

PUTNEY TOWN ROWING CLUB



A Phased Return to Rowing - Phase 3

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**