas of the club to ensure they remain appropriate and are being followed to correct standards.

### Boathouse/boat bays

- [See phase B advice](#)

### Equipment

- In addition to [the checks advised at Phase B](#) for boats and equipment, make sure you are also checking:
  - Launches
  - Launch safety equipment
  - Safety aids
  - Transport vehicles (are they roadworthy, is the MOT up to date and are they taxed and insured?)
  - Trailers (are they roadworthy or do they need a service?)
  - Launch trailers - do they need a service?



[RowSafe Chapter 7 - Equipment](#)

- Review usage and consider more frequent arrangements for cleaning boats and blades after each outing.
- When wiping down/drying boats after outings consider the need for more towels and/or disposable paper towels and how these will be regularly cleaned/washed.
- Check any fuel left in tanks during closure for water contamination.
- If the club has a defibrillator - is it working, and the pads are in date?

### Changing rooms, showers and toilets

Please note: at this stage no date has been set by the Government for when changing rooms and showers can reopen. Toilets may be opened.

- Remove and dispose of all old kit and rubbish.
- Clean all surfaces with appropriate products.
- Wash floors with appropriate products.
- Clean and disinfect toilets.
- Remove shower heads, disinfect and descale.
- Clean shower walls and floors with appropriate products.
- Run hot water through the system - make sure you've been following [our advice to reduce risk of Legionnaires disease](#).
- Empty all bins including hygiene bins and disinfect.

- Ensure there is enough soap in dispensers and there is enough to replenish for more frequent use.
- Ensure there are sufficient paper towels and that the hand dryer is working properly.
- For a period after returning, the club may need to consider arrangements to disinfect/bleach door handles and other areas commonly touched by rowers.
- You will need to consider any changes (such as limits to the number of people using changing facilities at one time) to conform with social distancing advice.

## Gym/ergo room

Please note: at this stage no date has been set by the Government for when these facilities can reopen. Please see the section below on using gym equipment outdoors.

- Remove and dispose of any rubbish.
- Clean all weights and bars.
- Disinfect any static machines.
- Wash floors, walls and shelves.
- Clean mats.
- Consider reconfiguration of indoor gym and weight equipment to allow for social distancing:
  - This may mean that there is less capacity and you will need to adjust training times and limit the number of people in the area.
  - Remove and store any gym equipment to allow this to happen.
- Review ventilation and airflow - does the room have a suitable extraction system? If not, can windows be opened or air conditioning equipment used in the short term to ensure that room is well-ventilated to reduce the risk of any spread of the virus.
- Ensure sufficient hand cleanser and disposable wipes are available to wipe down equipment/clean hands before and after use.
- Bring in new cleaning protocols such as cleaning before and after use. Provide the necessary materials (and means of disposal) to facilitate this.
- Consider servicing your rowing machines, especially if they have been lying idle. Clean and check any machines that are being returned from home use (or ask those who borrowed them to do this). Follow manufacturer's advice on cleaning and maintenance:

 Concept2- [General advice](#) and [flywheel cleaning](#)

 [WaterRower](#)

 [Rowperfect RP3](#)

## Bars

The Government has issued guidance which allows for bars to open from 4 July. As noted above, for many rowing clubs, meeting the requirements to make your bar facility COVID-secure will not be practical.

 [UK Government: Guidance for people who work in or run restaurants, pubs, bars, cafes or takeaways](#)

- Thoroughly clean all lines to beers and soft drinks. (follow suppliers' advice on how and what products to use).
- Clean drip trays, ice buckets and tongs.
- Empty cupboards and fridges and clean with appropriate products.
- Check "use by" and "best before dates" on all products, beer, soft drinks and snacks and throw out if necessary.
- Wipe down bottles / Cans before replacing them in fridges or on shelves.
- Clean glass washer before washing glasses (follow manufacturer's guide for your product).
- Clean shelves with appropriate products before replacing the glass.
- Clean all optics.
- Wash floors with appropriate products.
- Disinfect ice maker (follow manufacturer's guide for your product).
- Remove and wash/replace bar towels or drip mats.
- Consider how your bar will operate with any social distancing advice - this may involve:
  - Marking out areas for people to stand when ordering at the bar;
  - Rearranging or removing furniture to allow for social distancing;

