



**SCOTTISH
ROWING**

COVID-19 Route map – Phase 3 Guidance for Rowing V4 (Updated)

Scottish Rowing

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Scottish Rowing Centre
366 Hamilton Road, Motherwell
Lanarkshire ML1 3ED



+44 (0) 1698 250206



www.scottish-rowing.org.uk
office@scottish-rowing.org.uk
[@ScottishRowing](https://twitter.com/ScottishRowing)



Scottish Rowing Limited
Registered Office: 366 Hamilton Road, Motherwell, Lanarkshire ML1 3ED
A Company Limited by Guarantee, Registered in Scotland No. SC357505



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Overview

These guidelines apply to Scotland only, and have been produced in line with the Government guidance on health, physical distancing and hygiene. Information on Scottish Governments approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland](#) .

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Rowing clubs across the country operate in different local contexts. Assessing whether safe exercise can be provided depends on a range of factors, which apply differently at each location. It is the responsibility of club and participant to risk assess based on their local environment.

Clubs and participants should be aware that not all facilities will be able to open immediately following guidance changes and there will often be time lags as plans are put in place to re-engage staff, set up operations and ensure the safety of participants, staff and volunteers.

These guidelines should be read in conjunction with any updated Scottish Government guidance on health, physical distancing, and hygiene. Clubs and participants should be aware of and able to adapt to changes in guidance at short notice. Information on

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the Scottish Government approach to managing COVID-19 is available at [Scottish Government: COVID-19 Framework for decision making](#).

People who are symptomatic should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

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Section A: Guidance for Rowing

Rowing can take place in a club setting but access to facilities is restricted to the minimum required for safe access to boats and equipment subject to the club having appropriate COVID-19 related plans in place.

1. From 24th August rowing in crew boats can now be undertaken. Crew boats will be phased in as follows:
 - From Monday 24th August - pairs and double sculls
 - From Friday 4th September - quads and fours
 - From Friday 18th September – eights.
2. Group size restrictions are in place and will be subject to local risk assessment as set out in the Guidance for Clubs section.
3. Travel Restrictions outlined by the Scottish Government should always be adhered to. Up to date guidance is available at [Scottish Government Phase 3: Staying safe and protecting others](#).
4. Rowers should take care to make responsible decisions, row in favourable conditions and maintain activity within their capabilities.
5. All activity should be risk assessed considering the competence of the rower(s) or sculler(s), the activity being undertaken, the local conditions and the need to minimise the risk of capsize
6. 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 you can also consult the British Rowing safety alert [Is It Safe to Go Afloat Alone?](#)
7. Rowers are asked to ensure they follow all relevant local and national guidelines with consideration for others on and off the water.
8. Any rowing activity must be allowed by the relevant local waterway authority (e.g. Scottish Canals, Local Authorities).
9. Follow public health guidelines for hygiene. 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/

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Section A: Guidance for Rowing

10. Consider your current capabilities if you have not 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. 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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Section B: Guidance for Clubs

General Guidance for Clubs

This guidance has been developed to assist Scottish Rowing Clubs by informing them of what Scottish Rowing considers the appropriate course of action at Phase 3 of the Scottish Government route map. The Scottish Government guidelines and information supersede any information provided by Scottish Rowing.

It is the responsibility of each club to undertake a documented risk assessment, based on their local circumstances, prior to activity taking place. Consider safety first, particularly focusing on minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are always protected.

1. Clubs should appoint a COVID-19 officer to lead on all COVID-19 matters. The COVID-19 officer should ensure all appropriate management processes are in place so that they can effectively oversee and maintain the implementation of the measures outlined in these guidelines. An e-learning module for COVID officers is available [here](#).
2. It is a mandatory requirement that all clubs put in place comprehensive Test and Protect procedures to help break chains of transmission of COVID-19. Further information is available within this guidance and at [Scottish Government: Test & Protect](#).
3. Clubs and individuals should comply with current government guidance which allows no more than 6 people from 2 households to meet indoors or outdoors at one time. These limits apply when people are NOT participating in organised rowing activity. When participating in organised outdoor rowing activity, government guidance permits the formation of a bubble of up to 30 people (including coaches).
4. For anyone over 12, the 'field of play bubble' allows physical distancing to be suspended during the activity/session. Physical distancing still applies before and after the activity/session. However, the group size for the activity should also be limited by the group size determined by the club's standard safety risk assessment and standard coach to athlete ratios for the activity being undertaken.
5. Clubs are advised to take time to ensure that all new measures have been clearly communicated to members and the appropriate resources and materials provided. Further information is available in the [Scottish Rowing facility guidance](#).

