

## Rowing Victoria - Guidelines for The Return to Rowing During COVID-19

### Intended commencement:

11:59pm, 12<sup>th</sup> May 2020 (Pending VicSport & SRV approval)

The following recommendations are developed in line with the Victorian Government's announcement on the gradual easing of restrictions made on the 11<sup>th</sup> of May 2020.

<https://www.vic.gov.au/coronavirus-covid-19-restrictions-victoria>

Recommendations will be reviewed and updated following the State and Federal Government's step 2 announcement in three weeks' time.

### Key points from the Victorian Governments announcement on May 11<sup>th</sup>:

1. Outdoor recreational activity will be permitted however indoor sporting facilities must continue to remain closed.
2. Limitations on travel distance to exercise or duration of exercise has been lifted.
3. Social distancing must continue to be exercised.
4. Outdoor gatherings will be permitted with up to 10 people.

We are all excited to get back to the sport we love. However to ensure a safe and healthy return to Rowing for all, Rowing Victoria strongly encourages Clubs, athletes and supporters to follow the below recommendations.

### Recommendations for a safe return to rowing

1. Clubs to roster training sessions and communicate with other clubhouse tenants to ensure no more than a total of 10 individuals, in addition to a coach/manager per clubhouse are participating at any one time.
2. Rowing should be limited only to single sculls.
  - Rowing Victoria is awaiting feedback from SRV And VicSport to see if crew boats can be managed with the current restrictions.
3. Do not train if you are unwell or display [COVID-19 symptoms](#).
4. A designated club safety officer/s to be present during all scheduled training sessions to monitor and manage safety recommendations.
  - The safety officer does not need to be the same person every session.
  - The safety officer can be a rower
  - If a rower is training by themselves they should undertake the role of the safety officer.
5. Ensure all shared equipment is thoroughly washed with soap/sanitized after use. Clubs to ensure sanitization products are available for members.

6. All indoor training facilities including gyms are to remain closed. Kitchen facilities should also remain closed. Limit all nonessential access to clubhouses.
  - The overall recommendation is to limit the use of ergo's at clubs. It will depend on the club and whether they have the means to manage the risk appropriately. Such as taking ergo's outdoors, spacing them at a safe distance and thoroughly disinfecting them after use.
7. Access to changerooms, kitchens and communal areas are not permitted. Toilets should be limited and only used when necessary.
  - Dress for training before arriving to the club where possible.
  - The approach to training should focus on 'get in, train, get out', minimising all unnecessary contact.
8. All members must continue to sign in and out of their club logbook when training.
9. Continuing to social distance is vital to help limit the risk of COVID-19 coronavirus spreading throughout the community including.
  - Minimising all unnecessary contact with others
  - Keeping 1.5 metres apart and a minimum of 4 square metres per person in any setting
  - Avoiding physical greetings such as handshakes, hugs and kisses

[For more information visit Australian Government advice for social distancing.](#)
10. Rowing Victoria recommends downloading of the [COVIDSafe app](#) to assist in speedily identifying and notifying members if anyone within their community has become infected.

## Risks & Mitigation

Potential Risk Areas	Mitigation
Facility Access	<ul style="list-style-type: none"> <li>• Safety officer/designated individual to open and lock the sheds for coached sessions.</li> <li>• Door to be wiped down with alcohol wipes immediately after use.</li> </ul>
Taps and hoses	<ul style="list-style-type: none"> <li>• Safety officer/designated individual to operate hoses and be the only ones to touch taps, hoses etc.</li> <li>• Taps and hose heads to be wiped down after use.</li> <li>• Hands to be washed after cleaning equipment.</li> </ul>
Toilets and Change rooms	<ul style="list-style-type: none"> <li>• Use only when necessary.</li> <li>• Dress for training before arriving to the clubhouse where possible.</li> </ul>
Boats and oars	<ul style="list-style-type: none"> <li>• Athletes to clean their own boat and oars with soapy water while the Safety officer/designated individual operates the hose, minimising cross contamination.</li> <li>• When entering the boathouse to collect equipment, monitor and limit entry to avoid all 10 participants being inside at the same time.</li> </ul>

## Helpful links:

The following websites have reliable and up to date information and support for Australians:

- [AIS](#)
- [Victorian Government](#)
- [Federal Health Website](#)
- [Australian Government support for businesses](#)