- o Implementing a one-way system with appropriate spacing for queuing.
- With a large degree of uncertainty at this stage, clubs may wish to consider not holding any draught beer or lager stock. For the short-term, consideration should be given to serving bottled beers as this has a longer shelf life and can also be sold off quickly in the event of further lockdowns.
- Stock may also be difficult to order given shortages in wider supply chains. You may initially need to acquire stocks from supermarkets or cash and carry warehouses.

### Kitchens/food preparation areas

The Government has issued guidance which allows for bars to open from 4 July. As noted above, for many rowing clubs, meeting the requirements to make your bar facility COVID-secure will not be practical.



[UK Government: Guidance for people who work in or run restaurants, pubs, bars, cafes or takeaways](#)

Your main source for information about kitchens should be the Food Standards Agency information on coronavirus (linked below).



[Food Standards Agency: Reopening and adapting your food business during COVID-19](#)

- Until further details of the 'new normal' are understood, clubs may wish to consider limiting the level of catering on offer
- Empty all the cupboards and clean the shelves and doors with appropriate product.
- Throw out any out of date food.
- Wipe down tins, packets and jars before putting back in cupboards.
- Run the dishwasher several times on the hot wash, then using the manufactures recommend cleaning product run it again before being used.
- Wash all cutlery, crockery and kitchen utensils before being used again.
- Wash down all work surfaces and sinks with appropriate products.
- Move appliances and clean behind.
- Wash floors.
- Make sure there are sufficient products to clean the kitchen area after every use.
- Are your arrangements for crockery washing adequate - should a short-term switch to disposable items be considered?
- Should you consider asking members to bring their own mugs and other crockery to use for the time being?
- If the club provides a regular menu, it is recommended that the menu is reviewed to ensure that sufficient stock is available.
- Have plans in place for disposal of any stock should lockdown be reintroduced.
- Ensure your facilities comply with the latest hygiene requirements of the local authority as well as checking any certification has not expired.

## Phase D and beyond

At this stage, there is not enough information from the Government to set out exactly what any further phases will look like in terms of club-activity. British Rowing will be exploring the possibility of facilitating intra and inter-club competition whilst adhering to Government guidance through initially virtual competitions and then when appropriate in-person competition.

# Advice for Club Activity, Training & Coaching

It is important to approach a return to rowing in a way that is enjoyable for those participating whilst minimising the risk of injury and overtraining. This document will be further updated to provide guidance on how, once permitted in later phases, training can be built back up in a safe manner. Currently at Phase B, some limited coaching is allowed by Government guidelines, subject to group size restrictions.

## General guidance for coaches

Every club will be in a slightly different situation dependent on their equipment, facilities, personnel and other factors. Coaches will need to be agile and adapt their plans for how they develop their session plans during this time. The UK Coaching STEP Model is a helpful model in putting together suitable session plans - elements to think about:

- Space (environment) needed to undertake activity safely
- Task being undertaken and whether it is appropriate for the athlete(s)
- Equipment required to take part in the session
- People who need to be involved in the session

In pulling together any session plans, it's important to closely link the model above to the specific guidelines and risk assessments put in place at the club to return safely to rowing. Clubs in turn should ensure that coaches understand and have signed up to follow their safety plan.

 [Further information from UK Coaching on the STEP model](#)

## Phase B/C - Coaching

The latest guidance from the Government advises that coaching is currently permitted, subject to a maximum group size (including the coach) of six and maintaining social distance.

British Rowing advises that the maximum group size should be applied cautiously and only to facilitate personal exercise, not a return to normal club activity and/or training. The increased group size may allow clubs to put in place appropriate groups to facilitate some juniors going out on the water.

Advice for first aid which is relevant to coaches, particularly in relation to personal protective equipment (PPE) is available in the clubs section.

