

Head of the Soar 2021

COVID-19 Safety Plan



Loughborough Boat Club

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1. INTRODUCTION

The COVID-19 pandemic continues, and COVID-19 remains a dangerous and highly infectious virus with further potential for the spread of variants. Loughborough Boat Club (LBC) has sought to provide a safe competition within the boat club site but this safety depends on each and every attendee applying common sense in context, actively taking responsibility for their own actions and showing due consideration for others. All attendees are expected to follow and comply with current advice, British Rowing (BR) guidance and these instructions. Current NHS guidance is [here](#). BR's latest guidance is [here](#).

2. GENERAL POINTS

- a. Where possible, all attendees are requested to undertake a COVID-19 lateral flow test before travelling to the competition.
- b. Any person, be they coach, competitor or essential support, should not attend the Head if they are experiencing any possible COVID-19 symptoms (high temperature, new and persistent cough, shortness of breath, loss of or change in sense of taste or smell), or should be isolating for any reason.
- c. In accordance with BR guidance, whilst no longer required by law, personnel (subject to medically approved exemptions) should wear a face covering if in crowded and enclosed settings where you are coming into contact with people you wouldn't normally meet. Personnel should also bring and use hand sanitiser to maintain personal hygiene.
- d. Competitor registration can be accessed outside via the verandah.
- e. The bar area will be open serving hot food and in addition a cake stand set up in the boat house will serve hot drinks. Please observe social distancing whilst queuing in both areas, and do not stand around either facility after obtaining your refreshments.
- f. A one-way system will be in place in the club room allowing entrance from the boathouse and exit through the verandah doors.
- g. Indoor seating will be provided both in the bar area and in the general boathouse. LBC encourages everyone, weather permitting, to stay outside as much as possible. The table and chairs will be spaced to encourage social distancing. Please encourage members of your club to only socialize with those they are regularly in contact with, and to avoid inter-club mixing.
- h. The boathouse will be clear of most boats to allow shelter in the event of poor weather.
- i. The changing rooms and showers will be off limits except in emergencies and so please prepare to come to the Head in racing gear.
- j. The indoor toilets will be open, but please observe social distancing rules whilst queuing, and do not have more than 2 people in any of the toilet facilities. Outside toilets will also be available.
- k. If after the event any attendee tests positive within 5 days of the event, please notify the organisers so that the organisers can inform other attendees of the fact.