**COVID 19 Junior Rowing Rules**

All existing temporary Lincoln Rowing Centre COVID 19 rules shall be followed with respect to booking, cleaning, and social distancing, in accordance with the current version of the ‘Lincoln Rowing Centre Coronavirus Safeguarding Measures’ document.

Further rules shall apply for junior rowers as follows:

* Continue using the pre-outing risk assessment forms.
* Lead coach to advise athletes and responsible adult of any risks.
* Maximum number of rowers at any one 2-hour slot shall be 6 (including lead coach).
* Lead coach will be on the water in a single scull or on the bank (with radio and throw line). There will be no launch support.
* Juniors shall be restricted to rowing between the lock gate and the 3k marker.
* Outings to be limited to 90 minutes.
* Each junior athlete shall have a responsible adult member of their household to:
  + assist them onto the water.
  + to help them off the water.
  + clean and put boats away.
  + to act as riverbank spotters for the duration of the outing.
* All spotters shall be equipped with, and be competent to use, a throw line, insulation blanket and walkie-talkie radio.
* The responsible adult member of the appropriate household will be responsible for providing bank rescue and close support, if required, following the capsize of a junior rower.
* Lead coach shall determine whether the conditions are safe to go onto the water