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6. Clubs must consider safety first, particularly minimising the risk of infection/transmission. A thorough documented risk assessment should be undertaken which considers the COVID-19 specific risks and any implications for your normal club risk assessment.
7. Clubs should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place
8. Appropriate measures should be put in place to ensure participants, staff and volunteers are protected including:
 - a. Strict hygiene measures are in place for all contact points and shared equipment
 - b. Ensuring social and physical distancing is maintained before, during and after activity.
 - c. Wearing of face coverings in accordance with Scottish Government guidance.
 - d. Agreeing criteria for who can row based on the club's usual assessment of competence, additional support requirements and local conditions
 - e. Consider whether safety cover is required and if so, how it can be delivered safely ensuring physical distancing and hygiene measures are maintained.
9. Any rowing activity will still need to be conducted within the guidelines of the [Scottish Rowing Water Safety Code](#) and in line with [the Scottish Rowing Child Wellbeing and Protection](#) policies and guidelines.
10. Clubs should consider use of a booking system and staggered boating times to manage numbers and support social and physical distancing.
11. Any measures put in place to facilitate rowing activity need to be capable of being flexed or changed quickly should the guidance change as restrictions are further relaxed or tightened up.

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Section B: Guidance for Clubs

i. Facilities and Facility Access

1. Indoor sport facilities can reopen from the 31 August 2020 subject to Scottish Government guidance being followed as outlined at Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#). Additional resources have been produced by **sportscotland** [Getting your Facilities Fit for Sport](#) to help clubs prepare for reopening.
2. The reopening of indoor training areas (not before 31st August) is at the discretion of the club including consideration of:
 - a. The capacity of the club's volunteers to manage the requirements set out in the guidelines
 - b. The ability of the club to implement the appropriate procedures to ensure the safety of all users
3. Not all facilities will be able to open immediately following guidance changes and there will often be time lags as plans are put in place to re-engage staff, set up operations and ensure safety of participants. You may wish to make this known to your members, volunteers, customers and staff and manage expectations as you re-open your facilities and remind them that this is a difficult time for everyone so please be patient.
4. **Changing rooms, showers and toilets:**
 - a. Use of changing rooms and showering facilities should be avoided where possible, although from the 31 August 2020 they may be made available for participants with disabilities or special needs or if needed in the event of a capsized. Use of these facilities under these circumstances is subject to adherence to Government guidance.
 - b. Sports facility operators may open toilets for public use if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#).
 - c. For detailed facility guidance including a checklist that covers use of changing rooms, showers and toilets visit Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#).
5. Meeting Rooms - If it is essential that meetings and training takes place in person, [Scottish Government guidance for general workplaces](#) must be followed and a risk assessment should be completed.

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6. Indoor and outdoor hospitality, including clubhouses and sports facilities which provide catering and bar services, can operate providing they adhere to Scottish Government guidance which is available at [Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#).
7. No spectating should take place other than where a parent is supervising a child or vulnerable adult. Physical distancing guidance should always be followed.
8. Limits on the number of participants accessing indoor facilities should be risk assessed to ensure physical distancing can be maintained.

9. Outdoor Sports Areas

- a. Facility operators may open outdoor sports areas if documented risk assessments are undertaken and all appropriate measures are put in place to ensure the safety of participants, staff and volunteers.
 - b. Please refer to additional guidance produced by **sportscotland** at: [Getting Your Facilities Fit for Sport](#).
10. Ensure measures are in place to minimise encounters between people, including in car parks and at entrances.
 11. Consider different entry and exit routes to the venue and one-way circulation within boat storage where possible and ensure these are clearly marked.
 12. Consider marking two metre distances at appropriate points, such as the entry gates to boat storage.

ii. Outdoor Sport for Children and Young People

This guidance assumes all junior rowers are aged 12 years or over.

1. The Club COVID-19 officer should ensure a specific documented risk assessment is completed and all appropriate mitigations are in place prior to commencing junior rowing activity.
2. Coaches and other adults supporting organised activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible. In such circumstances the club COVID-19 Officer should consider appropriate mitigating actions as part of the risk assessment.

