



Upton Rowing Club Outing Protocol

- If you or a member of your household has symptoms of Covid19, or is self isolating, follow the Government's self isolation guidelines and **do not come to the club**. If you feel unwell you should also cancel your outing.
- Sign up for an allotted slot and boat using the online sign up form. Arrive at the start of your slot with your own:
 - o Charged mobile phone
 - o Bucket, sponge, soap/detergent, towel
 - o **If you have the NHS App, scan the QR code on the noticeboard using your smartphone.**
 - o Use only your own equipment for washing. **YOU SHOULD NOT USE CLUB EQUIPMENT SUCH AS BUCKETS OR SPONGES FOR WASHING.** If you've forgotten your own materials, you may not go out.

You can be at the boathouse or out in your boat only during the two hours of your allotted time slot.

- Fill your bucket with soapy water, wash your hands, use the virucidal spray or soapy water to disinfect the door locks and handles before you enter the boathouse. Blue paper towel roll is provided which can be used to dry hands and equipment, bin it after use.
- It is essential that if you cannot socially distance by 2m, that you wear a face covering. This applies to being inside the boathouse and also outside when carrying fours, quads or eights. You can remove your face covering when in the boat, but remember to replace it when you get out of the boat.
- Coxes must wear a face mask and a visor - preferably their own, or one that has been thoroughly disinfected. Microphones should be covered during use with cling film (on workbench) which should be discarded after the outing. All life jackets, cox boxes, microphones, hi-vis vests, bumbags and any other shared equipment must be disinfected by using **virucidal spray on blue paper towel roll, spraying with virucidal spray, or using soapy water as appropriate.** Don't spray into or wet the microphones. Bin the towel roll after use.



- Users of coaching launches should wash contact points on the launch with soapy water before and after use, and disinfect the outside of any equipment used using virucidal spray, or soapy water as appropriate (megaphones, life jackets, petrol cans, paddles etc)
- **Complete your risk assessment** (mental if river conditions are Green, on paper if conditions are Amber or Amber/Cold) and sign the boat out. Use hand gel provided on the desk. **Sign the boat out and in** so we know you have been out and are safely back (also needed for track and trace).
- **Before and after your outing, using your own washing equipment**, thoroughly wash the boat (your part of it) including gates, seat, shoes, riggers, blades plus any contact parts of the trolley, with soapy water.
- **Close and lock the boathouse doors and then spray the contact points with virucidal spray.**
- Do not leave any equipment, spare clothing, water bottles or personal belongings in the boathouse, leave them outside out of the way, in your vehicle or take them in the boat. Have a safe and enjoyable outing.
- **Make sure you are back and have the boat, trolley and any other equipment washed/ disinfected and put away before the next rowers arrive.** Disinfect the door locks and handles when you have locked up.
- Leave the boathouse before the end of your slot, taking all your belongings home with you.
- **IF YOU DEVELOP COVID 19 SYMPTOMS WITHIN 14 DAYS OF USING EQUIPMENT OR BEING IN THE BOATHOUSE, YOU MUST INFORM THE CAPTAIN.**