**Kingston Rowing Club**

**Return to Rowing – Club Plan**

Following updates from British rowing and the Environmental Agency, we are working to let people return to rowing in the safest way possible. We will be following a phased return to rowing as we slowly open the club back up, and we be assessing the situation as we proceed.

Phase 1 of our plan will start on **Saturday 23 May**, and allows the use of **privately owned single sculls only**, provided that the UK government guidance and health and safety guidelines set out below are followed at all times.

We have developed a sub-committee of member volunteers who will be working on the transition from Phase 1 to Phase 2, which will allow members to train in shared club single sculls and will go ahead when we deem it safe and acceptable to do so after we can see current protocols are working well. We will update you as soon as possible as to when Phase 2 will be implemented. Unfortunately, phases allowing rowing in crew boats will not be discussed until the government lifts the 2m restriction, especially as rowing puts crew members immediately in the breath of the rower behind them.

Please read this communication in full and follow the guidelines set out below.

Please continue to follow all government advice, especially regarding quarantining if you or someone you have been in contact with has symptoms or feels unwell. DO NOT go to the boat club if you feel unwell.

Anyone living with a person who is at increased risk of severe illness, an extremely vulnerable person who is shielding from Coronavirus (Covid-19), or is an individual at risk themselves, should also stringently follow the guidance on social distancing and minimise contact outside the home. We would recommend that anyone in this category should not row.

You will be aware that Covid-19 severity increases with age and underlying health conditions such as diabetes and obesity. If in doubt about the wisdom of entering the club environment, you should consult your doctor.

Members may also want to take their own precautions including facemasks.

The below document is to serve as a guide of the minimum safety steps that must be taken in order to row. Please also consider your personal situation and assess any personal risks.

**Phase 1: Private single Sculls Allowed to Row out of the Club**

The boat bays will be open starting the weekend of Saturday May 23rd for private single sculls (including private blades, no club blades).

The rest of the clubhouse is still closed and the facilities are not available for use. Only in the case of an emergency will it be accessible by fob. Any emergency situation requiring access to the clubhouse must be reported to the Safety Advisor, John Mac.

Only owners of the boats will be allowed on the water, and they should not be sharing their boat with other individuals.

* Only members that are competent to row without supervision are permitted to row in Phase 1, even if they own their own private single scull. If you cannot scull without supervision, you cannot sign up to go out in Phase 1.
* The Club recommends that you limit your outings to between Ravens Ait and the Royal canoe club.
* Members MUST ENSURE that they have read the club’s Reach Navigation Map, Boating Safety Plan, and KRC Action Plan – all of which can be found on the Safety section of [www.kingstonrc.co.uk](http://www.kingstonrc.co.uk)

Before going on the river, Members must complete the following confirmation form: [*https://forms.gle/ho6bvQPtJEetspgXA*](https://forms.gle/ho6bvQPtJEetspgXA)

Members who want to go out must book an allocated time slot online in advanced. This is to try and reduce overlapping and overcrowding when on land at the club.

There will be 4 time slots of 2.5 hours for each day.

* Saturday and Sunday:
	+ 8:00 -10:30;
	+ 8:30 -11:00;
	+ 9:00 – 11:30;
	+ 9:30 – 12:00
* Tuesday, Wednesday & Thursday:
	+ 16:30 -18:30;
	+ 17:00 -19:00;
	+ 17:30 – 19:30;

4 people will be allowed to sign up to each slot. However, to ensure that we meet the Government’s social distancing guidelines, we will stager each slot so that only 2 people are at the club at any one time by including a 15 min break between pairings.

* For example, if 4 people sign up for the 8:00 – 10:30 time slot, it will be staggered as follows:
	+ 1st pairing – arrive at 8:00
	+ 2nd pairing – arrive at 8:15

Booking will be done through this link/file:[*https://docs.google.com/spreadsheets/d/1Aem94YXgXQShz1i9yXj\_0CGg1uCy-XcZhi9AoHPbXRA/edit?usp=sharing*](https://docs.google.com/spreadsheets/d/1Aem94YXgXQShz1i9yXj_0CGg1uCy-XcZhi9AoHPbXRA/edit?usp=sharing)

* Members can only sign up for **one slot per weekend (i.e. either a Saturday or Sunday slot)** and **one slot during the week**.
	+ We will monitor this, however, and may increase the number of slots members can sign up to following a review of the demand and how well Phase 1 is progressing.