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3. Where an employee is providing an activity, relevant work placed risk assessments and consultation should take place in advance of any activity being undertaken. See the Businesses, workplaces and self-employed people section at [Scottish Government: Coronavirus in Scotland](#).
4. Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.
5. All adults involved in coaching / actively engaging with children or vulnerable adults in an organised environment should have undertaken appropriate SGB safeguarding and, where available, Covid-19 training.
6. Health, safety and hygiene measures for children's activity should be in line with the guidance provided within this document.

iii. Health, Safety and Hygiene

1. Ensure access to first aid and emergency equipment is maintained. Where equipment is stored indoors please ensure public access to indoors is restricted as much as possible with hygiene and safety protocols reviewed as part of the risk assessment.
2. Please ensure the first aid equipment has been updated appropriately for the COVID pandemic and first aiders have undertaken appropriate additional training.
3. In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may require to attend to the injured participant. The club COVID-19 officer should consider processes for managing this as part of their risk assessment. This could include but not be limited to;
 - Provision of suitable PPE
 - Training of coaches/supervising adults
 - Presence of one parent/guardian being required at the activity for children/vulnerable adults
4. Guidance on delivering first aid during the coronavirus pandemic is available on the [St John's Ambulance website](#).

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5. Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
 - a. Make hand sanitisers or wipes available for use at entrance/exit to boat storage where possible.
 - b. Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles, handrails etc) should where possible be left open but if not possible, regular cleaning wearing disposable gloves should be undertaken.
 - c. Gloves are not a substitute for handwashing. You should dispose of worn gloves immediately after use and wash your hands again.

6. Clubs should ensure participants and visitors wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility. **This is a mandatory requirement.**

Further health, safety and hygiene guidance is available at:

[Health Protection Scotland: General guidance for non-healthcare settings](#)

[Public Health England: Cleaning in a non-healthcare setting](#)

[Health Protection Scotland: Hand Hygiene techniques](#)

[NHS Hand Hygiene Poster](#)

[HSE: First Aid during the Coronavirus](#)

iv. Equipment

1. Sharing of equipment should be kept to a minimum.

2. Participants should, where possible, use their own personal equipment and ensure appropriate hygiene rules are adhered to.

3. Remove any other unnecessary equipment and items from boat storage and compounds.

4. Where possible, one person should be allocated to collect equipment from the boat storage area and equipment should be left outside on trestles or outside racking for club members to access. Access to the storage area should be kept to a minimum and subject to maintaining physical distancing. All shared contact points should be cleaned.

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5. Boats, oars, coaching launches, and all related equipment should be thoroughly washed down afterwards using appropriate cleaning products. Pay particular attention to hard surfaces and touchpoints like blade handles, gates and seats.
6. Hand sanitiser should be at least 60% alcohol based and detergent wipes are appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent.
7. Where possible, ensure all equipment is checked prior to use to avoid participants having to adjust or touch it.
8. No personal equipment should be left at the facility by the participant once activity has ended.

v. Communication with Members

- 1 Clubs should communicate clearly and regularly with members and participants setting out what they are doing to manage risk and what advice they are giving to individuals before, during and after visits to the club.
- 2 Ensure members are aware in advance of any new measures being put in place at the club and new guidelines they need to follow.
- 3 Communicate clearly opening times and how people can safely access a facility, if relevant, for example through a booking or queuing system.
- 4 It is more important than ever to consider inclusive guidance for people who need support to be active.
- 5 Ensure signs on guidelines for participating safely and promoting hygiene measures are clearly displayed and up to date.

vi. Test and Protect

1. [Test and Protect](#), is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy.
2. Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life.

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3. Maintaining records for contact tracing:
 - a. It is a **mandatory requirement** that clubs collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. Where attending as a small household group, the contact details for one member – a ‘lead member’ – will be sufficient.
 - b. Clubs should store information for 21 days and share it when requested to do so by public health officers.
4. A leaflet providing information on the Test and Protect service from NHS Scotland is also available [here](#).
5. Registration with the Information Commissioner's Office:
 - a. In order to gather and store personal information securely, sports clubs may need to be registered with the Information Commissioner’s Office (ICO), particularly if you are collecting personal data from non-members.
 - b. If you are unsure whether you need to register, please contact the ICO via their helpline on 0303 123 1113, or visit www.ico.org.uk.

