



PROTOCOL FOR THE RETURN TO ROWING

Overview

As one of the first sports to be allowed to resume, there is a major responsibility on rowing clubs to ensure that our sport is conducted in a safe and accountable manner. Full observance to the provisions of this Protocol is crucial.

We note that both State and Federal Governments continue to monitor the situation closely and has not ruled out the reintroduction of restrictions which could see our Clubs closed once again if the Protocol is not followed. Therefore, it is key that our club takes steps to ensure this protocol is implemented.

We are asking all members to demonstrate their determination to keep rowing safe. This document is Bunbury Rowing Club's interpretation and recommendations for how rowing activities shall be resumed on a phased basis following the [National Principles for the Resumption of Sport and Recreation Activities](#) developed by the Australian Health Protection Principal Committee, and the [Framework for Rebooting Sport in a COVID-19 Environment](#) by the Australian Federal Government.

BRC accepts that it is not possible for our sport to eliminate the risk of the spread of the Covid-19 virus completely. However, our members and Clubs are well used to undergoing a risk assessment process to minimise the risks associated with rowing.

The basis for returning to rowing activities, in line with Government recommendations, will be to extend this risk assessment process so that equal priority is now given to minimising the risk of transmission of the Covid-19 virus.

Public health measures are likely to be continually updated by the Government. Even if rowing continues to be allowed in such circumstances, this Protocol governing the safe return to rowing will be updated in line with any relevant changes to public health measures. For these reasons, we will continue to monitor developments very closely and will update our advice as required.

We understand that the governing bodies for rowing in Australia are seeking clarification on a number of issues including a "slipstream effect" for crew rowing.

The “slipstream effect” refers to respiratory droplets transmitted when exercising behind an athlete. Considerations for rowing are the speed of a boat, wind conditions, crew numbers and exertion. Given the novel nature of the virus little research has been conducted to date. This effect is particularly relevant to the rowing of “crew” boats.

Background :

This document has been developed to assist BRC members by informing them of what the committee considers the appropriate course of action at each Phase..

All members need to consider their own situations at any given time. The Club’s decision on whether to allow training needs to be based on the situation in their local area at that time.

The club should organise staggered training sessions so that physical distancing is practiced.

Club attendance records for each session should be maintained, in the unfortunate event of an occurrence of the virus being diagnosed in one of the club attendees, the attendance records will help with contact tracing

Coping with demand and expectations:

Members must understand the necessity of restrictions to minimise the risk of a reintroduction of lockdown measures. While everyone may have an opinion on what should be done, full compliance with the measures in place is essential.

Members should be aware that these restrictions are not going to last forever, but must live within them and be patient while they are in place. We all want to get back to normal as soon as possible, but this will be a gradual process and will be reliant on rowing Clubs and rowers observing this Protocol.

Fundamental Principles for the Decision to Row

1. **Compliance with Current COVID-19 Restrictions** – The need for full compliance on the phased lifting of restrictions to ensure rowing remains a ‘low risk activity’. Adopt the strategy : **‘Get in, train and get out’** — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms).

2. **Personal Responsibility** – Taking personal responsibility for your own safety and decision making.

3. **Self Help** - ensure that you have the means for your singles to self-right and that safety is adhered to at all times.

4. **Risk Assessment** – We have assessed the risks associated and outlined in the Rowing Risk Assessment Documents attached.

5. **Local Knowledge**- Local club knowledge is key to our sport. Our club has conducted a risk assessment based on the clubs' facilities, water conditions and membership compliment before taking into account the guidelines provided by State and Federal Governments, Rowing Australia and Rowing WA.

