

Rowing ACT Return to Play in a COVID-Safe Environment

(current as at 27 May 2020 and applicable until withdrawn by Rowing ACT)

INTRODUCTION

As of 11.59pm Friday 29 May 2020 the ACT Government lifted a number of restrictions around community sport. These new measures have been reviewed by Rowing ACT and this plan is issued for use by the ACT Rowing community.

In line with ACT Government and ACT Sport and Recreation advice this plan outlines the measures that Rowing ACT considers appropriate for rowing in the ACT at this time. ACT Sport and Recreation has asked peak bodies to include any additional measure that are considered appropriate. ACT rowing clubs and schools are allowed to recommence activity in line with ACT Government restrictions at a minimum. However, clubs and schools are encouraged to work with Rowing ACT to ensure a safe return to play by following, at a minimum, the guidelines provided in this plan¹.

The ACT Government has advised that those organising training (Rowing ACT, clubs, and school rowing clubs) should each have a clear “Return to Play in a COVID-Safe Environment” plan that details how activity will be delivered in both this and future phases. Current parameters require that:

- Those training or accessing sheds should **Get In, Train, and Get Out**;
- Small groups are maintained at all times;
- No intentional physical contact; and
- Promotion of general hygiene and physical distancing at all time.
- Shared use of equipment should be kept to a minimum at this time;
- If equipment is shared then strong vigilance around hygiene practises is essential.

ROWING ACT COVID-19 POLICY

Rowing ACT advises that as per ACT Government guidelines, groups of up to 20 people plus one coach (a maximum of 21 people) can train and be present at clubs in club single sculls, pairs, doubles, fours or quads. It is recommended that crew train and row together with the same combination to reduce contact with others. Coxed boats are not yet recommended for use.

ACT Government approved boat-use:

- Singles;
- Pairs;
- Doubles;
- Coxless Fours;
- Coxless Quads

¹ ACT Government Phase 2 Return to social sport and recreation dated 26 May 2020,
https://www.sport.act.gov.au/_data/assets/pdf_file/0005/1552055/SPORT-AND-REC-FAQ-26-May-2020.pdf

CLUB RESPONSIBILITIES

Clubs should:

- Prepare a club-specific “Return to Play in a COVID-Safe Environment” plan and provide a copy to Rowing ACT;
- Appoint a COVID-19 Safety Officer to help develop, maintain, and monitor procedures to comply with ACT Government Requirements;
- Ensure any gathering of people does not have a density of more than one person per 4m²;
- People must not participate in groups greater than **20** individuals plus a coach at any point in time;
- The number of people indoors in any facility/venue should not exceed one person per 4m², up to a maximum of 20 people plus 1 coach;
- Ensure that members have strict adherence to hygiene practices;
- People must not attend the boatshed in groups greater than **20** individuals plus a coach at any point in time;
- Ensure that efforts are made to maintain appropriate social distancing and group numbers when moving on and off the water;
- Ensure that the same individual handles their equipment when moving on and off the water, including cleaning the equipment;
- Ensure that all shared equipment is thoroughly washed with soap or sanitised after use;
- Ensure that suitable sanitisation products are available for club use;
- Staggered shed access times should be established;
- Ensure that a risk-managed approach guides any rowing in crewed boats, including encouraging rowers to row with the same people every time;
- To meet social distancing requirements any gathering of people to access the boatshed facility should not have a density of more than one person per 4m²;
- Access to and use of showers and changerooms should be discouraged, with rowers to arrive ready for training and to leave straight after training;
- Use of toilets should be limited and cleaning of communal toilet facilities should be undertaken regularly;
- Clubs should consider risk reduction measures to achieve strict adherence to hygiene practices within the club house, with special consideration to communal surfaces including boats, oars and equipment, tool-sheds, work benches, boat stretchers, boats and tinnies, taps and hoses, buckets and sponges, rack and trolley handles, access doors, and bathrooms;
- Clear signage for participants outlining the COVID-19 measures that are in place (to be updated if measures change);
- A sign in/sign out register (at the boatshed or online) is required for safety and to allow contact tracing if required;
- It is recommended that anyone accessing the boatshed consider downloading the Federal Government’s COVID-19 app;
- Ergs, weights and gym equipment can only be used inside the boatshed provided they are used as part of a supervised session with individual equipment. Circuit sessions are not permitted as these use shared equipment. Social distancing and suitable hygiene measures must be maintained

throughout the supervised indoor training. Ergs, weights, and gym equipment will require proper cleaning and disinfecting between sessions.

- Members who are feeling unwell or have been in contact with someone diagnosed with COVID-19 should not attend the boatshed.

SCHOOL ROWING CLUBS

School rowing clubs should ensure they prepare plans that incorporate and manage school requirements in conjunction with ACT Government and Rowing ACT requirements.

- School rowing clubs are asked to provide a copy of their plan to Rowing ACT.

PERSONAL RESPONSIBILITIES

Rowers should ensure:

- They do not row or attend the boatshed if they are feeling unwell; and
- They do not row if considered to be at-risk, or associating with people who are at-risk, from COVID-19.

COVID-19 DIAGNOSIS

Should a rowing club member who has attended the boathouse in the last two weeks be diagnosed with, or come into contact with someone diagnosed with COVID-19, the club should:

- Immediately cease operations;
- Contact the ACT Health COVID-19 Helpline on (02) 6207 7244 for guidance on contact tracing and potential isolation;
- Contact Rowing ACT to inform them of the diagnosis.

ACT Health will advise the measures required to be taken by the club. ACT Health must also provide clearance before a boatshed can be reopened.

WINTER ROWING SAFETY

Clubs are to consider winter safety requirements and should consider having a safety tinnie on the water when rowers are training. Where possible a four-oar policy should be applied.

INSURANCE

All clubs should confirm their insurance coverage for both on and off-water operations during this time with their respective insurers.

RETURN TO FULL TRAINING

Rowing ACT will continue to work with the ACT Government through Sport and Recreation around a return to full training, including coxed boats and eights. Information will be provided in a timely manner to clubs and schools around this.

RETURN TO COMPETITION

Rowing ACT will continue to work with both the Federal Government (through the National Capital Authority) and the ACT Government around a return to organised competition. The Rowing ACT Board is looking to commence the Winter Time Trial series in July 2020 should COVID-19 measures permit.

COMMUNICATIONS

Rowing ACT will provide updates to the ACT rowing community when there are changes to the COVID-19 measures. Where updates necessitate a change to this plan, and the updates are likely to impact on club operations, Rowing ACT will, when time permits, provide advance notice to Club Presidents and School Rowing Masters. This may be waived where Rowing ACT deems it necessary to distribute information quickly.

Where possible, Rowing ACT will make available copies of advice from ACT Sport and Recreation. Rowing ACT will also maintain a section on the Rowing ACT website containing all COVID-19 advice relevant to the ACT rowing community.

Rowing ACT expects clubs and schools to provide Rowing ACT advice in full to their club members, particularly throughout the COVID-19 period, to ensure full visibility of all changes and updates.

This policy will be regularly reviewed and updated as government advice changes.

ISSUED

This policy is issued by Rowing ACT and takes effect from **30 May 2020**. This policy remains applicable until withdrawn by Rowing ACT.