



QRC Return to Rowing Protocol, 15 May 2021

QRC are following the advice and guidance of our governing body, [the Scottish Coastal Rowing Association](#), and the [Scottish Government](#).

We can't remove risk, and we all assess risk differently. The new procedure will help protect your health, and the health of members, friends, families and our community. We also need to protect the reputation of Queensferry Rowing Club and Scottish coastal rowing.

If you feel unwell, or are displaying symptoms, you must follow Government and NHS Scotland advice. ON NO ACCOUNT SHOULD YOU COME TO ROW.

All RPs must complete the [Sportscotland Covid Module](#) online. We think it would be useful if every member planning to row did the same.

Ready to Row Procedures

Allow 30 minutes before and after the row for cleaning. EVERYONE MUST BE PRESENT FOR CLEANING!

Before you leave your house

If you are unwell or displaying any Covid-19 symptoms, please do not come down. Inform your RP, or a member of your crew if you cannot make it, and follow NHS Scotland guidance.

Please do not arrive more than 10 minutes before your scheduled slot and do not meet with others.

Adult Crews

In order to ensure we do not have more contact than is allowed, there will be a half hour between designated rowing slots. If a crew is at the Shed, hose, or on the slip, you must keep apart. All rowing is bookable through Mike Breewood in designated slots and you must keep to time unless you are clear there is not another booking e.g. weekday daytime rowing for example.

Youth Crews

As of 05 April 2021, 15 U18s are able to take part in contact sport, with coaches. The SCRA have confirmed that both our boats may launch at the same time when crews of youth rowers are involved. Crews must consist of four youth rowers (no adults are allowed to substitute for a youth rower), accompanied by an adult coach/skipper. **ALL OTHER COVID RULES SET OUT BELOW APPLY.**

At the Shed:

Physical Distancing: The SCRA have stated that while taking the boat down to the slip, rowing, taking the boat back up the slip, and boat washing, you are considered to be in a 'field of play bubble' and the need to keep physically distanced is effectively suspended.

At all others time, you must observe the 2 metre physical distance rule.

- 1. Everyone is responsible for safe rowing. The RP has some additional responsibilities.**



2. Once at the Shed you are in your 'field of play bubble' and you don't need to be 2 metres physically distanced from the rest of your crew (but **ONLY** your crew).
3. You must hand sanitise on entering and any contact points.
4. **You must come ready to row.** Changing areas must remain closed (SCRA guidance), so **you must not go into the Shed to change**, although you may leave your bag on the floor within the marked area at the door while out on the water.
5. **Record keeping:** The RP on each row is responsible for recording the names, date and times of arrival/leaving of each member of the crew.

Cleaning Station

6. A 'cleaning station' is set up just inside the Shed, including buckets, sanitiser, hand gel, soapy liquid, sponges and poly roll for drying. There are five sanitiser trigger packs –one for each member of the crew.
7. **To summarise, the boat and equipment MUST be cleaned with sanitiser BEFORE you row, and washed with SOAPY WATER after you row.**

Getting Ready to Go Out

8. The crew **MUST** sanitise the boat, oars and ALL equipment including cushions, footrests, grab bag, tiller, life jacket bag and pegs, with **SANITISER prior to launching.**
9. The RP must sanitise the radio cover.
10. **You should wear your own personal life jacket where possible. A limited number of life jackets will be available to borrow.**
11. **Coxes' jackets/wellies.** Because of the difficulty in sanitising coxes' jackets and wellies, these are not available to borrow.

Getting on the Water

12. Remember to clean the touch points on the gate with sanitiser.
13. Make sure you **maintain 2 metre distance from other marina users** on the way down to, and on, the slip.
14. Once crew positions have been decided, you **must** stay in this position throughout the row.

During the Row

15. Coxes should continue to wear a face covering, although if the cox and stroke agree, then the cox does not now need to. Please respect the view of the rower in stroke.
16. Other members of the crew may wear face coverings if they wish. Please try not to touch your face/covering with your hands.
17. As it's been some time since any of us were in a boat, please be conservative in what you do and stay well within our usual area.
18. No training rows should take place at this stage.

Coming off the water

19. Everyone is responsible for this task!
20. You **must** wash down the boat, oars, footrests, seats (not cushions), radio cover etc. with **SOAPY LIQUID** when you come off the water. Everyone is responsible for this task!
21. Club life jackets and cushions should be sprayed with **SANITISER** and hung up.



22. The oars, pegs, grab bags and spare life jacket should be placed back in the boat after washing. The radio should be placed in the meter cupboard and left in its cover unless it requires charging. (see Charging Procedure below).
23. The RP must record the leaving time of each member of the crew.
24. You must make sure the cleaning station is ready for the next crew and lock up, having wiped everything down, including the key and key safe (if used).
25. All door handles, hand rails, light switches and other regularly touched surfaces must be cleaned and sanitised on both arrival and departure.
- 26. The Shed is NOT available for socialising or changing. You should not congregate outside the Shed either.**
27. Rubbish must go in the bin OUTSIDE the Shed or be taken home for disposal.

- 28. You are now out of your 'field of play bubble' and should maintain 2 metre physical distance from your crew.**
29. The SCRA guidance is that you should wash all your clothes, including your gloves when you get home.

Radio Charging Procedure

1. With radio on the low power setting (L) check the battery condition-touch the transmit button for no more than 2 seconds and observe the battery meter. If it dips more than 2/3 of the scale and doesn't return promptly to full then remove from cover and recharge.
2. Plug connecting lead into the USB connection on the side of the radio and the USB socket in the meter cupboard and leave radio switched OFF in its VHF marked cradle
3. The radio will indicate when it is charged and this may take up to 6 hours.
4. When radio is to be used again, sanitise hands and cover and disconnect USB lead remove radio from cupboard and place in the cover.
5. Sanitise hands, close cover and sanitise.

Keep safe. Keep others safe. Keep rowing!