



SMRC COVID GUIDANCE – Revised 23/04/2021 in line with Government Resilience and Recovery Plan 2020-2021, Plan for living with COVID-19 and Sport Ireland / Rowing Ireland Guidelines

We currently remain in Level 5 lockdown with some restrictions lifting for certain categories from Monday 26th April.

Sport Ireland and Rowing Ireland guidance on COVID have been taken into account in this guide. Please note guidelines may change should the public health advice change.

Coronavirus COVID-19

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

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

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 OR phone HSE Live **1850 24 1850**

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

Rialtas na hÉireann Government of Ireland

General Guidelines:

- From Monday April 26th we remain at level 5 only restrictions however the following will now be allowed:
 - Adult individual training is allowed outdoors with a max of 2 scullers going together. This will include sculling from club facilities. ALL scullers must book club sculls with Captain prior to attending. Public Health advice must be followed at all times and normal rowing safety protocols must be followed in relation to sculling safety and rescue.
 - Group training outdoors for school aged kids can resume in pods of up to 15. This number must include coaches and coxes. All coaches to inform Captain of boat requests in ample time for scheduling. Priority will be given to crews likely to compete at National Championships.
- No indoor training allowed / No access allowed indoors except for boat access, toilet use. All rowers must attend togged and ready for training. Changing room / showers can only be used individually in the case of an emergency e.g. – scull toppling.
- 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. All coxes 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 outside or 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.
- 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.

Rowing Ireland protocols to be followed <https://www.rowingireland.ie/wp-content/uploads/2021/04/Rowing-Ireland-Protocols-ROI-Apr-26th.pdf>

| Rowing Ireland Protocols | |
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| Protocol | Responsible person/s |
| Underage (Juniors) rowers in pods of 15, in crew boats with a coach as part of the pod. | Club committee |
| Adult rowers - max of 2 together - in single sculls only | Club Committee |
| Any athlete taking part in training must be free from all signs and symptoms of the Covid-19 virus | Athlete / Club |
| Any Athlete diagnosed with the Covid-19 virus must be symptom free for a minimum of two weeks prior to resumption of training and certified fit to return to training by a doctor. | Athlete / Coach |
| Any reported outbreak of the Covid-19 virus within the athletes training with the club must be reported to the coach and club committee as soon as is reasonably practicable. | Coach |
| The lifting of restrictions for athletes is for outdoor training only. All gyms must remain closed. | Club Committee |
| A coach will be allowed to supervise the training sessions for the identified athletes. They must be part of the pod of 15. | Club Committee |
| All rowers, coxes, and coaches must always wear a facemask on land. | Athletes, Coxes, Coaches, Covid officer |
| Coxes must also wear a facemask while in the boat. | Coxes / Coach |
| Athletes, Coxes and coaches must arrive at training ready to train. The club dressing rooms must remain closed, and toilets may only open for essential purposes. | Athletes, Coxes and Coaches |
| Carpooling for coaches and athletes is not allowed | Athletes, Coxes and Coaches |
| All equipment must be sanitized before and after training. | Athletes, Coxes, Coaches, Covid Officer |
| The swapping or sharing of equipment is not recommended. | Coaches |
| Each club must appoint a Covid officer | Club Committee |
| A strictly kept attendance sheet must be completed for each session. Attendance sheets may be used for tracking purposes if there is an identified case within the group. | Covid Officer, Club Committee, Coaches |
| Club members should operate and stay in the same pod where possible, changing members from one pod to another pod could increase the risk of virus spreading further within your club. | Covid Officer, Coach |
| Coaches, Coxes and Athletes must still obey the current travel restriction; (travel within your own county or within 20km of your home). | Athletes, Coxes and Coaches |
| Remember, wash your hands, cover your face, and keep your distance | ALL |