

MCSBC Covid-19 Rules Version 1 – August 2021

These rules are based upon the guidance set by Welsh Rowing and Monmouth Comprehensive school policy. These rules are an extension to the rules and risk assessments already in place at MCSBC.

Rules regarding Boathouse

- Members are expected to maintain social distancing while at the boathouse where possible.
- MCSBC has access to the gym with agreed timetable with MRC and Habs
- Toilets can be used if in an emergency, but showers are still unavailable
- No food is to be consumed while in the boathouse
- Coaches and ESP's will be expected to maintain social distancing to members and if they are unable to maintain social distancing, appropriate PPE will be used.

Rules regarding equipment

- Members must clean hands prior to the session
- Boats & Blades will be issued to members before entering boathouse & a record will be maintained of those using the equipment
- Boats and blades to be cleaned before and after each use
- Members must maintain social distancing when they are not in crew boats, where possible.
- Members who are in crew boats may be within 2 meters of each other, provided that they are handling the boat or in the boat. Coxes will adhere to coxing rules.
- When moving the launch members will be instructed to minimise unnecessary close contact.
- Any tools used will be cleaned the same way as boats, blades etc.

Rules regarding water activities

- Members will be expected to arrive in kit to row and bring a spare change of clothes in the event of a possible capsize
- Members will be encouraged to push off and land independently without assistance, to limit the need to break social distancing. The coach or ESP will only assist in the event of an emergency.
- Members must maintain social distancing while on the water, where possible unless in the event of an emergency

Rules regarding gym activities

- MCSBC will follow advice regarding indoor training set out by Welsh Rowing, any regulations in place will be communicated to members by the Coach at the session.
- Members must clean hands before entering the gym
- All equipment used in the gym must be cleaned both before and after use
- Members must adhere to the other boathouse rules while in the gym

Tolerance of new rules and guidance

- Members must respect and follow the new guidance with a zero tolerance approach
- The rules are in place for the safety of all those involved with the sport, major infringements of these rules will not be acceptable.

Training scheduling

- All sessions will be based on year groups therefore students can maintain their school bubbles, we encourage socially distancing at the club as we want to be respectful to other members of the public
- Members will maintain social distancing when they are not in a crew boat, those in crew boats should maintain social distancing when they are **not** handling the boat, where possible.
- Social distancing will only be broken in the event of an emergency or to ensure the safety of a session.
- All members must fill out a Duty of Care declaration before each session - <https://forms.gle/6HaRh4Ux61RUufu66>
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*This will be continually reviewed to ensure it is up to date and members will be informed of any changes.

Coxed boat Guidance

Coxing

Coxes are often in closer proximity to the stroke of the crew and also in stern-loaders are sat face to face. For that reason, there is an increased risk of transmission between a cox and rower.

Coxed boats will be reintroduced from Phase E onwards to limit the risk and coxes must wear appropriate personal protective equipment (PPE):

- As with rowers, coxes may wish to wear a face-covering during the launching process.
- In a stern loader - coxes should wear both a face covering and eye protection - this eye protection could be goggles, sunglasses or a face visor (a visor protects both eyes and additionally keeps the face covering dry).
- In a bow loader - coxes should wear a face covering.

Coxing equipment (e.g. cox boxes) should be used to avoid the need for shouting but equipment (including lifejackets) should not be shared between different coxes wherever possible. Where it is unavoidable to share equipment, the cox boxes should be cleaned between uses and a record of what equipment has been shared between who should be kept.

- Coxes must sanitise their hands before touching cox boxes, life jackets or boats and again when these are put away.
- The microphone of the cox box headset must be worn outside of the cox's mask.
- If gloves are worn, a clean pair must be worn for each outing.
- Cox seat, steering wires, cox box and headset must be wiped with a sanitising wipe before and after each outing.

Before the first session, coaches are required to discuss safety plans with each cox and stroke pairing and emphasis that these guidelines are put in place to help them keep each other safe. They need to agree that if the cox or the stroke feel it is unsafe at any point, they will be supported by the coach and any necessary changes made as quickly as possible.

Clubs should keep the same crew rowing together wherever possible to minimise the number of different close interactions rowers will have with each other; therefore coxes should, wherever possible, only cox the same crew. Where this is unavoidable, clubs may wish to limit coxes to coxing one crew per day.

MCSBC Covid-19 Safety protocols

This document will set out how MCSBC would conduct themselves regarding a member showing symptoms of covid -19. It will cover a track and trace element to how equipment will be organised as well show what steps will be taken to inform members of any changes.

Duty of Care declaration

- Each member must fill out the duty of care declaration on the day of the each session they attend - <https://forms.gle/6HaRh4Ux61RUufu66>
- The link will be accessible via a weekly email and on the club website. When the form is submitted it is time stamped and therefore, we can check when the member has completed the form.
- Failure to complete the duty of care form prior to the session may result in the member not taking part in the session or future sessions.

If a member shows symptoms

- The member must inform Head coach Matthew Royston via email (mcsbc.monmouth@gmail.com) regarding any symptoms shown within their household bubble. The member will be asked to stop training and asked to self-isolate in line with Welsh Government advice.
- Members must carry out the Duty of Care assessment regarding symptoms before departing for a water session. <https://forms.gle/6HaRh4Ux61RUufu66>
- Failure to successfully pass the assessment the member must inform head coach Matthew Royston and continue to inform Matthew Royston if symptoms worsen.
- Coaches and ESP's will also follow suit like other members to ensure the safety of the sporting environment.
- If a member shows symptoms after a session, that member must inform Head coach Matthew Royston. Members present at that session will be informed to monitor their situation and may be asked to self-isolate in line with Welsh Government advice.
- If no coaches and ESP's are able to support the safe running of sessions due to covid-19, all training will be suspended until a potential coach and ESP are available to conduct a safe session.

Track and Trace

- Each piece of equipment (Boat, blades etc.) will be issued to members at each session
- A record of what equipment each member will be recorded
- A virtual and physical copy will be maintained

*This will be continually reviewed to ensure it is up to date and members will be informed of any changes.

MCSBC Duty of Care Declaration 2021-22

Welsh Rowing and Public Health Wales have advised the following wording for the self-declarations that club members should be completing before each session. Please fill out this declaration to enable you to train at today's session.

*Required

Full Name *

Your answer

Duty of Care declaration *

- I do not currently have symptoms of COVID-19 (new persistent dry cough, fever, loss of taste or smell)
- I have not had a positive test for COVID-19 or onset of symptoms of COVID-19 in the last 10 days. (Individuals who have completed their period of isolation (10 days) and have no remaining symptoms (other than a dry cough or loss of taste or smell which can last for some time) may return to normal activities)
- No member of my household has had symptoms of COVID-19 or has tested positive for COVID-19 in the last 14 days
- I have not been contacted by a contact tracer from the Test, Trace and Protect Programme and told to isolate in the last 14 days as a contact of someone with confirmed COVID-19
- I have not returned from a country outside of the UK in the last 14 days, other than those on the exempt list (<https://gov.wales/exemptions-self-isolation-coronavirus-covid-19-html>)
- I will participate in a rowing session in the next 24 hours

Submit

<https://forms.gle/6HaRh4Ux61RUufu66>