Phase 1: 27th April

	Guidelines
Clubs	<p>Facilities/location:</p> <ul style="list-style-type: none">Indoor and outdoor non-work gatherings of up to 10 peopleClubhouse upstairs and indoor facilities should remain closed.Gym closed, changerooms available but no showering (avoidance aerosolization)Maintain club attendance records.Training groups of no more than 10 people (including the coach) adhering to social distancing guidelines around clubroom and when launching; maintaining 1.5m between athletes <p>Equipment:</p> <ul style="list-style-type: none">Single sculling only is permittedNo sharing of equipment during a sessionBoats, oars, launches and all related equipment should be thoroughly washed down afterwards using appropriate cleaning productsBins should be provided for disposing of waste <p>Communication:</p> <ul style="list-style-type: none">Communication / Rostering to avoid large gatherings at the same location.
Events	No events during this phase.
Training and Activities	<p>Possible to go out in peer groups of maximum 10 persons.</p> <p>Everyone needs to adhere to social distancing.</p> <p>Adequate risk assessment to be carried out specific to local needs and club accessibility including the following:</p> <ul style="list-style-type: none">Availability and use of single scullsLocal safety requirements and identification of hazards and risksAvailability of coaches and volunteers and their requirement to social distance

Phase 2: 18th May

	Guidelines
Clubs	<p>Facilities/location:</p> <p>Indoor and outdoor non-work gatherings of up to 20 people maintaining adequate spacing (not more than 1 person per 4m²)</p> <p>Clubhouse and indoor facilities - gyms and social area's - should remain closed.</p> <p>No showering in changerooms</p> <p>Maintain club attendance records.</p> <p>Equipment:</p> <p>Single sculling only should be permitted. Small Training groups (including the coach) adhering to social distancing guidelines. Boats, oars, launches and all related equipment should be thoroughly washed down afterwards using appropriate cleaning products</p> <p>Bins should be provided for disposing of waste</p> <p>Communication:</p> <p>Where necessary, communication between members to avoid gatherings of more than 20 people.</p> <p>Note: Club will ensure that a supply suitable cleaning material and water for members. (Please keep the environment in mind when using detergents)</p>
Events	No events during this phase.
Training and Activities	<p>Do:</p> <p>Go out in small peer groups on inlet.</p> <p>All person involved must adhere to social distancing on shore and launching</p> <p>Adequate risk assessment to be carried out by clubs specific to their local needs and club accessibility including the following:</p> <p>Local safety requirements and identification of hazards and risks</p> <p>Availability of coaches and volunteers and their requirement to social distance</p>

Phase 3: middle of June

	Guidelines
Clubs	<p>Facilities/location:</p> <p>Further increases in number of people allowed at indoor and outdoor non-work gatherings Clubhouse and indoor facilities – restrictions relaxed further for gyms. Contact community sport (indoor and outdoor) permitted, with gathering limits Maintain club attendance records.</p> <p>Equipment:</p> <p>Single sculling and crew boats should be permitted pending approval Rowing WA and subject to clarification and advice for example “Slip Stream effect”. Continue hygiene and cleaning measures - Boats, oars, launches and all related equipment should be thoroughly washed down afterwards using appropriate cleaning products Bins should be provided for disposing of waste</p> <p>Communication:</p> <p>If necessary communication between members to avoid large gatherings at the same location.</p> <p>Note: Clubs should ensure that a supply suitable cleaning material and water for members. (Please keep the environment in mind when using detergents)</p>
Events	Interclub local events
Training and Activities	<p>Do:</p> <p>All person involved must adhere to social distancing</p> <p>Adequate risk assessment to be carried out by clubs specific to their local needs and club accessibility including the following:</p> <ul style="list-style-type: none"> Availability and Use of equipment Local safety requirements and identification of hazards and risks Availability of coaches and volunteers and their requirement to social distance

