

PUTNEY TOWN ROWING CLUB



A Phased Return to Rowing - Phase 4, 5 & 6

On March 20th, 2020, Putney Town locked its doors as the Coronavirus crisis deepened in the UK. Since 18th May, we have been able to announce a phased approach for a cautious return to rowing:

Phase 1: 18th May - singles and household doubles allowed.

Phase 1b: 3rd June - singles and household doubles extended to non steer-certed members

Phase 2: 4th July - organised coached outings were introduced, toilets reopened and a limited bar service started.

Phase 3: 25th July - indoor training resumed, with restrictions

In light of recent British Rowing updated guidance, we are now able to announce the start of Phase 4, from Saturday 1st August, and future phases, which will see a gradual return to crew boats.

What is now allowed?

Phase 4: 1st August: non-household pairs and doubles permitted

Phase 5: 15th August: non-household fours and quads permitted

Phase 6: 29th August: non-household eights permitted

What will not be allowed?

The following activities remain inaccessible, in line with Government and British Rowing guidance:

- General member access to the kitchen and bar remains suspended.
- Use of the changing rooms for changing, storing kit and showering is not allowed, except in an emergency (eg. a capsized).

Members should continue to arrive ready to row or train, and depart straight after their outing. All kit must be removed from the premises, except wellies which can be left tidily next to an allocated boat.

Non household crews

In line with the dates for Phases 4, 5 and 6, we are able to permit non-household crews to go on the water. Social distancing very much still applies, with a minimum of 2m distance between members from different households, or reduced to 1m with mitigation. The following guidelines apply:

- Crew names will need to be entered on the sign out form (to assist with NHS Test and Trace in the event of a Covid-19 infection).
- From Phase 4, all allocated pairs/doubles from phase 1 are no longer allocated. Previous Open/Steer-cert only/Captain's Permissions rules apply.
- Singles will remain allocated until the start of Phase 5.
- A number of pairs/doubles will be reserved for squad use on weekends: the list will be updated by the Captain and available on the website and in the boatshed.
- The Captain will continue to centrally co-ordinate squad outings to minimise equipment clashes and congestion, which may make social distancing more difficult
- Boats should be carried with social distancing in mind. Where crew members need to be closer than 2m (particularly relevant with heavier launches and 8+s), members should use a face covering.
- In line with British Rowing's guidelines, coxes in stern-loaded boats must wear both a face covering and a face shield. Coxes in bow-loaded boats must wear a face covering.

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Indoor Training:

Indoor training will be permitted from 25th July in line with the Government guidelines. As with other easing of restrictions, this is not a return to normality.

General

- All members wishing to train indoors will need to request access by using this [form](#) if they have not already done so to enable their fob.
- As with rowing, members must arrive ready to train, and leave immediately after.
- Bring your own water: the kitchen remains out of bounds.
- Wash your hands before and after exercising.
- All sessions to be completed within 1 hour.
- No squad/group organised training.
- All members should tap their fob on entry to the upstairs and/or gym to record their presence.

Use of ergos in the hall

- **No access 8-10am Monday and Friday for cleaning**
- Access via the one-way system: up the bar stairs and down the changing room stairs.
- A limited number of ergos will be arranged in the hall, suitably socially distant, with some set up with slides. Members must not move the ergs, nor change the configuration of sliders.
- Each erg will have cleaning equipment provided. Erg handles, seat and screen must be cleaned following use. A bin will be provided for the paper towel.
- All windows must be opened when ergs are in use to aid ventilation.
- The attic erg room will not be available.

Use of the gym/weights room

- All members should tap their fob on entry to the gym to record their presence.
- A maximum number of people in the gym at any one time is **FOUR**.
- The door should be left open when the gym is in use. The fans should not be used.
- Cleaning equipment will be provided, and bars, dumbbells and benches should be sprayed and wiped down before and after use.