You should also consider the safeguarding implications in relation to coaching of juniors. Please refer to the advice on juniors in the club section for more information.

There may be ways in which members of the same household (e.g. parents, siblings) can assist with activities such as launching boats whilst not compromising social distancing.

Whilst there are still limitations on what coaching activity is possible on the water, the following UK Coaching resources may be useful for coaches delivering online coaching and participants wishing to plan their own training.

 [UK Coaching: Coaching People Online](#)

 [UK Coaching: Coaching Yourself](#)

## Phase B/C - Launches

Some waterway authorities are now allowing motorised vessels to use the water (you should check with your local waterway authorities). Before using launches, clubs and coaches should consider carefully whether their use is entirely necessary. In Phase B onwards we would encourage clubs to limit their use of launches as much as possible.

Both safety launches and coaching launches should be equipped with appropriate personal protective equipment (PPE). This should include face mask, apron and gloves for those in the launch and spare face mask for anyone that might need to be rescued. As a safety launch's primary purpose is to provide rescue cover, those in the launch should wear the apron, face mask and gloves at all times to ensure they are ready to respond quickly if required.

It is good practice for launches specifically providing safety cover to have at least one crew member in addition to the driver and therefore this would not be possible whilst maintaining two metres distance. As both driver and crew should be wearing PPE at all times, this allows for the implementation of the Government's '1m plus' advice. Despite the fact they are wearing PPE, driver and crew should attempt to keep as much distance as possible, for example, the crew could sit in the bow of the boat with the driver sat at the console.

Launches used solely for coaching, only require a single driver, therefore maintaining social distancing may be possible. However, it is important to consider appropriate cleaning protocols before and after use. Clubs may wish to consider limiting the use of coaching launches or particular launches to a smaller group of individuals.

Clubs should consider if launches can be safely put afloat and retrieved whilst maintaining social distancing. You may want to consider marking particular points on a launch for people to handle boats when launching them to help them maintain the correct distance.

## Returning to exercise after coronavirus (COVID-19)

If you have (or suspect you may have) had coronavirus, you should be extremely cautious about your return to exercise. If you have any ongoing symptoms or are struggling to return to your normal level of exercise you should contact your GP.

## Juniors and land training

For junior programmes where on-water activity is not currently possible or extremely limited, clubs may wish to consider the option of some form of small-group land training (i.e. bodyweight circuits). This may be possible in a club car park or green space/park close to the club. This could provide a great opportunity to rebuild the social connection between junior members and the club. There is much that can be achieved in an open-air body weight session around good athletic movement patterns, stretching, core and trunk work, squatting technique, upper body work as well as a bit of running. This will also provide the coach the opportunity to do some live coaching again to ensure good technique is maintained while exercising. A few factors to consider are:

- You will need to carefully consider the specific social distancing and group size rules from the Government but you may be able to run a series of 30 min sessions for a small groups of juniors whilst maintaining social distancing or two coaches may be able to support two separate groups of juniors.
- If your Junior members have relevant pieces of equipment at home, for example resistance bands, they could bring that piece of equipment to the land training activity for their personal use (not to be shared). This avoids the club needing to provide any equipment.
- For these sessions, Juniors should arrive changed ready for the session with a full water bottle.
- Ensure your club has carried out an appropriate risk assessment, including accessing and using toilet facilities for your members if this deemed necessary.

## Building up to training

The precise route back to normal club training and activity will be dependent on the exact nature of Government guidance and the club's specific environment. The plans and timelines may also vary between the different sections of the club e.g. juniors, performance, masters, recreational groups. Which boats are available for training will depend on the future detail of Government social distancing requirements.

It is important that rowers are given the opportunity for their bodies to get used to rowing training again to avoid injury. Competition should not be a priority immediately but instead you should concentrate on ensuring that a club retains its members and that they enjoy the sport by just being active on the water and having fun rowing. Clubs will need to take a period of time to stabilise the club, assess how they have come through this pandemic process, before moving on. This is particularly the case for clubs and programmes that are more competition- or performance-orientated - major competition opportunities are a while off. Bear in mind that some coaches and/or committee members may not be in a position to return or may not be able to commit the same time to the club.

