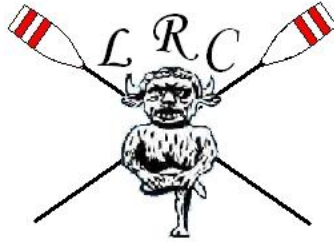


LINCOLN ROWING CENTRE CORONAVIRUS SAFEGUARDING MEASURES



In line with guidance from the Government, British Rowing and other sources, the LRC Committee has developed the following measures to minimise the risk of spreading Coronavirus whilst allowing limited use of the club by its members. These measures may differ from those taken by other clubs but they are specific to the needs and constraints of our own club. The measures mean that some members will be able to make more use of the club than others. This is unfortunate but inevitable and we will endeavour to make the club accessible to more members when it is safe to do so. An outing will take more time to complete due to the hygiene and distancing requirements but please respect these measures, stay patient and enjoy the water if you can.

These measures are based on both Government and British Rowing guidance.

British Rowing Guidance is now at version 11.1 marking the move to Step 1b (29th March 2021), Step 2 forecast for 12 April 2021.

[BR doc v11.1](#)

If you are symptomatic, living in a household with a possible COVID-19 infection or if you are classified as extremely vulnerable on health grounds, then you should remain at home.

Please be aware that there is an increased risk of contracting COVID-19 if you choose to come to the club. This is entirely at your own risk.

Household. For the purposes of these measures, a household is the group of people with whom you are living and therefore normally in close proximity.

Social distancing. Observe at least 2 metres spacing between yourself and people not in your household.

Facemasks are to be worn when indoors.

Booking/Notification of outings. It is important that the club captains are able to monitor the crews taking to the water. There is a slot booking system (on the Timetree app) promulgated separately for outings by crews to ensure appropriate numbers at the club at any one time. Please adhere to your slot time.

Numbers of rowers. The number of adult rowers per time slot is limited to 12.

Junior Crews. Additional guidance regarding junior rowing is published in a separate document.

Personal items to bring to the club. In addition to your normal kit and change of clothing, please bring your own hand towel and soap. If you wish to wash your hands in warm water

then bring a flask of hot water with you. Whilst soap and water are very effective in cleaning surfaces you may wish to bring your own spray cleaner or other cleaning products.

Hygiene. Please take note of the poster below detailing the exceptional standard of hygiene expected. When you arrive at the club set up buckets of soapy water using the hose and washing up liquid provided in the small boat house. Wash your hands frequently using the soapy water. Clean the boats, blades and their handles before and after use. Please clean any surfaces you come into contact with whilst at the club, especially before you leave. Wash hands regularly and use the hand sanitizer dispensers located within the boathouses.

Assisting rowers on and off the water. Only assist in the launching and recovery of members of your own household unless you can achieve a minimum of 2 metre spacing.

Use of the buildings

Upstairs. Out of bounds at all times.

Changing rooms and toilets. Please do not use of the changing rooms unless in an emergency or following a capsize. Come to the club changed and ready to row. Please limit your use of the toilet but if you need to use it then only use the disabled toilet and clean thoroughly after use. If it is in use then please wait outside. Ensure you use the hand sanitizer on entry and on exit from the changing room building.

Use of boats

Please put the boat on trestles before and after an outing to allow for a thorough cleaning especially around the seats, sax-boards, footplates and riggers. Ensure that you clean the trestles after use.

Ensure you sanitize your hands immediately before starting to row.

Coaching. Coaching is permissible from the bank, launch or rowing boat.

Singles. LRC Solo Single Sculling Policy v1.0 is extant. Only take out a single scull if you are competent getting in and out of the boat unassisted. You can assist others getting their singles from the boathouse to the water and back but ensure you maintain 2 metre spacing at all times unless you are from the same household.

Crew boats. Non-household coxless and coxed boats are permissible providing the cox wears face covering and visor (All crews to stay within their squads or households).

Issues and problems

If you encounter any issue with these measures please report it to a committee member.

If there is a lack of resource at the club, such as no water or no soap then please report it.

Do not continue with your session if you believe that it would be unsafe to row, you cannot comply with these measures or you cannot ensure adequate hygiene.

MAKE SURE YOU WASH YOUR BOAT AND BLADES THOROUGHLY

PAY SPECIAL ATTENTION TO TOUCH POINTS :



BLADE HANDLES



SEAT & HATCH COVER



FOOTPLATE & BOLTS



SAXBOARDS



TRESTLES



GATES

CLEAN WHAT YOU TOUCH :



TOOLS



KEYS



PADLOCKS



DOOR HANDLES



TAPS & HOSEPIPE



LIGHTSWITCHES

NOW WASH YOUR HANDS
