

# Coronavirus COVID-19

SMRC COVID GUIDANCE – Revised March 2022 in line with Government COVID-19 and Sport Ireland / Rowing Ireland Guidelines



## 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](http://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](http://hse.ie) OR 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](http://www.gov.ie/health-covid-19)  
[www.hse.ie](http://www.hse.ie)

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

Riadas na hÉireann  
Government of Ireland

*General Guidelines:*

Most COVID 19 restrictions have now been lifted including the mandatory wearing of face masks.

**Sport Clubs must continue to:**

Maintain overarching structures to reduce the risk to members from COVID-19 including:

- Maintain a competent COVID 19 Officer
- Recommending symptomatic members do not attend training
- Ongoing promotion of good respiratory and hand hygiene
- Considering of air flow / changes in indoor facilities and adjusting ventilation, train with doors and windows open etc.
- Appropriate cleaning of sports equipment after use
- All members are strongly encouraged to avail of vaccine when available to them.
- 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.
- In circumstances where first aid is required, first aider must use appropriate gloves and mask.
- Coaches must clean down contact areas in launch with disinfectant wipes/spray before and after each use.
- 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>