Remember you will need to move through steps back to external competition - participation and activity comes before performance training and external competition.



As you return to training please consider the following:

- Make it fun first, participation and activity ahead of performance training.
- Keep the intensity down for now.
- Skills will have been lost and will take time to come back up to a level. Water sessions should be short to start with to ensure skills and technique are brought back up to a good level before worrying about long mileage. Go rowing and enjoy the freedom of propelling a boat on the water. There is perhaps a real opportunity to sort out some of those technical changes, while rowers have forgotten their bad habits!

- Remember that this season's J14s and beginners will have missed a considerable amount, so don't overestimate their competence, skills and safety levels when they re-start in the sport.
- Juniors may have had significant 'growth spurts' and their accompanying strength and stability levels may not have caught up yet. These rowers are at risk of injury, so make sure you adapt the programme. They won't be the same athlete when you next see them!
- Many rowers are continuing their own personal training during the club closures, so they may be more athletic at the end of this, which is a positive. However, much of their training may have been one dimensional (ergo, bike, run) and may not have included body rotational aspects. Alongside this, their trunk and core strength may be poor and they may not be able to hold good safe body positions, increasing their risk of injury. Again, a reason to keep sessions short.
- Keep in regular contact with your rowers to ensure they are being sensible and aren't trying to do too much away from the club, be mindful of safeguarding guidelines if coaching juniors.
- When returning to the gym for training, be mindful of the potential lack of recent conditioning training and, therefore, the rower's robustness to tolerate load.
- Consider creating internal club competition opportunities, with small group challenges as this will help drive training, even if these competition opportunities are in their home environments.
- Remember we are predominantly a team sport and the club/team/squad dynamics may need developing again. This may be the element of the sport many are currently missing.
- Stick to the current seasonal timetable otherwise the 2020-21 season may be very drawn out. You may wish to train through to mid-July and then take a break in August (active recovery break with optional training rather than programmed training) and then look to restart back in September.
- Be prepared for the unexpected and another potential lockdown. Have contingency plans available and ready.

## Avoiding Injuries

It is important to be conscious that rowers may not have been training and their bodies may have adapted to different movement patterns. It is important to consider the potential injury risks, ways to prevent and treat these injuries. Please note some preventative measures may not be available in the initial phases of a return to rowing.

Problem	Likely cause	What to do to prevent	What to do to treat
Lower back pain	Reduced core strength and control and poor technique on water	Do not overload on return to water Core and glute Pilates 2-3 /week whilst land training	Reduce load Improve core strength and control Gradually reintroduce water work
Upper back and shoulder pain	Overuse, poor technique or upper body tension	Do not overload on return to water Ensure technique is optimal Global body and shoulder work whilst land training	Reduce load If symptoms don't settle seek advice from physio/doctor to see what might be wrong
Rib pain	Overload	Do not overload on return to water. Maintain and improve the posture and global strength of the upper body.	If you develop rib pain, tell your coach as soon as possible. Under advice you may need to stop rowing completely or significantly reduce your load.
Tight calves	Sudden change in activity on return to the boat	Calf strengthening  Calf stretching; bent knee and straight knee calf stretches <a href="https://www.verywellfit.com/calf-pull-stretching-exercises-3120313">https://www.verywellfit.com/calf-pull-stretching-exercises-3120313</a>	Calf strengthening  Calf stretching; bent knee and straight knee calf stretches <a href="https://www.verywellfit.com/calf-pull-stretching-exercises-3120313">https://www.verywellfit.com/calf-pull-stretching-exercises-3120313</a>

Wrist pain	Tendon and tendon sheath irritation with repetitive movement	Gradually reintroduce water work at end of land training	Rest Ice Anti-inflammatories Gradually reintroduce water work
Forearm pain	Friction between tendons on forearm due to feathering and squaring	Gradually reintroduce water work at end of land training	Rest Ice Anti-inflammatories Gradually reintroduce water work
Blisters	Repeated rowing when have not been rowing for months		Keep clean to avoid infection