Phase 4: to be confirmed

	Guidelines
Clubs	<p>Facilities/location: Further easing of restrictions will be determined and occur in line with expert health advice Possible opening of upstairs facilities in club and showers. Maintain club attendance records.</p> <p>Equipment: Crew boats may be permitted Boats, oars, launches and all related equipment should be thoroughly washed down afterwards using appropriate cleaning products. Bins should be provided for disposing of waste</p> <p>Communication: If necessary communication between members to avoid large gatherings at the same location.</p> <p>Note: Clubs should ensure that a supply suitable cleaning material and water for members. (Please keep the environment in mind when using detergents)</p>
Events	<p>Competitions may possibly be permitted as long as low levels of spectators and social distancing requirements can be maintained.</p>
Training and Activities	<p>Strict equipment and personal hygiene protocols with social distancing measures in place. Encourage use of your own personal equipment where possible.</p>

Risk Assessment

Severity/consequence						
		5	4	3	2	1
Likelihood	5	HIGH	HIGH	HIGH	MEDIUM	LOW
	4	HIGH	HIGH	MEDIUM	MEDIUM	LOW
	3	HIGH	HIGH	MEDIUM	LOW	LOW
	2	HIGH	MEDIUM	MEDIUM	LOW	LOW
	1	MEDIUM	LOW	LOW	LOW	LOW

Likelihood (L)	Severity (S) Categories	Risk (R) Matrix	Risk Acceptability	"Sample / Typical Rowing Related Risks"
5= Certain or Near Certain	5-Potential Fatality or Incapacitation		HIGH (H) Unacceptable, must reduce. Communicate Residual Risk if applicable	Non exhaustive list: <ul style="list-style-type: none"> • Immersion in cold water • Drowning • Injury – collisions or crashes • Hypothermia – sustained exposure to adverse conditions or extended immersion • Injury while lifting / carrying equipment • Interface of cars / traffic with boats / trailers
4= Very Likely	4-Significant trauma or laceration injury due to collision / extended exposure to adverse weather conditions		MEDIUM (M) Tolerable, assuming risk has been reduced as far as "Reasonably Practicable". Communicate Residual Risk	
3= Likely	3-Potential Immersion / exposure to adverse conditions		Low (L) Tolerable. Communicate Residual Risk.	
2= Somewhat Likely	2-Minor injury / equipment damage / crew loses opportunity to compete			
1= Unlikely	1-Minor disruption to event / crew disadvantaged			

POST COVID – 19 EXTRA SAFETY PRECAUTIONS FOR CLUB MEMBERS

Activity Hazards/Risks	Risk to	Persons responsible	Pre-Control	Control Measures	After Controls
Virus spread between coaches, athletes, and club members	Coaches / Athletes / Club members	Club committee / Coaches / Athletes	3 x 5 = 15	<ul style="list-style-type: none"> ▲ Adequate supply of hot water for washing hands. ▲ Adequate supply of soap for all to wash hands when required. ▲ Attendance records for each session, in the unfortunate event of an occurrence of this virus being diagnosed in one of the athletes, the attendance records will help with contact tracing. ▲ Promote good hand washing within the club with poster and notices. ▲ Promote "Safe Club Safe Athlete" environment within the club. ▲ Records of club cleaning and disinfecting. ▲ Adequate supply of disinfectant wipes or agent for all required surfaces. ▲ Enough safe disposal options for waste. ▲ Athletes / Coaches encourage to stay at home when feeling unwell, (coaches need to promote an understanding within their groups, that where the rowers miss sessions for this reason it will not be adversely affected their selection in crews by this course of action). 	2 x 2 = 4

POST COVID – 19 EXTRA SAFETY PRECAUTIONS FOR CLUB MEMBERS continued

Activity Hazards/Risks	Risk to	Persons responsible	Pre-Control	Control Measures	After Controls
Virus spread between coaches, athletes, and club members	Coaches / Athletes / Club members	Club committee / Coaches / Athletes	3 x 5 = 15	<ul style="list-style-type: none"> ▲ Clubs should endeavour to have segregation. Different groups should arrive at different times and not mingle with other groups. ▲ Coaches if possible, should work with one group only. ▲ Where possible equipment should be taken out of storage and returned to storage by one set of persons. ▲ Storage areas are usually confined and should have limited access try to avoid having different people walking in and out of those rooms throughout a session or sessions. ▲ Locker rooms if used should be controlled for numbers in the rooms. Users should keep all gear and removed items of clothing in one gear bag and not spread out over the benches. ▲ Individuals should have their own towels and they should be taken home and washed after each use. The same should be done with all training apparel 	2 x 2 = 4