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Section C: Guidance for Rowing in Crew Boats

For the purposes of this guidance, rowing is categorised as a contact sport as the risk of transmission of COVID-19 is increased in a crew boat compared with a single scull. The aim of these guidelines is to mitigate against this risk.

Clubs should recognise that some members may not feel comfortable returning to crew boats and any crew boat rowing should be subject to all individuals understanding the risk and agreeing to follow the procedures below.

To support a managed return, clubs should phase in the reintroduction of crew boats starting with smaller crew sizes first as follows:

From 24th August - pairs and double sculls

From 4th September - quads and fours

From 18th September – eights.

People who are symptomatic should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend a rowing club.

The club COVID officer must carry out a documented risk assessment prior to any crew boat activity taking place and is responsible for ensuring all appropriate mitigations are in place.

The following procedures should be followed by all clubs.

1. Crew boat rowing counts as close contact (within 2m for more than 15 minutes) for the purposes of contact tracing and in the event of an occurrence of the virus being diagnosed in a crew member. this would result in those individuals in adjacent seats having to self-isolate. Participants must be made aware of this and clubs should ask participants to “opt-in” to any crew boat activity. **For juniors, parental consent to participate in crew boat rowing should be obtained.**
2. Clubs should aim to have the same crew boat combination wherever possible to minimise the number of different close interactions rowers will have with each other.
3. Clubs may wish to allocate particular boats/equipment to particular groups or sets of groups to minimise equipment sharing.
4. Clubs must maintain attendance records of all crews for each session to assist with contact tracing in the unfortunate event of an occurrence of the virus being diagnosed in one of the club attendees.

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5. All participants must maintain 2m physical distancing before and after the on-water activity e.g. while retrieving equipment and launching.
6. Boating times should be staggered to ensure that the group size restrictions (“Rule of Six”) and physical are adhered to before and after the organised session/activity.
7. When retrieving the boat from boat storage areas, the minimum number of people required to safely lift the boat should be used and 2m physical distancing should be maintained. This may mean that different carrying positions may be needed.
8. Outing duration should be kept to a minimum and we advise limiting participants to one crew boat session in a day.
9. While rowing, crews should aim to maintain the maximum distance between rowers at all times e.g. avoid having half the crew row while the other crew sit the boat.
10. Rowers should avoid shouting (or spitting) to reduce the risk of droplet transmission.
11. Effective hand hygiene and thorough cleaning protocols should be followed before, during and after outings.

Guidance for Coxswains (“Coxes”) (from 4th September 2020)

Coxes are in closer proximity to the bow of the crew in bow loaders and in stern-loaders are sat face to face. For that reason, there is an increased risk of transmission between a cox and rower. In addition to the guidance for crew boat rowing, this section provides additional guidance for coxes.

Coaches are required to discuss safety plans with each cox and bow/stroke pairing and emphasise that these guidelines are put in place to help them keep each other safe. If the cox, the bow/stroke or any other crew member feel it is unsafe at any point, they should be supported by the coach and any necessary changes made as quickly as possible.

Coxed boats will be reintroduced from 4th September onwards (subject to there being no change to Government guidance) subject to the following guidance:

1. As for rowers, clubs should ask coxes to “opt-in” to any crew boat activity.
2. Coxes must wear appropriate personal protective equipment (PPE) as follows:
 - a. Coxes are advised to wear a face-covering during the launching process.

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Section C: Guidance for Rowing in Crew Boats

- b. 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).
 - c. In a bow loader - coxes should wear a face covering.
3. 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.
4. Where it is unavoidable to share equipment, the cox boxes should be cleaned between uses and a record of what equipment has been shared and by whom should be maintained.
5. Coxes must sanitise their hands before touching cox boxes, life jackets or boats and again when these are put away.
6. The microphone of the cox box headset must be worn outside of the cox's mask.
7. If gloves are worn, a clean pair must be worn for each outing
8. Cox seat, steering wires, cox box and headset must be wiped with a sanitising wipe before and after each outing.
9. 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 should limit coxes to coxing one crew per day.

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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.

People who are symptomatic should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend a sports facility/activity.

Be aware that guidance can change, and restrictions may be reintroduced. Make sure ensure you have checked the latest version of guidelines for your activity and stay up to date. The latest Scottish Government information is available at [Scottish Government: Coronavirus in Scotland](#) .