## Recruitment and retention of members

As a sport, we will have to make a big effort to look after our members, particularly those in transition stages of their lives (e.g. leaving school) to retain as many people in rowing as possible. There may also be opportunities for clubs to grow their membership from the following groups - for example:

- Final year university students, looking for work or another degree at another institution
- Final year school leavers, who are looking to start university or take a gap year or start work
- From September 2020, university students who are attending university remotely but wishing to continue to row

There is perhaps a significant role for our community clubs to play in supporting these groups of our sport and an opportunity for our clubs to create relationships and connections with university programmes.

Coaches and clubs will need to think carefully about how we keep those who have just started in the sport engaged. These individuals have probably not had the chance to fully experience how great rowing can be or the fun and excitement of regattas. Keeping contact with these people will be critical to retaining them and making sure they feel cared for and have the opportunity to feel part of the team. Those falling into this category may include:

- The 2019-20 J14s and J13s many of whom may have hardly been on the water because of the floods
- The 2019-20 beginners/novices particularly at universities, where a huge number take up the sport for the very first time
- The new recreational members that could be the future committee members, umpires, club volunteers etc

When we reach later phases, clubs may want to start to consider when and how they might recruit new members and teach them to row. It is likely that some form of social distancing will remain in force for a significant period of time so clubs will need to think about how to adapt their plans for beginners for the new environment.

Retention during this time will be critical to the long-term health of rowing and clubs so it's important to start your long term planning as early as possible.



# Supporting Coaches

Coaches play a significant role in our rowing clubs whether they be community, university or school clubs. Coaches may be volunteers or paid professional staff but they provide a vital link between the club and rowers. Rowing is predominantly a team sport and this is the element which is missing for many rowers and clubs during lockdown. The coach can provide that connection between the club and rowers before normal club activity can return. Remote coaching is becoming part of the new 'normal' but how is your club supporting your coaches during these challenging times? Who will provide that support and would your coaches benefit from some personal mentoring. Please bear in mind that coaches' circumstances may have changed during the lockdown and they may not be able to continue to commit the same amount of time as before.

## Coach development & education opportunities

During this time, there may be opportunities for coaches to explore continuous professional development (CPD) opportunities to ensure they continue to develop. Even if you are a professional coach who has been furloughed this is something you can still be doing whilst not able to work. You may want to consider:


- Looking at some of the online workshops or courses still being delivered.
- Following the British Rowing Lockdown webinar series.
- Are there podcasts you could be listening to?
- Are there articles or books you could be reading?
- Have you checked out the various resources available via British Rowing and UK Coaching?
- How can you stay connected through this period?

UK Coaching has a number of excellent resources available on their website:



 [UK Coaching](#)

You should use the opportunity to experiment and try new approaches to coaching athletes as we move through the phases towards a return to rowing. Keeping a coaching diary can be a good way to help reflect on what has worked well and where there may be gaps for you to work on. It may also be helpful should we have to move back towards a lockdown in reminding you what worked well at each phase.

There are a number of online courses/workshops available:

-  [British Rowing/UKAD Clean Sport Workshop](#)
-  [British Rowing Safety Basics – Understanding Risk Management](#)
-  [UK Coaching: Safeguarding and protecting children](#)
-  [UK Coaching: Mental health awareness](#)
-  [UK Coaching: Inclusion workshop](#)

You may want to also consider brushing up on your knowledge around equity and well-being:

-  [UK Coaching: Equity in your coaching](#)
-  [UK Coaching: Improve coach well-being](#)

Throughout this period make sure you stay connected - this could be with other coaches or your wider support network. Ask questions and seek out good practice from others both in rowing and outside. Share your ideas wherever you can - we can all help each other so please be generous in sharing what you have learnt as it will be invaluable to others. Make sure you and others you know have proper support - and don't be afraid to ask for it or offer it!

