



Risk assessment - Covid-19



Arran Coastal Rowing Club

Covid-19

Prior to resumption of any rowing in any of the club's skiffs, the Committee shall review guidance and information from Government and Agencies concerned with Sea Safety and formulate a set of Instructions on the basis of the level of easing lockdown.

People who are symptomatic should self-isolate for 10 days; household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend a sports activity.

Return to rowing with a full crew

AS OF 4th September 2020 – COASTAL ROWING CAN BE DESIGNATED AS AN ORGANISED OUTDOOR CONTACT SPORT

A 'field of play bubble' can be created during organised sports activity that allows contact whilst the activity is taking place, in effect suspending physical distancing guidelines for the duration of the activity. Normal physical distancing guidelines will however apply before and after the activity takes place. Participants are also encouraged to wash themselves and their clothes as soon as practically possible after the activity.

It may be necessary for this Bubble Group to form a semi-permanent grouping which would row together as convenient. With two skiffs these would probably mean that there might be two concurrent bubble groups – however by necessity there would have to be no mixing of these two crews and their equipment.

A record of those involved in each rowing session shall be made and retained for a minimum of 4 weeks such that the information may be passed to any Track, Trace and Protect agency.

Potential Risks

A potential risk to be considered is the slipstream effect, allowing contact with exhaled air from other crew members. The nature of our activity in itself mitigates against this: SCRA fixed seat clubs tend to use crew boats with offset seating positions, and row on open expanses of water where the surface conditions and subsequent boat movement, combined with stronger and more erratic wind conditions, will be disruptive to any potential slipstream effect (the potential for droplets to be carried in the airstream along the skiff and pass from crew member to crew member – this may occur due to energetic exhalation – so it may be prudent to restrict the time of the rowing outing and focus on rowing for pleasure rather than competitive training). It may also be prudent to make use of hand signals from the cox rather than shouting instructions.

However consideration should be made as to whether any further mitigation is required. This may be in the form of visor / face coverings for cox and stroke, other crew members may wish to consider use of face coverings as appropriate.

In short, **from 4th September 2020**, we can

- Launch, row and recover boats with up to five households in them
- Immediately before and after the activity we need to socially distance
- Between uses the boat and equipment needs to be washed down

Boats and equipment may need to be washed down by each crew before they are used and again after they are used.

This further protects the crews where there may have been accidental contact after the boat was put back into storage, but before it is used again.

Those supporting organised activity should attempt to keep physically distant of 2 meters when not rowing.

Storage of equipment will have to be controlled as will separate cleaning and washing materials and facilities including cleaning of all shared equipment including radios (consideration should be given to restricting the use of club cushions and shared lifejackets) between each rowing session – this may mean a set time post row when all crew will have to clean themselves, cushions, shared lifejackets, and ensure that the skiffs and oars contact surfaces are cleaned to a sufficient level.

No persons with known symptoms however mild will be permitted to row and all must declare their fitness to row.

Procedures

Access to Equipment and Storage Facilities	All	Permissions sought and any guidance advice and restrictions on access and removal of equipment be followed			
Launching and Recovery Locations		Permissions sought and any guidance advice and restrictions on access be followed	Note taken on up to date guidance from Scottish Government, Harbour Authority, RNLI and HMCG (MCA)		COVID-19 Briefing and Awareness to be Carried on the first occasion and all subsequent “new” rowers
Collection and Distribution of Equipment		Only one person to access storage of equipment, all carrying surfaces to be sanitised in advance of each use. This action shall be repeated when storing all equipment away			
Cleaning and Sanitisation of Shared Use Equipment and Surfaces	All	Footboxes, Oars, Pins, Drain Plugs, Tiller, Rudder, Paddles Equipment Bags Anchor Chain & Line Radios Skiff cover, hoops and tails Padlocks, Chains, Gates and door handles Trolleys	Wash thoroughly in soapy water and sanitise as appropriate prior to and after each usage All to be aware of cleaning procedures and acknowledge in Rowing Session Record	It may be prudent when cleaning and sanitising for all participants to wear disposable vinyl gloves . These should be disposed of carefully and in accordance with guidance	

Personal Protection and Equipment		Waders , Gloves, lifejackets, water bottles and other personal equipment must not be shared and shall be cleaned prior to and after use			
Face Masks		Prevailing Government Guidance shall be followed.			
Maintain Specified distancing at levels as required		If unable to comply then rowing activity should be cancelled until such time as measures are in place.			
Slipstream effect	Energetic exhalation of droplets	Cox and others to consider use of face visor and /or face coverings	Under normal rowing conditions and with the offset seating in St Ayles skiffs and rowing in coastal waters naturally mitigates against this		

Cleaning and Sanitisation of Shared Use Equipment and Surfaces

After use of the skiff and equipment – see above in the table for details – everything has to be cleaned and sanitised in preparation for the next session!

Take care and stay safe!

