

CURRENT ADVICE FOR WRC RE-OPENING

Pre-amble

Any rower who has had contact with anyone who has subsequently exhibited potential Covid-19 or flu-like symptoms, either in their household or in their workplace, is excluded from attending the club until they have self-isolated for fourteen days. Any club member who exhibits flu-like symptoms should stay away. In both these scenarios members or parents of junior members should immediately inform their Vice-Captain or Coach. Members living in Tier 3 areas should stay away from the club to reduce risk of spreading the virus to members in Tier 1/2.

Potential rowers should wear clean rowing kit, have eaten something (to confirm that they still have a sense of taste) and wash their hands in soap and water just before leaving home.

Rowers should also bring a change of kit and towel; however, BR does not allow the use of changing rooms. So, if you come by car, you can leave these items in your car. If you cycle, you are allowed to leave these items in the appropriate changeroom and secure your bike to the external cycle rack. Rowers walking to the club can also leave these items in the changeroom.

Potential Covid-19 Transmission Routes

Aerial transmission is the most likely route when a person with the Covid-19 virus coughs, sneezes or talks, resulting in saliva from their mouth, containing the virus, being discharged into the atmosphere in a form of droplets and aerosol particles. The droplets are expected to descend within about a metre onto the surfaces below them, whereas the aerosol particles are considered to travel further and, in some cases, may remain in the atmosphere for a significant period of time. This is clearly an issue when people are confined inside, for a significant period of time. However, rowers at the club are mostly outside, and it will usually be windy, so aerosols would quickly disperse.

Contact transmission requires a number of stages: a person with the virus needs to discharge droplets which land on a hard surface; or they transfer droplets to their hand and then touch a hard surface; a second rower would have to touch that surface for the virus to transfer to their fingers; they would then have to put their fingers in or near their mouth or nose for the virus to pass into their respiratory system. Contaminated fingers (hands) are essential for this route, so the club encourages rowers to regularly wash their hands in the old kitchen and use their hand sanitisers. In addition, the club provides sterilising fluid for cleaning of common contact points in the gym and on the boats.

On Land

The previous squad programme will continue with a fifteen-minute gap between squad boating times to restrict numbers on the landing stage. BR places a maximum limit of 12 people on the landing stage. Government legislation limits gatherings in an outdoor space to no more than 30 people, but all members must continue to observe social distancing of 2m. Due to the limited time spent in the boathouse, while carrying boats in and out, the club is not recommending the wearing of face masks, but members are free to choose to wear one.

Potential rowers are to advise their vice-captain or coach the night before, so that crews can be organised and ready to row on the day. Members living in Tier 3 areas and last-minute arrivals will not be considered for rowing.

BR guidance does not allow mixing of households indoors, which would include our kitchen.

On The Water

Warrington local area enters Tier 2 on Wednesday 2nd December which according to the latest BR guidance allows mixed households to row in any class of boat, and there is no limit on the number of boats or launches on the river at any one time.

While sat in any boat, rowers are 1.4m apart. Coaches and coxes should plan for rowers to all row at the same time (as opposed to some sitting the boat while others row). Where possible Coaches should keep the same crew rowing together, to minimise the number of potential interactions. All coxes are to wear face shields when in the boat and use cox boxes where possible. Face shields are provided by the club.

In the unlikely event of the symptoms developing while rowing, the crew should return to the boathouse and ensure that the boat/blades are quarantined or subjected to a thorough clean. The rest of the crew would need to self-isolate or have a test for the virus.

In the Gym

BR advice is that each person requires an area of 10ft x 10ft (100sq.ft). Thus, there is sufficient space in our gym for six rowers, using ergs and/or weights at any one time. It is reasonable to include one coach (plus a chaperone for juniors) making a maximum of seven/eight people in the gym. The committee room and entrance lobby cover an area of 30ft x 20ft so another six people could use it as a second gym. Parts of the boathouse could also be used as a third area.

While the gyms are in use, all door should both be wedged open. Rowers should maintain social distancing as far as possible while in the gym and avoid facing each other during exercises. Coaches/chaperones are encouraged to wear face masks while rowers are involved in their exercises.

Mike Selway
Club Safety Adviser