# Advice for Competitions

Whilst we await further advice from the Government on their plans beyond 4 July, we are preparing a roadmap for a return to rowing competition through phases D to F. Initially, we are exploring options to facilitate virtual on-water competitions and challenges for use within clubs and between clubs. We would expect at some stage limited local private matches may be possible before finally a return to Affiliated Competitions whilst adhering to social distancing requirements.

## Competition Affiliation Fees

We know that a large number of rowing competitions have been and will be cancelled due to coronavirus. To assist these competitions, we will be rolling over the 2020 competition affiliation fee into 2021 for free. To be eligible, your competition must have been affiliated to British Rowing, and due to take place between 16 March 2020 and whenever we are next able to advise that it is safe to host a rowing competition.

## Rescheduling

At this stage, we will not be considering any applications for rescheduling of Affiliated Competitions until we have a clearer picture of the likely outlook.

## Ranking Points

We also recognise that the disruption to competitions will have an impact on the SAS Ranking Points Index and, at an appropriate time, will be reviewing any actions that may be required to mitigate this.

# Appendix One: Useful Links

British Rowing

<https://www.britishrowing.org/coronavirus>

<https://www.britishrowing.org/knowledge/british-rowing-clubhub/british-rowing-clubhub-guides/safety-in-club-premises/>

UK Government

<https://www.gov.uk/coronavirus>

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-providers-of-outdoor-facilities-on-the-phased-return-of-sport-and-recreation>

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

<https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>

<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>

<https://www.food.gov.uk/business-guidance/reopening-and-adapting-your-food-business-during-covid-19>

Small Business Grant Fund

<https://www.gov.uk/government/collections/financial-support-for-businesses-during-coronavirus-covid-19>

Business rates holiday for retail, hospitality and leisure businesses.

<https://www.gov.uk/guidance/check-if-your-retail-hospitality-or-leisure-business-is-eligible-for-business-rates-relief-due-to-coronavirus-covid-19>

Temporary changes to VAT payments to help manage cash flow. <https://www.gov.uk/guidance/deferral-of-vat-payments-due-to-coronavirus-covid-19>

Guidance for Small Business Grants Fund (SBGF) and Retail, Hospitality and Leisure Grant Fund (RHLGF).

<https://www.gov.uk/government/publications/coronavirus-covid-19-business-support-grant-funding-guidance-for-businesses>

Business Interruption Loan Scheme (CBILS)

<https://www.gov.uk/guidance/apply-for-the-coronavirus-business-interruption-loan-scheme>

Bounce Back Loan Scheme (BBLs)

<https://www.gov.uk/guidance/apply-for-a-coronavirus-bounce-back-loan>

Other additional resources that may be useful to anyone paying staff

<https://www.gov.uk/guidance/coronavirus-support-for-business-from-outside-government>

Sport England for funding

<https://www.sportengland.org/how-we-can-help/our-funds/community-emergency-fund>

Club Matters (Club Governance advice)

<https://www.sportenglandclubmatters.com/>

UK Coaching

<https://www.ukcoaching.org/courses>

Legionnaires Disease

<https://www.hse.gov.uk/pubns/priced/hsg274part2.pdf>

Chartered institute for the Management of sports & Physical activity (CIMSPA)

<https://www.cimspa.co.uk/library-and-guidance/coronavirus---cimspa-briefings/sport-and-physical-activity-sector-facility-reopening-guidance>

# Appendix Two: Example Club Risk Assessment

[Download as Excel Spreadsheet](#)

