

CURRENT COVID-19 ADVICE FROM WRC

Pre-amble

Any rower aged under 18yrs and 6months, who is identified as a close contact, is NOT required to self-isolate. Any adult rower, who is identified as a close contact, and has had both jabs more than 14days ago, is NOT required to self-isolate.

Any rower who exhibits potential Covid-19 or flu-like symptoms, is excluded from attending the club until they have self-isolated for **five full days and registered two negative LFD test on the fourth and fifth days. Members or parents of junior members should immediately inform their Vice-Captain or Coach as soon as Covid-19 symptoms are identified.**

BR recommends carrying out your own self-assessment health check before coming to the club, to ensure you are free of Covid-19 symptoms, e.g. high temperature; new or continuous cough; a loss of, or change to, your sense of smell or taste. In addition, wash your hands in soap and water just before leaving home.

On Land

The previous squad programme will continue with a fifteen-minute gap between squad boating times. 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 government guidance encourages face masks are to be worn in crowded places indoors. Members should use their judgement in assessing their own health circumstances, to decide if they would prefer to wear face masks at any time, particularly while in the clubhouse and changerooms. We would encourage all members to keep a safe distance from others as far as possible.

On The Water

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 Gym

Gyms are now no different to other indoor spaces, with no restriction on numbers. However, it is suggested that Coaches/V-C intending to plan an extensive indoor gym session, should explain the activity to the squad beforehand, to allow squad members to decide if they wish to take part.

Coaches, chaperones and non-exercising personnel may wish to consider wearing a face mask while a gym session is underway. 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