

Time Trial 1st May, 2021

COVID-19 INSTRUCTIONS FOR YORK CITY ROWING CLUB

PLEASE READ CAREFULLY - LET'S KEEP EACH OTHER SAFE!

These instructions:

- relate only to COVID-19 measures;
- incorporate the provisions of the British Rowing Managing Covid-19 Advice for the rowing community version 11.2, 8th April, 2021;
- should be read in conjunction with the competitors' instructions for the time trial.

It is the responsibility of all participants, officials and volunteers to follow government and British Rowing guidance.

The COVID-19 officer for this event is Chris Polack telephone 07851 019274.

He will maintain a list of participants' name and contact details for a period of 21 days after the event. By participating in this event you consent to your contact details being held and, if requested, passed to the NHS test and trace organisation.

All participants and volunteers must complete a self assessment health check before attending the time trial. Any one who:

- has COVID-19 symptoms;
- has been advised to self isolate;
- is in a household with someone who has developed symptoms;
- has tested positive;

should notify the COVID-19 officer immediately and not come to the club.

If a participant develops symptoms on the day they, and all members of their household, should leave immediately and inform the COVID-19 officer.

Anyone who develops symptoms within 7 days of the event, or is in a household with someone who develops symptoms within 7 days of the event, should inform the COVID-19 officer.

All club protocols for social distancing and cleaning apply to this event.

Participants are reminded to:

- bring hand sanitiser;
- wear a face mask, unless unable to do so for medical reasons, whilst in the boat shed or on the steps;
- maintain 2 metres social distance at all times unless in a boat.
- wash hands frequently;
- clean mobile 'phones frequently;
- coxes must wear a face mask, and in stern loaders goggles, glasses or a visor.

Participants must arrive in their rowing kit, and upon returning home should immediately shower and wash all their kit.

Entries

Entries must include a contact phone number for each Senior member participating.

The Junior Co-ordinator must collect a contact 'phone number for each junior member and make this available to the COVID-19 officer if requested for NHS test and trace.

Scratching on the day of the time trial must be made known to the Event Controller as soon as the intention to withdraw is known. This is an important safety and COVID-19 requirement.

PARKING

To minimise congestion outside the boat house the club car park is not available for the use of participants. Public parking (fee payable) is available in the York City Council Esplanade CP and NCP Leeman Road CP.

BOATING

The guiding principle for all participants must be self - sufficiency, the ability to get on and off the water without any assistance.

Wear a face covering at all times within the boathouse and the vicinity of the clubhouse until you are seated in your boat. In addition, maintain 2 metres social distance as much as possible.

Ensure you comply with the individual boating times published with the draw.

Make sure your boat is rigged, gearing adjusted etc before the time trial day. You should not plan to do anything requiring tools, except repairing minor breakages.

Do not arrive before the start of your boating slot.

You will have 15 minutes to:

- arrive
- get out your boat and blades
- put the boat on the water, bows pointing upstream, and push off

the club's COVID-19 distancing and cleaning requirement should be followed at all times.

Boat with the bows pointing **upstream**. Ensure you have sufficient kit and water. If necessary make adjustments to stretchers after you have pushed off.

AFTER THE FINISH

Crews must be prepared to wait to land so that we can manage the number of members in and around the boat house.

Once you have landed please clean and put away all equipment quickly and then LEAVE.

Do not stop to change, do not stop to chat.

Until **YOU** leave other participants will not be able to land.

Once you have left you must adhere to the rule of six.

SPECTATING

Spectating is prohibited.

REFRESHMENTS

Refreshments will not be available at the club.

TOILETS AND SHOWERS

There are 2 toilets available upstairs at York City Boathouse, follow the one way system to access these. However, due to the limited time available to boat and land please plan to use a toilet before you arrive and/or after you have left.

A shower is available for emergency use only, access will be given by the Event Controller if justified.

KIT BAGS

Kit bags can be left in the boat bays provided they do not cause an obstruction. Please do not change in the boat bay. Collect your bag and change in your car or at home.

Version 1

Date 10th April, 2021