**Clean
equipment
after use**

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The process for rowing will remain largely unchanged from previous phases:

- Request permission, using this [Form](#). Members will be asked to confirm that they have read and understood this document in full. Members already approved in previous phases do not need to re-request access.
- All water members will be eligible for access. Members who have not passed the steer-cert theory may only row if accompanied by a coach in a launch. Members who have passed the steer-cert theory, but not a practical test, may be accompanied 1:1 by a steer-certified sculler.
- Members' subscriptions must be up-to-date and without arrears.
- The Captain will approve requests as appropriate, and will assign a scull to each member.
- Contact details of members sharing a boat will be shared, and members sharing a boat must keep in contact with each other. Members are not permitted to use boats that have not been allocated to them.
- Once approved, the member's fob will be reactivated to enable access to the boathouse, and the padlock code will be provided.
- Requests will be granted gradually; members will need to be patient, as we seek a gradual return to this limited level of activity.
- All equipment must be washed: sculls/oars should be washed with soap and water before and after use, and boats/trestles washed after the outing.
- Members should sign boats in/out using the [new electronic sign out system](#). If members cannot use this, members are requested to use their own pen to sign their boat in/out.
- Any boat damage must be reported as soon as possible to the Captain via captain@putneytownrc.co.uk



Security

The club should be left securely locked during and after outings. The club will be much quieter than normal and we must avoid presenting an opportunity to would-be thieves.

Members are advised to bring as few possessions as possible, and to carry essentials such as keys, phone in a dry-bag, securely attached to the boat.

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Is it safe to come to the club?

Members must make their own decision about the risks of going rowing, based on their own assessment of their health and that of their household. Any member showing [symptoms of Coronavirus](#) **must stay away** for at least **10 days** from onset of symptoms, or for 14 days after any member of their household has started to show symptoms.

All members wishing to row must understand that there is an increased risk associated with coming to the club to do so. The Committee has, wherever practicable, put measures in place to minimise those risks, but it is not possible to eliminate all risks.

We expect any member who does go rowing adheres to the social distancing practices that we have all got used to over the past few months, and abides by the recommended increased hygiene standards; namely frequent hand washing to keep the risk as low as possible.

The river is expected to be quieter than usual, and the PLA are operating at a reduced capacity on our stretch of the river. Therefore, help is likely to be further away than normal and members should make their own risk assessment before boating. There is no harm in returning home if conditions are not as you expect when you arrive.

Members are encouraged to pair up if going out in singles, and are strongly encouraged to avoid high tides. Members should also carry a mobile phone at all times. Members should read [British Rowing's guidelines on rowing alone](#).

Members should also read the [Club's risk assessment for this phased reopening](#).

What if I have any concerns?

If anyone has any concerns, or notices any members not following both the spirit and the letter of these guidelines, they should contact a **Committee member** as soon as possible. Committee will be monitoring use of the facilities both in person and remotely to ensure that any rowing is as safe as possible.

We will let you know if the situation changes - in response to further information or advice from Government or British Rowing or in response to how these measures are ensuring the risk remains suitably low.

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What rules must members follow?

As more activities are permitted, and more members are able to use the club, it is vital that members follow these rules regarding hygiene and social distancing. Committee will be monitoring how the measures work and will revoke access, or in the extreme re-close the club if we consider the situation unsafe. All members taking advantage of this gradual reopening have a responsibility to keep others safe and protect the reputation of both the club and the sport:

- Hands must be washed on arrival.
- Members should bring their own hand sanitiser and use before touching anything at the club, and use when leaving the club.
- Members accessing the hall and toilets must follow the one-way system.
- Members must only use the changing rooms to use the toilet, and must not change, leave kit or shower.
- Members must follow social distancing guidance (2m distance) at all times, inside and outside of the boatshed and clubhouse.



A one way system will be introduced for access to the toilets and bar

The toilets will be accessible to members, but use of the changing rooms for anything other than to use the toilet is still prohibited, including storage of any kit, changing and use of the showers. Showers should only be used in the event of an emergency (eg. capsized).

- Entry to the boathouse will be via the bar stairs only, and from the kitchen lobby into the hall. The kitchen and bar remain closed to members.
- We recommend pushing the doors into the hall open with your shoulder to minimise hand contact.
- Access to the toilets will be through the hall.
- Exit from the club will be via the changing room stairs.
- The doors at the changing room end of the hall will be left open, as will the changing room doors to minimise touch-points.



Coaching will be centrally co-ordinated

The Captain and Vice-captains will co-ordinate the reintroduction of coaching. The following principles will be applied:

- From Phase 4, group size will be limited to twelve, including coach.
- Coaches will be assigned a launch and engine, and will be responsible for cleaning the launch at the end of each outing.
- In a change to our usual protocol, launches and engines are to be carried to the water separately (where possible). In this way, a launch can be carried by four people, appropriately socially distant. Where heavier launches are used and more people are required to carry, face coverings should be worn.
- Outing times will be staggered to ensure that two groups are not boating or landing at the same time to avoid congestion.
- Appropriate PPE will be added to safety bags in case a close contact rescue is needed.



Online boat
sign in/out

