

QRC Covid Rowing Protocol, 18 December 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 Covid 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 did the same.

Ready to Row Procedures

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.

We strongly recommend you take a lateral flow test before you row.

Prior to Rowing

1. Everyone is responsible for safe rowing.
2. You must come ready to row.
3. You must check-in and out using the QR code on the noticeboard. One person can check in the whole crew.

Cleaning

4. 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.
5. 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

6. 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**.
7. The RP must sanitise the radio cover.
8. You should wear your own personal life jacket where possible. A limited number of life jackets will be available to borrow.
9. Crews may wish to wear face coverings, particularly the cox and stroke.

Coming off the water

10. You **must** wash down the boat, oars, footrests, seats (not cushions), radio cover etc. with a small amount of soapy liquid. Everyone is responsible for this task!
11. Club life jackets and cushions should be sprayed with **SANITISER** and hung up.
12. The RP must record the leaving time of each member of the crew.

13. You must make sure the cleaning station is ready for the next crew and lock up, having wiped everything down.
14. Rubbish should go in the bin OUTSIDE the Shed.

The Shed

15. The Shed is closed for socialising.
16. The boat maintenance team will have access to the Shed, limited to three people. Masks must be worn at all times and door(s) left open for ventilation.

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!