



President: Stuart Ward

LOUGHBOROUGH BOAT CLUB

The Spirit of Rowing

- UPDATED PROCEDURES -

TO ENABLE COXLESS FOURS & QUADS AND CLUBROOM ACCESS

4th September 2020

After assessing the risks, taking on board club member feedback, reviewing UK Government and British Rowing guidelines, the committee has decided to allow **coxless fours and coxless quads to be rowed from Saturday 5th September**, this is in addition to the already allowed singles, pairs and doubles.

We are also opening up access to the clubroom from the same date, please refer to the 'facilities' section of this document for further details.

We are not allowing coxed boats at this time; however, this is under review with the intention of allowing them as soon as the appropriate safety measures can be put in place.

We hope you enjoy a safe return to crew rowing should you wish to do so. If you have any feedback or suggestions, just contact anybody on the committee by email, the WhatsApp group or talking to us.

The following guidelines have been updated to include coxless fours, coxless quads and clubroom access:

Pre-requisites, before you row in any boat you MUST:

1. Follow all the relevant current government and club guidance re hygiene and social distancing
2. Not be self-isolating
3. Not have any coronavirus symptoms or have tested positive for coronavirus, including members of your household. If this is the case please let the club know so that other people can be informed (copies of previous boating calendars are kept to enable this)
4. Know what to do in the event of a capsize
5. Be aware of the enhanced risks if sculling alone, particularly lone sculling without a 'buddy' sculler
6. Be competent in a single if sculling alone
7. Be able to safely carry and get in and out of the boat on your own, or with your crew as appropriate

Additional guidance for those wishing to row in crew boats

1. Ideally crew 'bubbles' (i.e. the same people rowing together to minimise the risk of covid-19 transmission) should be maintained as much as possible



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2. If people do want to swap between bubbles then everybody in each bubble should be informed in advance and accept the additional risks to themselves and others they are taking
3. It is advised to carry fours and quads as follows: bow, bow seat, stroke seat and stern to help maintain social distancing
4. When preparing/adjusting/cleaning the boat, spread out and try to leave at least one seat space between you, this may require taking turns to adjust feet/clip in shoes etc.
5. When rowing attempt to keep apart and row together as much as possible to keep socially distanced, if you do need to make an adjustment on-the-water inform other rowers and try to slide forwards and then back again in unison

Juniors:

Juniors are welcome to row; Stuart will be providing further updates direct to parents of junior club members

Before coming to the club:

We will continue to operate a "Row and Go" system which means that, before coming to the club, you should:

1. Book your boating slot in advance via the shared online calendar: <https://www.wejoinin.com/sheets/ktudk>, (information on how to do this was provided via a separate communication).
 - Do not turn up at a time that is already 'fully booked'
 - Only one quad or four to be allowed per boating slot, the remaining slots can be filled with smaller boats
2. Be already dressed in your rowing clothing
 - Don't forget your shoes, If 'club' shoes are used these must be kept for future use
3. Prepare a water bottle etc. before leaving home
4. Ideally go to the bathroom at home
5. Know and agree who is going to open and lock up

Facilities

The clubroom and clubroom toilets can now be accessed following the guidelines below:

1. Follow current government social-distancing guidelines
2. Wash your hands with soap and water for a least 20 seconds or use the hand sanitizer provided before entering the Club Room
3. Only one person in the kitchen at a time
4. Only one person in the toilets at a time, wash hands as per guidelines and put used hand towels in the bin provided
5. The maximum number of people in the clubroom at the same time should initially be restricted to six. This will be reviewed and adjusted based on club member feedback and changes in British Rowing and Government guidance



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6. When entering the Club Room step aside and give way if someone is leaving
7. Put used mugs and cutlery in the dishwasher, if it is full switch it on
8. Wipe down surfaces, etc. with disposable cloths and sanitizer sprays provided
9. Dispose of all used wipes in the bin liner

The following areas of the club will currently remain CLOSED to everyone:

- Gym
- Changing rooms

This is under review with the intention of opening additional areas under safe conditions, further communications on this will be provided soon

When you arrive at the club you should:

1. Arrive at the club at your allotted time
 - If you are opening up, sanitise your hands before touching the keypads, locks, keys and door handles then wash/sanitise your hands as soon as possible once everything is open
2. Either open up or wait for the person who is going to open up (information on how to access the club was provided via a separate communication)
3. Store excess kit, kit bags and valuables in your car in the boot
4. Ensure that there is a maximum of four people in the boat shed and two in the sculling shed at any one time
5. Get out your equipment
6. Wash down the contact points of your equipment
 - Oar handles and loom
 - Cross members
 - Cockpit of the boat
 - Bolts on foot stretcher etc
 - Trestles
7. Wash your hands
8. Set up the boat
9. Carry the boat down and boat
10. Be mindful of others at the club, and other river users and wildlife...
 - Note it is not uncommon for there to be swimmers/paddle boarders/kayaks in/on the Soar

When you return to the club post row, you should:

1. Carry the equipment up and wash down/sanitise thoroughly with soapy water (cleaning supplies will be available). This should include trestles
2. Return the equipment to its storage areas
3. Wash your hands
4. Leave and, where applicable, lock up the club
5. Keep your own hand sanitiser in your car and use it



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Other suggested safety measures:

1. Carry a mobile phone which has the What3words app installed, in a waterproof bag
2. Should the worst happen, message the WhatsApp group as someone locally may be able to help or know somebody you can call
3. If there is a “real” emergency then contact the emergency services straight away. What3words can be used to indicate your precise location
4. Know where the river access points are situated – Soar Lane, Otter Pub, Devil’s Elbow, the Club

Have fun and keep safe

Allen, on behalf of the LBC Committee