



Welcome back to Inverness Rowing Club

Following the updated guidance from the Scottish Government, Scottish Rowing and Sport Scotland, we are able to begin facilitating rowing from the club once again, albeit under a set of very prescriptive guidelines. We hope that these will be the next steps to getting our entire club back out on the water. We must remain alert to the risks of COVID-19, within our club and our community so please read and follow these guidelines carefully.

Phase 2 Guidance from Scottish Rowing

In Phase 2, from July 4th, rowing can take place from Inverness Rowing Club but access to facilities will be restricted.

Rowing: During this phase, only singles (or crews in larger boats from the same household) can access Inverness Rowing Club facilities. Only competent and experienced rowers/scullers should be on the water and should be able to launch and land independently. Rowers should take care to make responsible decisions, row in favourable conditions and maintain activity within their capabilities, bearing in mind that we have been off the water for almost four months now.

Club access: Access to IRC facilities is for members who have advised the board of their intention to row during this phase. To allow contact tracing and limit the number of people congregating at the boathouse, each outing **must** be pre-booked on the IRC members website (further details will be provided to members who intend to row), this includes rowers using their own boats/equipment stored in the boathouse or transported from home. In addition, **all rowers** need to register their outing so that we have an accurate log of everyone who is using IRC facilities (including pontoons). Sign in sheets have been removed - instead, people should use the diary to record their name, boat, time of entry to the boathouse and time of exit.

Equipment and Surfaces: You should endeavour to avoid touching any equipment or surface that is not essential to the task of removing your boat from the boathouse. This includes the blade rack and please note that the steps inside the boathouse, should **not be moved/used**.

Toilet/Changing Rooms: The toilet in the boathouse as well as the changing areas remain completely off limits.

IRC bikes/ergs: Bikes and rowing machines are not available for use at this time.

Boating time: is restricted to two hours maximum from time of arrival to departure (i.e this is to include the deep clean and safe return of all equipment). There must be at least 15 minutes between the planned arrival times of each sculler. People should wait in their cars should they arrive and there are more than two* people already in the boathouse area. (*While other members of your household are welcome to come down to provide bank support for your outing, access to the boathouse is restricted to individual scullers so additional household members should either stay in their car or stay well clear of the boathouse area until you have launched or when you are returning). Priority should be given to people returning after their outing over people waiting to commence their outing.

Cleaning: **ALL** boats and trestles must be washed thoroughly using soap and water **before and after** outings. A water/bleach solution should be used for blade handles. Cloths will be available in the boathouse and will be disposed of/replaced weekly. Please take extra care on blade handles and the inside of boats and don't forget to include riggers, gates, shoes, stretchers or other areas that are likely to have been touched. When you have finished cleaning please make sure and leave your cloth steeping in a bucket of clean water/bleach solution for the next rower. The hose will not be available for use, so members will have to fill buckets of water to rinse boats.

There must be no change of scullers at the pontoons, i.e. if someone wants to use your boat straight after your outing then you must wash the boat thoroughly before they can start their outing.

Hygiene: Hand sanitiser will be available in the boathouse, please make sure and use it on entering and leaving the building. Anti-bacterial wipes will also be available on the table at the back door. There is a hand spray at the main door for the taps / main doors and people can use the disinfectant cloth as well. Please make sure as you leave that you wipe down **any** area that you have come into contact with - this includes all door handles, boat chocks, the tap, pens etc. After locking up, wipe down the outside door handles and take your anti-bacterial wipe home for disposal as the rubbish bin will be removed.

Physical distancing rules: Please remember that IRC are operating under the guidelines as set out for this phase by the Scottish Government. In summary, this means that you can meet up with members of two other households (subject to a maximum of eight people) to go rowing however, you cannot row in the same boat as members of a different household due to physical distancing restrictions and remember you should not meet people from more than two other households **in any one day**.

If you are shielding, you can meet up with members of one other household (subject to a maximum of eight people) to go rowing however all rowers from different households must maintain a distance of at least 2m apart both on and off the water.

No more than three people from different households can be around the boathouse at any one time, and - unfortunately - socialising/chatting around the boathouse is not currently allowed so you must leave the club and car park as soon as you can after your outing.

Extra safety points: Please be mindful of canal water levels and over hanging bushes - be aware that these may have changed due to restructured bridge abutments/submerged rocks. Be mindful also of other canal users, pleasure boats, fishing boats, dogs swimming, fishermen, fellow rowers, kayaks and SUP's.

It is encouraged/advised to invite family/own household non-rowing to accompany on bank, provided they are using their own bikes. Support on the bank from IRC members not in your household is not permissible at this time (as any incident involving assistance in the water would break physical distancing guidelines).

As always - be careful of extreme weather/heat, and be courteous to other canal users.

The IRC board are aware of how onerous these conditions are, but, given the severity of the situation and the inherent risks involved the club takes the adherence to these stipulations most seriously. Contravention would likely lead to individual sanction and possibly a halt of all boating activity from the club should we as a group not boat in a responsible manner.

For further information, please see full guidance form Scottish Rowing at <https://www.scottish-rowing.org.uk/images/Phase 2 Guidance Final 29 June 2020.pdf>

Handy checklists

This is the process that must be followed to allow the club to remain open:-

1. Book outing on the members website (2 hour max, 15 mins between each arrival)
2. Change into rowing kit and wash hands before leaving home
3. Wait in car on arrival if there are more than 2 others at the boathouse
4. Open boathouse, sanitise hands, clean door handles and pens
5. Sign in
6. Clean front door handles, open doors
7. Clean and move trestles outside
8. Move boat / blades to trestles
9. Adjust / wash equipment
10. Close boathouse doors
11. Launch and row
12. Return boat to trestles
13. Clean boat / blades
14. Return boat to boathouse
15. Clean trestles / buckets / chocks / taps etc
16. Close front doors
17. Clean handles
18. Sign out (clean pens)
19. Clean exit doors / lock
20. Take all used wipes and clothing home
21. Wash / shower

RETURN TO ROWING GUIDANCE: FROM 29th JUNE 2020



Limited access to facilities



Toilets and changing facilities closed



Club equipment can now be used



Crew boat rowing is not permitted (except those from the same household)



Wash equipment before and after use



2m physical distancing



Frequent hand washing and hygiene measures in place



Stay local to exercise



Coaching is Permitted



Can meet up two other households outdoors (maximum of 8 people)

