



TORRENS ROWING CLUB

GPO Box 512, Adelaide SA 5001
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torrensrowingclub.com.au

May 12 2020

Please note:

Following further advice from Rowing South Australia – rowing in ‘singles only’ is recommended.

The previous ‘Pair/doubles allowed but both crew members must be from same household’ is now not included in recommendations.

This provision is now deleted from these protocols.

Protocols for Members rowing under limitations due to COVID-19

May 2020

The club and all activities were closed on March 23 due to COVID-19 and the recommendations from Federal and State bodies.

Rowing Australia (RA) and Rowing South Australia (RSA) have now provided guidelines on partial recommencement of club activity.

The following applies to rowing at TRC under these special conditions as of May 9, 2020. Those who choose to row under these conditions must comply. Limitations and restrictions may change.

Eligibility

- Financial Full/Student membership as of March 23. Some exceptions may apply by negotiation with the Committee.

Rowing limitations

- Rowing in singles only. ~~Pair/doubles allowed but both crew members must be from same household.~~
- Rowers not to go out alone for safety reasons – row with another single.
- Sessions limited to 8 persons (and two coaches for youth squad members) although only 2 may be in the shed at one time. Staggered entry to shed in pairs is required.
- Youth squad members (under the age of 18) can only row under the supervision of a coach.
- Attendance at sessions must be pre-booked. Limits on the number of weekly sessions may apply due to numbers and so that fair opportunity for all members is provided.
- The Club rooms including the internal rowing machines, weights, and gym equipment are not to be used.

Requirements to row

- All COVID-19 measures and government requirements must be followed:
 - Wash your hands often with soap and running water, for at least 20 seconds. Dry them with paper towel or a hand dryer. Alternatively use alcohol-based hand sanitisers.
 - Try not to touch your eyes, nose or mouth.
 - Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow.
 - Social distancing - maintain a minimum social distance of 1.5 metres
- Strict adherence to hygiene practices, with special consideration to communal surfaces including toolsheds, work benches, boat stretchers, boats, buckets and sponges, rack and trolley handles and access doors.



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- Boats and equipment to be washed with soapy water (rather than just water).
- Water bottles need to be labelled and are not to be shared. Bottles are not to be left in the shed. Similarly with towels – they are not to be shared or left in the shed.
- Strong cleaning regimes in place for shared equipment, including compulsory use of soap and hand sanitiser before and after training.
- Where possible boats and oars to be allocated to particular individual rowers or crews.
- **Attendance at every session must be entered into logbook.**
- You cannot attend if you are unwell.

If you come into contact with someone diagnosed with COVID-19 you should not attend the boat shed. Advise the President immediately president@torrensrowingclub.com.au

The club will need to cease operations and advice sought from SA Health COVID-19 Helpline. The club will also inform RSA.

Note:

It is recommended that anyone accessing the boatshed considers downloading the Federal Government's COVID-19 app.

People aged over 70, aged over 60 with pre-existing conditions, or Indigenous people aged over 50 should stay at home wherever possible for their own protection.