Participants should be aware that the ongoing easing of restrictions in Phase 3 does not mean that all facilities will open immediately. Clubs will require time to put plans in place to ensure the safety of participants, staff and volunteers. Please be respectful of local challenges, this is a difficult time for everyone so please be patient.

While current guidance allows for the opening of some indoor facilities, clubs may struggle to meet the strict requirements for opening these facilities and participants should check ahead to ensure they understand what is and is not available.

Familiarisation with new club rules

Your club will be updating their safety policy and operating procedures and should communicate any changes to you and publicise these changes within the facility. You should ensure you are familiar with them.

These may include:

- Restricted access to facilities.
- Restricted access to equipment.
- Extra rules on cleaning equipment and surfaces.
- Restrictions on when you can attend.
- Changes in how to access facilities.
- Requirements to sign in and out of facilities to support [Test and Protect](#)

Before leaving home

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1. Wash your hands with soap and water for at least 20 seconds before leaving home. Information on hand hygiene is available at: [Health Protection Scotland: Hand hygiene techniques](#)
2. Ensure you have packed all essentials (water, sunscreen, hand sanitiser, face mask/covering, gloves etc.) but take the minimum number of items that you need to participate.
3. Ensure you are prepared for rowing before leaving your house (in training kit, with appropriate footwear e.g. wellies etc.).
4. Travel Guidance outlined by the Scottish Government should always be adhered to. Guidance is available at: [Scottish Government Phase 3: Staying safe and protecting others](#).
5. Wear a facemask/covering where this is recommended by government advice.
6. Arrive as close as possible to the time you need to be at the venue/facility and allow others to leave before you enter. If you need to wait, then do so away from the facility and clear of the gates.
7. If driving, park your car in such a way as to facilitate physical distancing.

Health & Hygiene

1. If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin supplied at the venue or place in a plastic bag and take home. Wash your hands afterwards for 20 seconds.
2. Avoid touching your face and ensure to clean your hands with at least 60% alcohol gel when you finish participating.
3. Face coverings must be worn when indoors e.g. in toilets or storage areas.

Pre session (when at facility)

1. Maintain physical distancing (2m) from people outside of your household at all times.
2. Wash your hands when you arrive and before touching equipment or other shared surfaces (doors, windows, handrails). Your club should make hand washing

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facilities readily available but come prepared with your own supplies. Please remember that a good hand wash takes at least 20 seconds.

3. Avoid touching shared surfaces where possible.
4. Avoid touching your face with your hands, including when wearing gloves.
5. Gloves should be worn only temporarily e.g. to clean or touch shared surfaces and are not a substitute for handwashing. You should dispose of worn gloves immediately after use and wash your hands again.
6. Individuals should not spend more time than necessary in the boat storage area when retrieving equipment and no access to unauthorised areas of clubhouse is allowed.
7. Use your own clearly marked equipment.
8. Thoroughly wash any equipment you will be using appropriate cleaning products before your session. You do not know who may have been in contact with it or how well it was cleaned. Viruses survive longest (up to 72 hours) on hard surfaces such as plastic or metal.
9. Pay attention to common touch points like blade handles, seats, footplate, swivel, riggers, the common carrying points of oars and boats. In addition, be aware of your contact with the cleaning products or equipment e.g. taps, buckets, hoses.

During session (when rowing)

COVID-19 presents new challenges to individuals and clubs, but we should not forget about the basics. Make sure you are following your club's safety policies that ensure you are safe when rowing.

1. Returning to rowing at this stage should be about rowing for your general health, wellbeing, and enjoyment.
2. Someone should always know when and where you are rowing.
3. If you do not feel safe, do not go out.
4. Start with shorter, less intense sessions and build back up to your normal length of outing. [Consult our guidance on training intensity and frequency](#)

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5. Be wary of blisters that may develop after an extended period away from rowing, give your hands time to adapt.
6. Sore blisters will make washing your hands unpleasant – frequent hand washing is essential.
7. If blisters or open wounds form, ensure you take additional precautions to keep these clean and free from infection.
8. Be mindful of new pain or muscular tightness that might indicate you are pushing yourself too hard, too soon.

Post session (before leaving facility)

1. Thoroughly wash any equipment you use with appropriate cleaning products after your session before storing it in the appropriate place in the facility. If wearing gloves, you should dispose of these immediately after use.
2. Wash your hands after you have stored all equipment and before leaving the facility.
3. Wear a face mask / covering where this is recommended by government advice.
4. Maintain physical distancing (2m) from people outside of your household at all times.
5. Avoid touching your face with your hands, including when wearing gloves.
6. Do not loiter around the club facilities and depart as soon as you have finished washing.

