



**SCOTTISH
ROWING**

Covid-19 Routemap Phase 1 Guidance for Rowing

Scottish Rowing
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Covid-19 Routemap - Phase 1 Guidance for Rowing

On 21st May, the Scottish Government published “COVID-19 – Framework for Decision Making, Scotland’s route map through and out of the crisis”. This sets out four phases, with a move to Phase 1 happening no sooner than 29th May. Each step is gradual and incremental, and it is important that rowing as a sport supports the wider public health agenda by recognising the need for a socially responsible approach to our phased return to rowing.

The following document sets out Scottish Rowing’s guidance for Phase 1 of the Scottish Government’s COVID-19 Route Map which will come into force no sooner than the 29th May.

During Phase 1 the conditions for exercise have been extended to include other forms of exercise which can be done outdoors, locally and without adaptations or additional measures, such as golf, hiking, canoeing. These conditions allow for rowing to take place under very limited circumstances. All club facilities, including boat storage, compounds, clubhouses, toilets and changing rooms should remain closed in Phase 1.

Highlights of Phase 1

1. Rowing can now form part of your daily exercise in privately owned singles (and privately owned larger boats for members of the same household).
2. You can meet up with members of one other household (subject to a maximum of 8 people) to go rowing, however you cannot row in the same boat as members of a different household due to physical distancing restrictions. You should not meet people from more than 1 other household each day.
3. Rowers must stay at least 2m away from each other both on and off the water.
4. All club facilities including boat storage, compounds, clubhouses, toilets and changing rooms should remain closed.
5. You should only travel short distances for rowing and are advising to stay within a short distance of your local community (broadly within 5 miles).
6. Follow public health guidelines for hygiene.
7. Consider your current capabilities as you may not have rowed in a while.

Scottish Rowing’s priority is to protect the health of our members, volunteers and staff and help to suppress the spread of the COVID-19 virus. We recommend that members continue to follow the government and public health guidelines and to stay at home as much as possible. There may be a need to adapt to changes in guidance at short notice. Information on Scottish Government’s approach to managing Covid-19 is available at <https://www.gov.scot/coronavirus-covid-19/>.

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IMPORTANT: Do not leave your home to row if Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19, or you are in the most vulnerable category and have been advised to shield from the coronavirus. People who are shielding should not undertake activities. People who are symptomatic should self-isolate for 7 days and household members for 14 days in accordance with NHS guidance.

Guidance for Phase 1

In moving to Phase 1, Scottish Rowing advises the following:

1. Rowing can now form part of your daily exercise in privately owned singles (and privately owned larger boats for members of the same household). You can meet up with members of one other household (subject to a maximum of 8 people) to go rowing however, you cannot row in the same boat as members of a different household due to physical distancing restrictions. Rowers must maintain a distance of at least 2m apart both on and off the water.
2. You should not meet people from more than 1 other household each day.
3. All club facilities should remain closed during Phase 1. This includes boat storage, compounds, clubhouses, toilets and changing rooms. No club or organised activity should take place.
4. You should only travel short distances for rowing and are advising to stay within a short distance of your local community (broadly within 5 miles), and travel by walk, wheel and cycle where possible.
5. For individuals who can row, we advise the following practical steps:
 - a. Use toilet facilities at home before you leave.
 - b. Bring your own hydration / food with you.
 - c. Bring your own hand sanitiser with you and use regularly through the activity.
 - d. Park your car in such a way as to facilitate social distancing.
 - e. Avoid touching fixed equipment including gates, fences, or benches.
 - f. After completing your exercise/activity return directly to your car and leave. Do not store equipment at the venue.
6. Only competent and experienced rowers/scullers should be on the water independently and should be able to launch and land independently. Rowers should take care to make responsible decisions, row in favourable conditions and maintain activity within their capabilities. We would advise that anyone going rowing should be able to extract themselves from any difficulty they may find themselves in without involving third party agencies or the emergency services. Please note there may be reduced river traffic so the likelihood of help being at hand may be reduced.

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7. Any rowing activity must be safe and in line with the Scottish Rowing [Water Safety Code](#). You should carry out a risk assessment as you would for any other rowing session. For additional advice on you can also consult the British Rowing safety alert [Is It Safe to Go Afloat Alone?](#)
8. Rowers are asked to ensure they follow all relevant guidelines with consideration for others on and off the water.
9. Any rowing activity must be allowed by the relevant local waterway authority (e.g. Scottish Canals, Local Authorities).
10. It is more critical than ever, for rowers to thoroughly wash their hands and equipment before and after activity to minimise the potential for water borne illness such as Weils Disease. However please note that public toilets and handwashing facilities will be closed. Detailed guidance is available at: www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/

www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/

Further advice for coached activity

One on one coaching is permitted if it is outdoors, physical distancing can be maintained, and is with members of your household and/or members of 1 other household. A coach should not deliver instruction to more than 1 household at any one time or to more than 1 household per day. When participating in training or coaching, where possible, avoid touching surfaces and sharing equipment and touching your mouth and face.

Further advice for clubs and all club activity

All club facilities should remain closed and there should be no club activity in Phase 1. In anticipation of further easing of restrictions in Phase 2, more information about the phased reopening of clubs will be shared as it becomes available.

Further guidance

The Government's Route Map can be found here: [Coronavirus – A Framework for Decision Making](#)

Advice on how to avoid catching/spreading the virus including hygiene measures can be found here:

[Coronavirus \(Covid-19\) General Advice](#)