

Rowing ACT Return to Play in a COVID-Safe Environment

(current as at **17 June 2020** and applicable until withdrawn by Rowing ACT)

INTRODUCTION

As of noon Friday 19 June 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**;
- Promotion of general hygiene and physical distancing at all times;
- 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 guidelines², from noon Friday June 19, 2020, groups of up to 100 people (including coaches and support staff) can train and be present at clubs as long as regulations around social distancing can be met.

Rowing can be conducted in all boat classes, including coxed boats. It is recommended that crews train and row together with the same combination where possible to reduce contact with others.

Coxswains and stroke seat in stern-coxed boats may opt to wear a face mask or face covering while in the boat due to their close proximity. It is recommended that each coxswain be allocated their own cox box to minimise the risk of transmission. Where it is not possible to allocate individual cox boxes strong vigilance around hygiene and regular cleaning of the cox boxes is essential.

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

² Continuing a measured return to sport, https://www.cmtedd.act.gov.au/open_government/inform/act_government_media_releases/yvette-berry-mla-media-releases/2020/continuing-a-measured-return-to-sport

CLUB RESPONSIBILITIES

Clubs should:

- Prepare a club-specific “Return to Play in a COVID-Safe Environment” plan and provide a copy of the plan and any link to updates via email to Rowing ACT;
- Appoint a COVID-19 Safety Officer to help develop, maintain, and monitor procedures to comply with ACT Government Requirements and provide the name of the COVID-19 Safety Officer to Rowing ACT;
- Ensure any gathering of people does not have a density of more than one person per 4m²;
- Ensure that members pay strict adherence to hygiene practices;
- 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, including cox boxes;
- Ensure that suitable sanitisation products are available for club use;
- Staggered shed access times should be established to ensure social distancing requirements are being met;
- Ensure that a risk-managed approach guides any rowing in crewed boats, including encouraging rowers to row with the same people every time;
- Access to and use of showers and changerooms should be discouraged, with rowers to arrive ready for training and to leave straight after training. Cleaning should be undertaken regularly;
- 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 when 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;
- Clubs should consider the frequency of cleaning of the whole boatshed;
- 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. Clubs and schools are reminded that in winter months any boat capsizes requires mandatory reporting in accordance with Rowing ACT work, health, and safety practices³.

INSURANCE

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

³ Rowing ACT Winter Rowing Policy, <http://rowingact.org.au/rowing-safely/>

RETURN TO COMPETITION

Rowing ACT is planning 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. Information may be provided directly to clubs and schools where information from the ACT Government is already in the public domain and does not have new advice from Rowing ACT.

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 **noon 19 June 2020**. This policy remains applicable until withdrawn by Rowing ACT.

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