Dart Totnes Club Plan

Returning to water based activities – Revision 4

This will be reviewed in 3 weeks

Following the successful implementation of the clubs "return to row" process and subsequent reviews, the committee are pleased to move the process to phase 4 in line with British Rowing phase E. This allows coxed/coxless fours/quads, though there are caveats that need to be put in place to allow this. Please read the following carefully.

British Rowing, our governing body, had announced that their advice to affiliated clubs in this period of the pandemic is that members are now allowed to use boats from the clubs facilities subject to: -

- Having a club plan in place to support safe access to, and use of equipment (e.g. boats/blades). This must follow all relevant Government guidance including hygiene and social distancing; and,
- Continue to follow all relevant UK Government and/or waterway authority restrictions.

This plan sets out the conditions that Dart Totnes members must adhere to, enabling the club members to safely return to water based activity. It has been drawn up with the interest of the whole club membership in mind.

ALL members must play their part to minimise any risks and accept that they follow government guidance relating to hygiene and social distancing.

ALL MEMBERS MUST HAVE PAID THEIR MEMBERSHIP SUBSCRIPTIONS TO USE CLUB EQUIPMENT AND FACILITIES (updated membership rates now on webcollect)

Club Opening

All club facilities will be open with the exception of the kitchen, club room, upstairs toilets and changing rooms. You will need to arrive at the club in your rowing gear and there will be no facility to store bags etc. A change of kit will be required in case of capsize. This is because the committee feel that we cannot provide a "Covid secure" environment in line with government guidelines namely a robust cleaning regime.

The compound will be available (the key is in the key cupboard in the main club shed). Only club members and only those retrieving or replacing boats will be allowed into the compound. Only 4 boats to be on trestles being made ready to be taken out or being prepared to be put back on the rack in the compound. 6 boats may be on trestles outside the sculling sheds – please distance yourself accordingly.

The sculling sheds and main boat shed is now accessible but only by those members taking a boat out or putting it back. Only one crew or sculler at a time in the sheds. Only go into the sheds to retrieve and replace equipment. If you need assistance to get boats off/on the racks please ensure distancing is observed. Face masks/coverings are recommended to be worn within the sheds.

The showers are only available for emergency due to capsize or medical reasons. The reason for this restriction is that the club cannot provide adequate cleaning regime to comply with the required level.

Toilets may be used, though please comply with the cleaning notices. These will be deep cleaned by contractors once a week.

Boats

Single sculls and doubles will continue to be allowed to be used following the same processes already announced. New guidelines now allow for the use of fours/quads – please see separate section below.

After your allotted session, (see Session time and availability section below), the boats AND blades MUST be washed properly before the next member uses the equipment. To be clear, the boat MUST be removed from the water and washed prior to the next members allotted session.

Please remember if the maximum allotted boats are already on trestles you may need to queue to launch or land.

Any damage sustained to any equipment must be reported to the Captain on the day of the occurrence.

Fours & Quads

Fours and quads can and MUST now be booked on the booking system, although numbers are restricted until the next review. (Stinton will revert to being only used once competition is allowed and reserved for crews training for specific events). Currently no competitions are scheduled and as such, the committee consider Stinton as a new boat,(having spent a lot of money on it) should be kept as a racing boat as it was prior to Covid 19.Once competitions are re-instated crews may apply to train in the boat.

The following must be followed at this time :-

- Only crew members to be in the shed to carry the boat out or to carry in. The crew must be offset when carrying the boat i.e. not facing each other. an example is for carrying a coxed four you carry the boat opposite a rigger
- Masks are a recommendation when carrying crew boats
- Coxes must wear appropriate personal protective equipment (PPE): • In a stern loader - coxes should 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). For those regularly coxing the club will provide a visor (See the Captain)
- Coxing equipment (e.g. cox boxes) should be used to avoid the need for shouting but equipment (including lifejackets) should not be shared between different coxes wherever possible. Where it is unavoidable to share equipment, the cox boxes should be cleaned between uses and a record of what equipment has been shared between who should be kept. Regular coxswains will be given a headset for sole use, cox boxes to be left on charge at the club. Please wipe coax boxes before and after use. (See Captain who will issue and log the equipment, you will be required to sign for the equipment)

- Each rower must clean and handle ONLY their own blade
- Same crew/squad rowing together **wherever possible** to minimise the number of different close interactions rowers will have with each other, therefore coxes should, wherever possible, only cox the same crew. Where this is unavoidable, clubs may wish to limit coxes to coxing one crew per day
- To maintain segregation of age groups in this initial stage juniors may not cox senior boats and vice versa. (This will be reviewed)

Eights – subject to BR confirmation on 29th August

Eights are allowed to be used (with coxswains complying with the above), from 29th August. If your squad wish to use and train in the eight, please contact the Captain to arrange a regular time for a training session. Please note that this applies to regular squads not occasional crews for the moment.

Booking system - Session Times and Availability

ALL members will be expected to use the booking system to ensure management of number of members at the club plus a record of who is on the water for safety reasons.

All sessions will be 1 hour 55 minutes long, to be clear this is the length of time to be spent at the club NOT time on the water. This will continue to be reviewed if demand dictates. This is not a "just in case" scenario, please only book slots you require.

The session booking facility is on the website where you can book time slots to attend the club facilities. Please only book ONE outing per day, this gives all members a chance to get out on the water. Those who are able to attend sessions during the week are asked to consider members who can only row at the weekend and leave those slots free to allow everyone who is able, a chance to get on the water. If slots are still available the day before, then you could book the weekend.

Doubles and fours/quads you will be able to book a particular boat, for singles you must take the boat that is best suited to you from the ones still on the racks. Currently there are only certain fours/quads available, this will be reviewed in light if demand and development of the booking system.

Availability has been split between the following groups and allocated time of day this group will be able to book a slot: -

- Masters/Seniors
- Junior Girls
- Junior Boys

This will be reviewed once we understand the demand levels.

SAFETY

PLEASE NOTE THERE WILL BE NO SAFETY COVER AVAILABLE

All members need to make their own "Risk Assessment" – You need to consider: -

- Weather conditions

- River Conditions
- Tide levels – red pole policy to apply
- Social Distancing
- Suitability and condition of equipment – please check riggers, gates, heel restraints etc
- Please inform someone when you are going rowing and when you come back
- Juniors must not go through double bends unless accompanied by a safety launch
- Hygiene and cleaning protocols
- Competency
- Consider “buddying up” and mobile phone

This is not an exhaustive list and all outings are at the members own risk.

Competency

Private boat owners are deemed competent scullers. All other members must seek approval from Coaches, Captain or Vice Captains prior to their first session.

Boats are marked “Captains discretion” and you will need authority to be able to book these boats.

Coaching

Coaching is now allowed. Launches will now be permitted to be taken on the river, followed by strict cleaning processes after each session.

CLEANING

Please bring your own hand gel and washing up liquid for the boats if possible. A tap is available within the compound. Buckets and sponges will be available within the compound, but you are welcome to bring your own to minimise sharing. A hose will be fitted to the sculling shed tap so members do not require to be in the shed to fill buckets etc.

Please wash your hands before and after using any equipment.

All equipment must be thoroughly washed before and after your session; this includes blades, seats, riggers, gates etc

All government recommendations must be followed

Social distancing (2m apart) must be adhered to at all times.

The committee reserve the right to make adjustments to this protocol as and when further information becomes available.