Considerations when you return home

1. Wash your hands when you return home.
2. Shower after attending your club.
3. Change into clean clothes and wash your rowing kit immediately.

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Section E: Guidance for Coaches

If you are a coach you can work outdoors, providing all activity is consistent with current [Scottish Government guidance](#) on health, physical distancing and hygiene – you will also need to make sure that you can adapt to changes in guidance at short notice.

IMPORTANT: Do not leave your home to undertake exercise or outdoor activity if Scottish Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19.

Coaches should ensure the following guidance is followed.

1. People who are symptomatic should self-isolate for 10 days: household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend an outdoor sports activity.
2. At all times, coaches and participants should adhere to the [Scottish Government's physical distancing guidelines](#) staying at least 2m away from others.
4. There are no restrictions on the number of households or extended households that a coach can instruct per day.
5. **Coaches who are coaching juniors should also refer to the section on Coaching Children and Young People.**
6. Coaches should ensure they are familiar with the rest of the Scottish Rowing guidance for Phase 3 before delivering any activity.
7. Risk assessments should be carried out and documented at all sites. Consider safety first, particularly minimising the risk of infection/transmission. Appropriate physical distancing and hygiene measures must be put in place to ensure participants are always protected.
8. Appropriate insurance policies should be in place for all coached activities and checked for validity with the relevant insurance provider before undertaking work with clients.
9. Virtual coaching is still permitted, and you should consult the [Scottish Rowing Guidance for Online Training](#).
10. Coaches should be aware of the [Scottish Rowing Child Wellbeing and Protection Policy](#). Further [guidance and resources](#) are also available. Coaches should not

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spend time alone on a one to one basis with a child or young person. The coaching of a child or young person is therefore only advised where a parent or guardian is present.

11. Coaches should consider that children and young people may have had different experiences during the COVID-19 lockdown, please see guidance from children first on [Children and Young People Returning to Sport](#).
12. All activity should be risk assessed considering the competence of the rower(s) or sculler(s), the activity being undertaken, the local conditions and the need to minimise the risk of capsize.
13. The primary role for a coach in Phase 3 should be for the act of coaching. A coach will always have reasonable responsibility for the safety of the rowers they are coaching. Coaches should only perform rescues in the event of an emergency and take precaution to ensure that they maintain physical distancing and protect themselves and their rowers should there be a safety need.
14. Coaches should consider carrying additional safety equipment such as a mask gloves and hand sanitizer for use in the event of an emergency.
15. Briefing/debriefing should not be conducted indoors under any circumstances.
16. Coaches should avoid touching shared surfaces and their mouth and face where possible.
17. Coaches should plan appropriately for the session in advance, be aware of their responsibilities, be clear on expectations with participants and build in a review period to reflect on effectiveness and safety of the session.
18. Cleaning, hand, and respiratory hygiene are core measures and provision should be made for these. Clear guidance and plans are needed for cleaning of equipment and waste disposal. Note that toilets and other washing facilities may not be available. Detailed guidance is available at:
 - a. [Health Protection Scotland guidance for non-healthcare settings](#)
 - b. [Health Protection Scotland guidance for hand hygiene](#)
19. Personal equipment such as throw ropes and megaphones should not be shared, and measures must be put in place to reduce the risk of contamination.
20. Communication with participants, and where relevant parents or guardians, is important and should be planned for:

COVID-19 Route map – Phase 3 Guidance for Rowing V4 (Updated)

Section E: Guidance for Coaches

- a. Coaches should ensure they have an approach to activity that is feasible to deliver safely.
- b. Participants should know what to do before/during/after attending their coached session.

21. Further information and guidance for coaches is available on the **sportscotland** website. [Getting Coaches Ready for Sport](#).

COVID-19 Route map – Phase 3 Guidance for Rowing V4 (Updated)

Section F: Competition

Competition

1. Competitions or events where groups of more than 5 households (or extended households) (maximum of 15 people) congregate at any one time are not permitted.
2. Only local, informal intra-club competition at your own club/venue where household, physical distancing and hygiene measures are in place should be undertaken.
3. Travel to a competition out with your normal club/venue is not permitted.

Scottish Rowing

14 September 2020