No.	Hazard	Reduce probably of a hazard causing a hazardous event		Hazardous event	Reduce the severity of harm		Harm	Severity	Probability	Level of Risk	
		Barriers	Action to maintain barriers		Controls	Action to maintain controls					
Travel to the Club											
1	exposure to COVID-19 by public transport or in a car with someone from a different household	other people wear a mask or face covering	general advice to the public	rower or coach becomes infected with COVID-19	rower or coach recovers without hospital treatment	(rower self isolates at home)	minor illness	3	D	Substantial	
2		everyone maintains social distancing			treatment by NHS	NHS does not become overwhelmed with cases	severe illness	4	C	Substantial	
3		people with symptoms self-isolate					lifechanging illness or death	5	B	Substantial	
4	exposure to COVID-19 in private a car when travelling to or from the club	ensure that cars contain members of one household only	Club advice to rowers and coaches, and new club rules	rower or coach becomes infected with COVID-19	rower or coach recovers without hospital treatment	(rower self isolates at home)	minor illness	3	A	Low	
5						treatment by NHS	NHS does not become overwhelmed with cases	severe illness	4	A	Low
6								lifechanging illness or death	5	A	Moderate
7	exposure to COVID-19 when walking or cycling to the club	other people wear a mask or face covering	general advice to the public	rower or coach becomes infected with COVID-19	rower or coach recovers without hospital treatment	(rower self isolates at home)	minor illness	3	A	Low	
8		everyone maintains social distancing			treatment by NHS	NHS does not become overwhelmed with cases	severe illness	4	A	Low	
9		people with symptoms self-isolate					lifechanging illness or death	5	A	Moderate	
10	exposure to COVID-19 when using the club changing facilities	close the changing facilities so that they cannot be used	Club advice to rowers and coaches, and new club rules	rower or coach becomes infected with COVID-19	rower or coach recovers without hospital treatment	(rower self isolates at home)	minor illness	3	A	Low	
11		advise rowers to travel to the club wearing the kit that they intend to row in and to travel home to shower and change			treatment by NHS	NHS does not become overwhelmed with cases	severe illness	4	A	Low	
12							lifechanging illness or death	5	A	Moderate	
Accessing equipment in the Boathouse and returning the equipment after use											
13	person shedding virus has been in the boathouse within the last three days	Ensure that everyone who has been exposed does not visit the boathouse	Club advice to rowers and coaches, and new club rules. Provide the equipment needed. (Disinfectant can be consist of a dilute solution of bleach in	rower or coach becomes infected with COVID-19	rower or coach recovers without hospital treatment	(rower self isolates at home)	minor illness	3	C	Moderate	
14		limit the number of people in the boathouse at any one time (no									

		more than 2 people per bay).	water.) Display the hand washing poster.							
15		at the start and end of each visit disinfect all surfaces (doors, locks, window catches, taps, etc.) that will be touched								
16		ensure that everyone in the boathouse maintains social distancing (>2 metres)				NHS does not become overwhelmed with cases	severe illness	4	B	Moderate
17		keep the boathouse well ventilated (open all doors and windows in the boathouse, switch on all mechanical ventilation (if any))			treatment by NHS					
18		Wash hands thoroughly at the start of each outing and before leaving to travel home				NHS does not become overwhelmed with cases	lifechanging illness or death	5	A	Moderate
19	exposure within the clubhouse	prohibit the use of the clubhouse								
20		Wipe boats and other rowing kit with disinfectant the start and end of each period of use (i.e. before and after each person uses the equipment). Wear protective gloves when using disinfectant.	Club advice to rowers and coaches, and new club rules	rower or coach becomes infected with COVID-19	rower or coach recovers without hospital treatment	(rower self isolates at home)	minor illness	3	C	Moderate
21	contaminated surfaces (boats, etc) within the boathouse	If possible, store the boats that are most likely to be used outside so as to minimise the need for people to enter the boathouse.			treatment by NHS	NHS does not become overwhelmed with cases	severe illness	4	B	Moderate
22							lifechanging illness or death	5	A	Moderate
23	person who is shielding visits the boathouse	Do not permit a person who is shielding to visit the boathouse	government advice to people who are shielding and new club rules	person who is shielding becomes infected with COVID-19	rower or coach recovers without hospital treatment	(rower self isolates at home)	minor illness	3	C	Moderate
24					treatment by NHS	NHS does not become overwhelmed with cases	severe illness	4	B	Moderate
25							lifechanging illness or death	5	A	Moderate
<b>Going afloat or landing</b>										
26	someone present is shedding the virus or has been in contact with someone else who is	ensure that there are no more than 2 people present	Club advice to rowers and coaches, and new club rules. Display the hand washing poster.	rower or coach becomes infected with COVID-19	rower or coach recovers without hospital treatment	(rower self isolates at home)	minor illness	3	C	Moderate
27		ensure that the minimum separation			treatment by NHS	NHS does not become overwhelmed with cases	severe illness	4	B	Moderate

