



SMRC COVID GUIDANCE – ISSUE 3 – Revised 15/10/2020 in line with Government Resilience and Recovery Plan 2020-2021, Plan for living with COVID-19

The Government have developed their Resilience and Recovery Plan 2020-2021 in order to provide robust and sustainable planning for people and organisations for the next 6-9 months. It outlines 5 different levels depending on the prevalence of COVID-19 and the appropriate restrictive measures to be taken for each level. The Club Captain will ensure the club follows the appropriate protocols depending on which level we are in.

Sport Ireland and Rowing Ireland guidance on COVID have been taken into account in this guide. These will be taken into account when published. Please note guidelines may change should the public health advice change and as the government announces which level of restrictive measures the country or part of the country is in.

Coronavirus COVID-19

Coronavirus COVID-19 Public Health Advice

If you have fever and/or cough you should stay at home regardless of your travel or contact history.

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on www.dfa.ie

All people are advised to:

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

If you have symptoms visit hse.ie QR phone HSE Live **1850 24 1850**

How to Prevent

- Wash** your hands well and often to avoid contamination
- Cover** your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue
- Avoid** touching eyes, nose, or mouth with unwashed hands
- Clean** and disinfect frequently touched objects and surfaces
- Stop** shaking hands or hugging when saying hello or greeting other people
- Distance** yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell

Symptoms

> Fever (High Temperature) > A Cough > Shortness of Breath > Breathing Difficulties

For daily updates visit

www.gov.ie/health-covid-19
www.hse.ie

Ireland is operating a containment strategy in line with WHO and ECDC advice

HSE

Rialtas na hÉireann
Government of Ireland

Restrictive Measures for Sport for each level from Government plan:

Item	Level 1	Level 2	Level 3	Level 4	Level 5
Training	Normal training sessions and games indoors and outdoors with protective measures	Outdoors – training can take place in pods of up to 15 (exception for professional / elite athletes) Indoors – training, exercise can take place in pods of up to 6 inside	Outdoors – Non contact training only in pods up to 15 Indoors – individual training only	Outdoors – Non contact training only in pods up to 15 Indoors – individual training only	Individual training only. No exercise classes.
Matches / Events	Matches / events – up to 200 patrons/spectators outdoors and 100 patrons/spectators indoors	Matches / events - up to 100 patrons/spectators outdoors and 50 patrons/spectators indoors Up to 200 for outdoor stadia or other fixed outdoor venues with a minimum accredited capacity of 5,000	No matches events to take place (some exception for elite sport – awaiting guidance from RI)	No matches to take place (some exception for elite sport – awaiting guidance from RI)	No matches to take place

Covid-19 Pathway

#WEAREALLROWINGIRELAND



LEVEL	TRAINING INDOORS	TRAINING OUTDOOR	TIME TRIALS	HEAD OF THE RIVER	REGATTAS	TRAVEL	CLUB HOUSE
1							
2							
3							
4							
5							

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#ClubSupport

General Guidelines:

- For level 1 there is no restrictions on outdoor rowing and other outdoor training once standard social distancing and hygiene protocols are followed. For levels 2, 3 and 4 outdoor training is allowed in pods of 15 max including coaches. Rowing times should be staggered as much as possible to prevent interaction of pods. All rowing to be efficient in their launching and coming off water and leave premises sharply. No hanging around allowed. At level 5 only individual training is allowed outdoors.

- For level 1 Indoor training is allowed once following social distancing and hygiene protocols. For level 2 indoor training is allowed in groups of 6 only including coaches. Pods of 6 can operate separately within club in separated areas. Pod 1 Weights Room, Pods 2 & 3 in main Hall and Pod 4 in Committee room can be used together if strict protocols are followed. One person to open club, open all side doors and windows etc. to maximise ventilation. Pod 1 Weights Room users to access / egress from side door. Pods 2 & 3 to enter separately via main door and Pod 4 Committee Room to access / egress via back door. If weather is good training outside should be prioritised. Training programmes to be modified to include more running, outdoor exercise and training from home where possible.
For COVID levels 3, 4 and 5 only individual training indoors is allowed and therefore in practice the club will close for indoor training. Ergs, bikes etc. will be lent out to some members for training at home.
- All indoor and outdoor use of club must be booked in advance. If indoors training is allowed, please remember that with lower numbers there will be high demand so it is important to stick strictly to your assigned slots and have cleaned up and left before next group arrive.
- All users must sign in and out in COVID log (after sanitising hands).
- All boats, oars and gym equipment to be cleaned before and after use with disinfectant spray provided.
- All coaches to wear face masks. Coxes of stern-loader boats to wear face masks.
- All rowers/coaches must be made aware of rules and complete declaration of familiarity and confirm they, or their family members, have not had symptoms of COVID-19 in the previous 14 days.
- If you, or a family member, have any symptoms related to Covid 19 do not attend for training - e.g. a fever (high temperature - 38 degrees Celsius or above) / a cough - this can be any kind of cough, not just dry / shortness of breath (breathing difficulties), loss of sense of taste or smell.
- If anybody gets symptoms of COVID-19 while at the club then they should be isolated in Committee Room and a member of their family contacted immediately. Any close contacts should contact public health authorities for advice if self-isolation is necessary. Isolation room, and any room suspect COVID case used, to undergo deep clean before being put back into use.
- Any member in a 'vulnerable group' medically should seek confirmation / approval from their doctor before attending and advise club officers if appropriate.
- Social distancing must be maintained, 2m apart, where possible. Rowing in crew boats is however allowed.
- In circumstances where first aid is required, first aider must use appropriate gloves and mask.
- Posters, floor markings etc. to be in place to aid appropriate social distancing, hand hygiene, use of PPE etc.
- Where possible athletes to attend the club togged. Changing rooms, showers will only be available during certain levels (1&2) and even then numbers will be restricted.
- All must carry their own supply of hand gel that must be used before and after rowing.
- Coaches must clean down contact areas in launch with disinfectant wipes/spray before and after each use.
- Coach in launch should have appropriate gloves and mask available so if a scull topples they can then proceed with assisting sculler as normal.

- Regular club rules around rowing activities still apply including:
 - must be able to swim min. 50m
 - bow balls, hatch covers, heel restraints and quick release cords must be in place
 - launch must be within safe distance of boats
 - safety kit must be in launch
 - river directional routes apply
 - coaches to wear life jackets and have radios etc.
- **SAFETY CHECK** (of above) to be done on **EVERY BOAT, EVERY TIME** it's being used.