POST COVID – 19 EXTRA SAFETY PRECAUTIONS FOR GYM ACTIVITY (Weight's)

Activity Hazards/Risks	Risk to	Persons responsible	Pre-Control	Control Measures	After Controls
Weights / spread of virus from contact with equipment	Coaches / Athletes	Coaches / Athletes	3 x 5 = 15	<ul style="list-style-type: none"> ▲ All equipment cleaned before and after use, using appropriate disinfectant wipes or agent. ▲ All athletes required to wipe down surfaces after use. ▲ Weight benches and exercise mats disinfected regularly. Club to put a monitoring process in place to ensure regular disinfecting is taking place (simple sign off sheet after process takes place). ▲ Limit numbers using weight station at one time, less swapping over reduces risk of spread. ▲ Allow time in athlete rotation for correct wiping down of equipment. ▲ Supply adequate and appropriate cleaning materials for effective disinfecting. ▲ Appropriate waste disposal for waste cleaning materials. ▲ Appropriate procedures for disposing of full waste bags (plastic bags tied at the top to seal waste and then waste removed to rubbish bins). 	2 x 2 = 4

POST COVID – 19 EXTRA SAFETY PRECAUTIONS FOR GYM ACTIVITY (ERG's)					
Activity Hazards/Risks	Risk to	Persons responsible	Pre-Control	Control Measures	After Controls
Ergometers (Ergs) / spread of virus from contact with equipment	Coaches / Athletes	Coaches / Athletes	3 x 5 = 15	<ul style="list-style-type: none"> ▲ All equipment cleaned before and after use, using appropriate disinfectant wipes or agent. ▲ All athletes required to wipe down surfaces after use. ▲ Ergs to be disinfected regularly. Club to put a monitoring process in place to ensure regular disinfecting is taking place (simple sign off sheet after process takes place). ▲ Allow as much space as possible between Ergs (Maximum required 2mtr). ▲ Ensure athletes wipe down Erg 'handles, screen, seat and sliding bar'. If athlete is prone to excessive sweating, then floor below and around erg will require to be cleaned. ▲ Allow time in athlete rotation for correct wiping down of equipment. ▲ Supply adequate and appropriate cleaning materials for effective disinfecting. ▲ Appropriate waste disposal for waste cleaning materials. ▲ Appropriate procedures for disposing of full waste bags (plastic bags tied at the top to seal waste and then waste removed to rubbish bins). 	2 x 2 = 4

POST COVID – 19 EXTRA SAFETY PRECAUTIONS FOR WATER SESSIONS					
Activity Hazards/Risks	Risk to	Persons responsible	Pre-Control	Control Measures	After Controls
Rowing, Water Sessions (Sculls and crew boats) / spread of virus from contact with equipment	Coaches / Athletes	Coaches / Athletes	3 x 5 = 15	<ul style="list-style-type: none"> ▲ All equipment cleaned before and after use, using appropriate disinfectant wipes or agent. ▲ All athletes required to wipe down surfaces after use. ▲ Boats to be washed with water and detergent after every use. Club to put a monitoring process in place to ensure regular disinfecting is taking place (simple sign off sheet after process takes place). ▲ Allow time in crew rotation for correct wiping down of equipment. Boats should be disinfected appropriately before another crew takes possession of that boat for next session. ▲ Supply adequate and appropriate cleaning materials for effective disinfecting. ▲ Appropriate waste disposal for waste cleaning materials. ▲ Appropriate procedures for disposing of full waste bags (plastic bags tied at the top to seal waste and then waste removed to rubbish bins). 	2 x 2 = 4

