

CURRENT COVID-19 ADVICE FROM WRC

Pre-ambble

Government guidance states that even those individuals who have had a second vaccination must still comply with Covid-19 guidelines. 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 ten 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.

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; currently BR does not ban the use of change rooms but suggests that the use of change rooms & showers should be minimised. So, if you come by car, the club would prefer you to leave these items in your car. If you cycle, you can 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. In an outdoor setting BR has set a maximum group size of 30. 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.

There is currently no requirement to wear face masks in open spaces, however face masks are still required to be worn in **limited** public places indoors. **A maximum indoor group size of six, or two households, is now allowed in our clubhouse.** Members should use their own judgement in deciding if they would prefer to wear face masks at any time while at the club. Social distancing of at least 2m should continue to be observed by all members as far as possible while at the club.

On The Water

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. There is no requirement for rowers to wear face masks when in the boat, but all coxes should use cox boxes where possible, **and face shields are available from 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 **(the government is now providing free lateral flow COVID-19 tests).**

In the Gym

Gyms are now open for group exercise training of mixed households. BR still requires each individual to have an area of 100ft², so we are still restricted to six in the gym, and six in the clubhouse.

A booking system allows individual members to use the gym, but clearance needs to be sought from the appropriate Vice-Captain **and is undertaken at member's own risk. Prior to using club equipment outside allocated squad slots, members must read and sign the Covid protocol form.** [Click here.](#)

While the gym is in use, both doors should be wedged open, and all equipment should be wiped down after use.

Mike Selway
Club Safety Adviser