



INTRODUCTION

As of 12:01am Friday 17 September 2021 the ACT Government will lift some restrictions around community sport. These new measures have been reviewed by Rowing ACT and this plan is provided as advice for use by the ACT Rowing community.

In line with ACT Government, ACT Health and ACT Sport and Recreation advice this plan outlines the measures that Rowing ACT considers appropriate for rowing in the ACT at this time.

KEY MESSAGES from ACT SPORT and RECREATION

- You can exercise in groups of up to 5 people
- Rowing is permissible as a form of exercise
- Organised training is not allowed
- Coaching is not allowed except via online
- Unique groups of 5 not interacting with other groups
- Equipment and facility access to be managed in a very control way with attention to cleaning
- Wearing of masks when not undertaking vigorous exercise

ROWING ACT COVID-19 POLICY

Rowing ACT recommends that clubs and boatsheds continue to maintain very strong hygiene practises due to the challenges with implementing and monitoring suitable COVID-19 public health measures. Further to this, Rowing ACT is committed to ensuring the Association, and its member clubs, are seen as responsible members of society. As such it encourages strict adherence to Federal and ACT Government direction.

From 11:59pm Friday 17 September 2021 ACT rowing clubs and schools are allowed to recommence **rowing related exercise** activity in line with ACT Government restrictions. Clubs and schools are encouraged to work with Rowing ACT to ensure a safe return to rowing related exercise by following, at a minimum, the guidelines provided in this plan.

Current parameters require that:

- A maximum of 5 people can be in the boatshed and/or surrounding area at any one time.



- Keep the same group of up to 5 people together for each exercise session until 15 October 2021 or until further advised. There should be no interaction with other individuals or crews.
- Where possible small boats (1x, 2x and 2-) are encouraged at this time.
- Rowing in 8+'s are not permitted at this time.
- Bow coxed boats are acceptable but stern coxed boats are discouraged as there is an increased risk of transmission.
- All rowers must use the Check-In CBR App.
- Staff should only be present (and included in that total of 5) if required for safety reasons.
- A safety boat is considered necessary if it relates to vulnerable rowers eg. Youth, level of ability.
- Masks must be worn at all times except when engaging in vigorous exercise.
- Promotion of general hygiene and physical distancing at all times (1 person per 4m²)
- Shared use of equipment should be kept to a minimum.
- If equipment is shared, then strong vigilance around hygiene practises is essential.
- No coaching is allowed at this time.
- Ergs, weights and gym equipment stored in boatsheds should not be used.
- Those who need to travel from NSW to access their club in ACT need to check NSW Government Health requirements for returning to NSW.
- Members who are feeling unwell or have been in contact with someone diagnosed with COVID-19 or have been to an area identified by ACT Health as an exposure location (monitor, casual contact or close contact exposure location) should not attend the boatshed and comply with ACT Health guidance around testing.

CLUB RESPONSIBILITIES

Clubs are asked to:

- Prepare a club-specific plan for rowing related exercise 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 that a Check-In CBR QR Code is available for each club facility



Clubs are encouraged to develop plans that:

- 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 and mask wearing;
- Ensure that efforts are made to maintain appropriate social distancing and group numbers when moving on and off the water;
- Ensure that efforts are made to prevent groups of people mixing together;
- 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 and up to a maximum of 5 people in the boatshed requirements are being met;
- Ensure that a risk-managed approach guides any rowing in crewed boats, ensuring that the same group of rowers exercise with the same people every time;
- Access to and use of showers and changerooms should be discouraged, with rowers to arrive ready for exercise and to leave straight after exercise;
- 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);
- Ergs, weights and gym equipment stored in boatsheds should not be used at this time;
- Clubs should consider the frequency of cleaning of the whole boatshed and be prepared to deep clean the boatshed if required;
- Members who are feeling unwell or have been in contact with someone diagnosed with COVID-19 or have been to an area identified by ACT Health as an exposure location (monitor, casual contact or close contact exposure location) should not attend the boatshed.



COVID-19 DIAGNOSIS

Should a rowing club member who has attended the boathouse be diagnosed with, or come into contact with someone diagnosed with COVID-19, or have been to an area identified by ACT Health as an exposure location (monitor, casual contact or close contact exposure location) 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, and cleaning requirements for the boatshed and equipment;
- Contact Rowing ACT to inform them of the diagnosis or exposure;
- Implement guidelines outlined by ACT Health.

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.

Rowing ACT is available to provide support on Covid management and assist clubs and schools where they require.