POST COVID – 19 EXTRA SAFETY PRECAUTIONS FOR WATER SESSIONS					
Activity Hazards/Risks	Risk to	Persons responsible	Pre-Control	Control Measures	After Controls
Rowing, Water Sessions (Oars) / spread of virus from contact with equipment	Athletes	Coaches / Athletes	3 x 5 = 15	<ul style="list-style-type: none"> ▲ All equipment cleaned before and after use, using appropriate disinfectant wipes or agent. ▲ All athletes required to wipe down surfaces after use. ▲ Oars to be washed with water and detergent after every use. Club to put a monitoring process in place to ensure disinfecting is taking place (simple sign off sheet after process takes place). Clubs could use a bleach bucket for dipping oars into after use. ▲ Allow time in crew rotation for correct wiping down of equipment. Oars should be disinfected appropriately before another athlete takes possession of those oars for next session. ▲ If there is blood on the oars handle/s this must be thoroughly cleaned and then disinfected before it used by another person. ▲ Supply adequate and appropriate cleaning materials for effective disinfecting. ▲ Appropriate waste disposal for waste cleaning materials. ▲ Appropriate procedures for disposing of full waste bags (plastic bags tied at the top to seal waste and then waste removed to rubbish bins). 	2 x 2 = 4

POST COVID – 19 EXTRA SAFETY PRECAUTIONS FOR WATER SESSIONS					
Activity Hazards/Risks	Risk to	Persons responsible	Pre-Control	Control Measures	After Controls
Rowing, Water Sessions (Coaches Launches) / spread of virus from contact with equipment	Coaches	Coaches	3 x 5 = 1	<ul style="list-style-type: none"> ▲ All equipment cleaned before and after use, using appropriate disinfectant wipes or agent. ▲ All coaches required to wipe down surfaces after use. ▲ Launches to be washed with water and detergent after every use. Club to put a monitoring process in place to ensure disinfecting is taking place (simple sign off sheet after process takes place). ▲ Allow time in session rotation for correct wiping down of equipment. Launches should be disinfected appropriately before another coach takes possession of that launch for next session. ▲ If launch requires filling of the fuel tank the fuel tank should be wiped down after use by the person filling the fuel tank. ▲ Supply adequate and appropriate cleaning materials for effective disinfecting. ▲ Appropriate waste disposal for waste cleaning materials. ▲ Appropriate procedures for disposing of full waste bags (plastic bags tied at the top to seal waste and then waste removed to rubbish bins. ▲ If coaches use hand portable radios, bull horns or loudhailers these should not be shared but if required to do so should be vigorously disinfected after use before passing onto next person. 	2 x 2 = 1

POST COVID – 19 EXTRA SAFETY PRECAUTIONS FOR GENERAL					
Activity Hazards/Risks	Risk to	Persons responsible	Pre-Control	Control Measures	After Controls
CLUB ACTIVITIES	All club members	Committee	3 x 5 = 1	<ul style="list-style-type: none"> ▲ While attendance records are good, a record should also be kept of who used what and when (if feasible). ▲ Spitting by anyone should never happen and should be dealt with immediately by coaches. ▲ Any person in the club trained in CPR should refrain for giving mouth to mouth resuscitation unless they have a barrier guard to use. Chest compressions can be administered. 	2 x 2 = 1

It is mandatory that members **must not** return to the club if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19.

The National Guidelines state that any individual with respiratory symptoms (even if mild) should be considered a potential case and should immediately self-isolate, seek medical advice and have COVID-19 excluded by testing if directed by their GP, and be medically cleared to return to the training environment.

Should an active member of BRC or other family member test positive to COVID-19 then the club should be informed immediately, and appropriate action taken as dictated by the circumstances and medical advice.