At the start, we will rely on **Duty Volunteers** to provide support and reminders to enable the smooth running of this partial return to rowing. (this will only be temporary as we learn from this first phase)

* The Duty Volunteer will sign you in and out so you will not need to use the signing out book
* The Duty Volunteer should have their phone and fob on them.
* The Duty Volunteer will assist with clearing the path and landing stage to ensure safe distancing when launching and returning

Signup for Volunteer slots through this link:[*https://docs.google.com/spreadsheets/d/1Aem94YXgXQShz1i9yXj\_0CGg1uCy-XcZhi9AoHPbXRA/edit?usp=sharing*](https://docs.google.com/spreadsheets/d/1Aem94YXgXQShz1i9yXj_0CGg1uCy-XcZhi9AoHPbXRA/edit?usp=sharing)

**Before you start:**

* Members who possess a privately-owned scull must book an allocated time slot online and in advance. (coordinated with Tiffin)
* We are requiring a buddy system on the water in case of an emergency or capsize, as there may be less river traffic and EA rescue services are reduced.
* Scullers should arrive at the club in the clothing they will use while rowing. Changing rooms and toilet facilities will ONLY be available for emergencies.
* If you need to leave anything at the club you can do so at the back of the boat bay at your own risk – be careful not to leave any bags on or close to the people’s bags
* When travelling to the club avoid public transport

**Arriving at the Boat club:**

* Avoid touching surfaces to the greatest extent practicable.
* You must enter the boathouse through the boat bay entrance and only access parts of the boat bay which you have to in order to get your equipment out
* Ensure you arrive and launch within the first 30mins of your timeslot
* A hose will be left downstairs by the right bay for people to wash their hands when arriving at the club. There will be hand soap for you to use. We also strongly encourage members to bring their own hand sanitizer, if possible.
* Wash personal equipment (boats and blades) before outings – in case someone else has been in contact with them. We advise you bring your own towel/sponge to clean equipment. The club will provide water, bucket, and disinfectant
* Always conduct a personal safety assessment before boating – it has been a while since we members have been out on the water, so please be sensible and remember the reduced river traffic also means reduced assistance in case you get into difficulties. The same safety precautions apply (including river status boards) and members are responsible for conducting their own safety assessment and assessing their own capabilities. Remember – if in doubt, don’t go out!

**Launching and On the River:**

* Members must take a mobile phone with them on the water. For urgent emergencies, dialling 999 and asking for the coastguard is your first step. Please also save the club phone number to your phone, as this number will be automatically forwarded to the volunteer on duty: 020 8546 8592.
* Scullers need to use the **buddy system** when on the water in case an emergency arises – that means going out in with a sculler in your timeslot and remaining in eyesight. The reason for this is because there will be no one at the club to get a launch to you in case of emergency and the emergency services may also be under strain during this time.
* Do not paddle with more than one other single sculler as that would be a breach of government guidelines

**Returning and Leaving the club:**

* Do not return to the landing stage if more than one person is already there – instead wait, if safe to do so, on the water until they have cleared out
* Wash your boat and blades before putting them away. The volunteer will put trestles out when they open the boat bays, so you do not need to.
* Wash your hands after all equipment has been put away or use hand sanitizer
* Do not touch the shutter doors – they will be opened and closed at scheduled times
* We request that you do not ‘loiter’ around the club to avoid risk of falling foul of the Government’s social distancing guidelines.

**FAQs to provide additional Guidance:**

**I am the first slot or the last slot of the day, do I need to open or close the shutters?**

* No, the boat bays will be closed by a volunteer each day to avoid members touching the same surfaces. For once, you can go home without putting anything away!

**I’ve turned up late, can I still go out?**

* No. Unfortunately, the only way how we can ensure the smooth running of Phase 1 within the Government’s social distancing guidelines is if people turn up on time for their slots. If you are late for your slot, you cannot row.

**What do I do in case of an emergency?**

* Each member should have a mobile phone with them whilst they are out on the water.
* In case of emergency, call 999 and ask for the coast guard/RNLI. Environmental Agency 24hr contact centre: 0800 807060. We suggest you put in your phone
* As only competent scullers are permitted to go out in Phase 1, you must be able to get back in to your boat if you capsize. If you think you cannot, please do not go out on the water.
* Defib & First aid boxes and located in the middle boat bay.
* Please remember to report any incidents in the same way as before – to the Safety Advisor (Jon MacKinney) and via British Rowing Incident Report (https://incidentreporting.britishrowing.org/)

**When will Phase 2 be implemented?**

* We will review how Phase 1 has gone and will look to implement Phase 2 as soon as we can. However, please bear in mind that there are additional logistical issues with allocating shared equipment and how we ensure that this is done in a safe manner, so we cannot give an exact date at this time.

**Who do I contact if I have any questions?**

* If you have any questions or constructive feedback, please email: Kakay - kwhalle15@gmail.com

If you are concerned about catching COVID-19 or if you have symptoms or are in a vulnerable category, we urge you not to come to the club.