



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 further rowing for club members, albeit under very prescriptive guidelines. **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 3 Guidance from Scottish Rowing

In Phase 3, IRC can open up rowing to crews as follows:

From Monday 24th August - pairs and double sculls

From Friday 4th September - quads and fours

From Friday 18th September – eights

Rowing can take place as above from Inverness Rowing Club but access to facilities will be restricted.

Rowing: As always, rowers should take care to make responsible decisions, row in favourable conditions and maintain activity within their capabilities, bearing in mind that many of us have been off the water for several 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 and 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.

Please note that it is a mandatory requirement that all clubs collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. Where attending as a small household group, the contact details for one member – a 'lead member' – will be sufficient.

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. Please try and keep handling of steps and the blade rack to a minimum.

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 rower. Please avoid congregating outside the boathouse.

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.

Information for coxes:

1. Coxes must wear both a face covering and eye protection - this eye protection could be goggles, sunglasses or a face visor (a visor protects both eyes and additionally keeps the face covering dry).
2. Cox boxes must be used to avoid the need for shouting. The microphone of the cox box headset must be worn outside of the cox's mask.
3. Equipment (including lifejackets and cox boxes) must be cleaned between uses. IRC needs to keep a log of which coxing equipment has been used and by whom - please write a note of which cox box and lifejacket you have used in the sign in diary.
4. Coxes must sanitise their hands before touching cox boxes, life jackets or boats and again when these are put away. If gloves are worn, a clean pair must be worn for each outing.
5. Cox seat, steering wires, cox box and headset must be wiped with a sanitising wipe before and after each outing.
6. A cox is limited to coxing one outing per day.
7. The IRC wet weather gear is not available so you will need to bring to the club all the clothing you will need to keep warm during the outing.

Physical distancing rules: Please remember that IRC are operating under the guidelines as set out for this phase by the Scottish Government and **this include the wearing of face coverings when inside the boathouse.**

Crew boat rowing counts as close contact (within 2m for more than 15 minutes) for the purposes of contact tracing and in the event of an occurrence of the virus being diagnosed in a crew member, this would result in those individuals in adjacent seats having to self-isolate.

People who are symptomatic should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend a rowing club.

Extra safety points: A further reminder to 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. **As in Phase 2, 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/index.php/cov19hub/cov19-2>