

## **Instructions to Vice-Captains**

A1 When you are contacted by a member who has been advised to self-isolate, remind them that provided they:

- have had two jabs more than 14 days ago,
- do not have any Covid-19 symptoms,

then they are free to continue rowing at the club.

A2 Otherwise they should stay away from the club for ten days.

B1 When you are contacted by a member who has Covid-19 symptoms, or has tested positive, identify their close contacts\* from the two days prior to symptoms appearing.

B2 If the member with Covid-19 has not been at the club in the previous two days, you do not have to carry out any further actions, although you may wish to inform your squad of the situation.

B3 Advise the close contacts directly, preferably by phone, and start recording the events on the Covid-19 proforma.

B4 Remind close contacts\* that provided they:

- have had two jabs more than 14 days ago,
- do not have any Covid-19 symptoms,

then they are free to continue rowing at the club.

B5 Otherwise they should stay away from the club for ten days.

B6 Post a message on your squad WhatsApp group detailing the circumstances.

B7 If no one else develops symptoms within 10 days, post a message on your squad WhatsApp group stating that the squad is no longer at risk and send proforma to Safety Adviser & Club Captain.

B8 If a close contact advises you that they have developed symptoms, go back to B1 above.

## **Instructions to Coaches of Juniors**

A1 When you are contacted by a parent of a rower who has been advised to self-isolate, remind them that there is no requirement for anyone under 18 years and six months to self-isolate.

B1 When you are contacted by a parent of a rower who has Covid-19 symptoms, or has tested positive, identify their close contacts\* from the two days prior to symptoms appearing.

B2 If they have not been at the club in the previous two days, you do not have to carry out any further actions, although you may wish to inform your squad of the situation.

B3 Advise the close contacts directly, preferably by phone, and start recording the events on the Covid-19 proforma.

B4 Remind close contacts that there is no requirement for anyone under 18 years and six months to self-isolate, but they may wish to take a PCR test for peace of mind.

B5 If the close contacts have not developed symptoms within 10 days, post a message on your squad WhatsApp group stating that the squad is no longer at risk and send proforma to Safety Adviser & Club Captain.

B6 If a close contact advises you that they have developed symptoms, go back to B1 above.

## Instructions for Vice-Captains & Coaches

C1 If you have been advised to self-isolate, identify your close contacts\* from the two days prior to your self-isolation.

C2 Advise the close contacts directly, preferably by phone, start recording the events on the Covid-19 proforma.

C3 If you have not been at the club in the previous two days, you do not need to complete a Covid-19 proforma, just advise the Club Captain of your situation.

C4 Post a message on your squad WhatsApp group detailing the circumstances.

C5 If you have been at the club in the last two days then provided you:

- have had two jabs more than 14 days ago,
- do not have any Covid-19 symptoms,

then you are not considered a risk to the club.

C6 However you may wish to take a PCR test for peace of mind.

C7 Post a message on your squad WhatsApp group detailing the circumstances and send proforma to Safety Adviser & Club Captain.

C8 If required, the Club Captain nominates a deputy to take over.

D1 If you develop Covid-19 symptoms, identify your close contacts\* from the two days prior to your symptoms appearing.

D2 Advise the close contacts directly, preferably by phone, start recording the events on the Covid-19 proforma and notify the Club Captain.

D3 Remind close contacts\* that provided they:

- have had two jabs more than 14 days ago,
- do not have any Covid-19 symptoms,

then they are free to continue rowing at the club.

D4 If you have not been at the club in the previous two days, just advise the Club Captain of your situation.

D5 Post a message on your squad WhatsApp group detailing the circumstances.

D6 Club Captain nominates a deputy to take over.

D7 Post a message on your squad WhatsApp group detailing the circumstances.

D8 If the close contacts have not developed symptoms within 10 days, your deputy posts a message on your squad WhatsApp group stating that the squad is no longer at risk and send proforma to Safety Adviser & Club Captain.

D9 If one of the close contacts advises your deputy that they have developed symptoms, go back to D2 above.

\*Close Contacts are defined as:

a) having face-to-face contact with someone less than 1 metre away (regardless of face coverings) – a cox facing a stroke will fall into this category,

b) spending more than 15 minutes within 2 metres of someone – this would apply to rowers in doubles, quads, 4s & 8s, but technically only adjacent rowers. In addition, I would consider all the rowers in the gym at one time undertaking strenuous exercise to be included, i.e. all would be close contacts.

c) travelling in a car with someone (even on a short journey) – could apply to rowers sharing lifts, but the club has no control over this.

Mike Selway, Club Safety Adviser

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