		distance of 2 metres is maintained at all times								
28		frequent thorough hand washing in warm soapy water					lifechanging illness or death	5	A	Moderate
<b>Rowing or Sculling</b>										
29	someone present is shedding the virus or has been in contact with someone else who is	maintain social distance between boats	Club advice to rowers and coaches, and new club rules	rower or coach becomes infected with COVID-19	rower or coach recovers without hospital treatment	(rower self isolates at home)	minor illness	3	C	Moderate
30		use 1xs, if larger boats are used then ensure that all rowers and cox are from the same household.			treatment by NHS	NHS does not become overwhelmed with cases	severe illness	4	B	Moderate
31							lifechanging illness or death	5	A	Moderate
<b>Use of the toilets</b>										
32	someone present is shedding the virus or has been in contact with someone else who is	only allow one person in the toilets at any one time	Club advice to rowers and coaches, and new club rules. Provide disinfecting materials and instructions	rower or coach becomes infected with COVID-19	rower or coach recovers without hospital treatment	(rower self isolates at home)	minor illness	3	D	Substantial
33		Ensure that the toilet windows are opened so that the toilets are well ventilated.			treatment by NHS	NHS does not become overwhelmed with cases	severe illness	4	C	Substantial
34		person using the toilets disinfects every surface touched or likely to be touched (including the toilet seat) before and after each use					lifechanging illness or death	5	B	Substantial

# Appendix Three: Version History

## Version 2

Released 4 June 2020

Section	Change	Page
Following Guidance	New section created	7
Phasing	Phase B coaching advice changed to reflect changes to Government guidance on group sizes	8
Advice for Rowing Clubs	Previous advice for school and university rowing clubs added to document	12
	Advice related to cleaning solutions updated	13
	Reminder about wildlife added to club facilities section	14
Club Facilities – Phase by Phase Checklist	Phase B coaching advice changed to reflect changes to Government guidance on group sizes	20
Advice for Coaching & Training	Phase B coaching section updated to reflect changes to Government guidance on group sizes	26
	Phase B section added to clarify advice related to launches	26

## Version 3

Released 12 June 2020

Section	Change	Page
Advice for Rowing Clubs	Clarification that scenarios in the table are purely illustrative examples not advice	11
	Addition of advice for indoor rowing group classes/Go Rowing indoor clubs	14
Advice for Club Activity, Training & Coaching	Section retitled to include club activity	26
	Addition of general guidance to coaches	26
	Additional links to UK Coaching advice	27
	Addition of juniors and land training section	27
	Addition of build up to training section	28
	Addition of recruitment and retention of members section	30
Supporting Coaches	New section	31

## Version 4

Released 29 June 2020

Section	Change	Page
Phasing	Phase C notes updated to reflect changes to Government advice	9
	Note about current phase added	10
Advice for Rowing Clubs	General Principles examples updated to avoid implying launches are still not allowed	12
	Section added about other river users	13
	Note about parental consent added to Juniors section	13
	Section added about crew boats	15
	Section added about the need for club plans to be reversible	17
Club Facilities – Phase by Phase Checklist	Phase C summary updated	24
	Note re. changing rooms added	25
	Note re. Gym/ergo rooms added	26
	Note re. Government advice for bars added	26
	Note re. Government advice for catering areas added	27
Advice for Club Activity, Training & Coaching	Title amended to apply advice to Phase B & C	29
	Note re. parents helping added	29
	Launch advice amended	29



# Version 4.1

Released 10 July 2020

Section	Change	Page
Phasing	Current phase advice clarified	10
Advice for Rowing Clubs	Crew boats explicitly ruled out until Government approval is given	15