

Notice to members

Update on rowing at TRC with covid restrictions.

20 July 2020

Members

Thank you to everyone for your cooperation with rowing at TRC under covid-19 restrictions.

We have done well and everyone has the opportunity to row in all boats, erg and train in the gym.

We still need to keep to restrictions with numbers to observe social distancing and meet the limits of the m2 area within the clubhouse and WL shed. We must not exceed 1 person per 2 square metres. The Covid Safe plans step 3 are provided at both locations.

We are trying to keep the training sessions to a max. of 20 (coaches in addition) and in nearly all circumstances we are able to manage this with the numbers wanting to row. To do so we are keeping distinct training times for the Youth Squad/Winter program and the Masters cohorts.

Youth/WP

	WL	City
Monday		6 - 7.45am
Tuesday	4 - 6.30pm	6 - 7.30am
Wednesday		4 - 6pm
Thursday	4 - 6.30pm	6 - 7.30am
Friday	5.30-7.30am	
Saturday	6am – 12 noon	
Sunday		

Masters squads are able to row at all times outside of these youth sessions.

Note we no longer need to sign-in to the logbooks. Showers and change rooms are back in use.

Hygiene practices need to continue as advised by government and health bodies.

Team sharing of food during and after training and competition is not permitted. **If you are unwell please stay away from club facilities.**

Session bookings are no longer required but we now have a boat booking mechanism. This can be accessed at <https://boats.torrensrowingclub.com.au/>

If everyone can continue to be responsible with these requirements, we stay safe and we minimize any risks for the wider community.

Carmine Barone
President