

## Return to Rowing Guidance – COVID-19 Strategic Framework V7

*Scottish Rowing*

**09/08/2021**



**SCOTTISH  
ROWING**



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## “Beyond Level 0” Guidance

1. This guidance applies to Scotland only. Rowers travelling to competitions outwith Scotland should consult the relevant guidance for that place.
2. All indoor and outdoor rowing activity is permitted and there is no requirement to physically distance.
3. Clubs should continue to have a responsible person/s, referred to as the COVID officer, to act as the point of contact on all things related to COVID-19. An e-learning module for COVID officers is available to support those undertaking the role.
4. The COVID officer must ensure that full risk assessments, processes and mitigating actions are in place before any activity takes place. Specific consideration should be given to the needs of those who are at greater risk including some older adults or those with disabilities.
5. Indoors: Facilities can return to normal facility occupancy levels subject to:
  - a. Facility operators focus on good ventilation and ‘Give people space’ messaging. CO<sub>2</sub> levels should be monitored to maintain levels at 800-1000ppm.
  - b. Face coverings must be worn out with activity.
  - c. Hygiene and surface cleaning measures should be maintained
6. Follow government guidelines in relation to travel including car sharing and wearing masks in indoor public spaces.
7. No one who is symptomatic or self-isolating should attend a sports facility or activity.
8. Coaches should consider the needs of participants returning after recovering from COVID-19. Participants should be able to confidentially disclose this so the coach can make suitable adjustments and allowances to the planned activity for the individual and check that input from a medical professional has been sought where appropriate.
9. If you organise any activities or operate a facility, follow the Scottish Government Test and Protect requirements by collecting the name, contact number, date of visit, time of arrival, and the departure time of all those attending. Store information for 21 days and share it when requested to do so by public health officers.

## **“Beyond Level 0” Guidance**

10. Cleaning of equipment, hand and respiratory hygiene are to be implemented and provision should be made for these.

Further information:

[Scottish Government Guidance](#)

## Sport & Physical Activity Protection Levels

### Introduction

This guidance applies to Scotland only, and has been produced in line with the Government guidance on health, physical distancing and hygiene.

Scotland moved to 'Beyond Level 0' of the Strategic Framework on the 9th August 2021. Although restrictions are being eased it was also confirmed that Scottish Government will retain the option of putting in place local measures and travel restrictions to manage any future virus outbreaks. Therefore, protection levels guidance for sport and physical activity continue to be provided within this document along with additional information for 'Beyond Level 0'

Where protection levels are applicable, organised rowing activities can be undertaken, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene – you will also need to make sure that your club, facility and participants are made aware and can adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland](#).

Rowers should take care to make responsible decisions, row in favourable conditions and maintain activity within their capabilities. 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 capsizing.

People who are symptomatic should self-isolate for 10 days as per NHS Scotland guidance. Close contacts 18 years of age or over who have been double vaccinated for more than 14 days or 5 to 17-year-olds, with no symptoms, will be able to take a PCR test and end self-isolation if the result is negative. No one who is self-isolating should attend a sports facility/activity.

To manage a safe return to organised rowing activities all clubs should have in place Test & Protect procedures to help break chains of transmission of Coronavirus (COVID-19). Further information is available at [Scottish Government: Test & Protect](#)

Clubs and participants should be aware of their local area protection level and associated restrictions which may be in place and should consider this as part of the risk assessment planning. Broad guidance for rowing activity which should be followed within each Level is set out in the table below.

Information for each local authority area, including their protection level is available at [Coronavirus \(COVID-19\): local protection levels](#). A post code checker is available at [COVID restrictions by protection levels in areas of Scotland](#).

## Sport & Physical Activity Protection Levels

The table below provides a summary of the Sport and Physical Activity Protection Levels as they apply to rowing. These are subject to following Scottish Government Guidance and the detailed guidance contained in this document.

	Level 0	Level 1	Level 2	Level 3	Level 4
<b>Organised outdoor rowing activities including training, competition and events.</b>	An outdoor sporting ‘field of play bubble’ can operate for organised sport with maximum numbers noted below. At Levels 0-2 figures exclude coaches, officials, and other support staff*. Multiple bubbles can be used for training, events, and competition if appropriate guidance, set out within this document, is followed. Indoor and outdoor stadium, or equivalent events/competitions, involving spectators are subject to relevant Scottish Government guidance and approval. Any variation to these numbers must be approved by Scottish Government directly.				Local training/intra-club competition only/  U12s: max 30 including coaches.  12 and over/adults max 15 including coaches.
	<b>Maximum bubble size:</b> 500 participants* <b>Total Daily Limit:</b>  No limit	<b>Maximum bubble size:</b> 100 participants* <b>Total Daily Limit:</b>  1000 participants	<b>Maximum bubble size:</b> 50 participants* <b>Total Daily Limit:</b>  500 participants	<b>Maximum bubble size:</b> 30 participants* <b>Total Daily Limit:</b>  200 participants	
	Contact and non-contact sport permitted for all.			Contact sport permitted for U18 only.  Non-contact sport permitted for all.	U12 years: Contact sport and non-contact sport permitted.  12 and over: non-contact sport only.

*Effective from 9<sup>th</sup> August 2021*

## Sport & Physical Activity Protection Levels

<b>Organised* indoor sport, competition, events and Physical Activity</b>	<p>The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government <a href="#">guidance on the opening of sport and leisure facilities</a>.</p> <p><b>‘Group’ activity</b> refers to adults who take part in organised sport or physical activity where the number of participants is larger than allowed under normal household rules. ‘Individual exercise’ refers to organised sport or physical activity which takes place within household rules i.e., 1:1 coaching.</p>			
<b>Under 18</b>	Indoor contact and non-contact training permitted	Indoor contact and non-contact training permitted.		No indoor training permitted.
<b>18 and over</b>		Indoor non-contact training permitted. Physical distancing must be maintained.	Individual exercise only. No group activity/training.	
<b>PERFORMANCE SPORT</b>	Professional & performance sports with <a href="#">Resumption of Performance Sport</a> guidance in place and approved by Scottish Government or <a href="#">sportscotland</a> is permitted at all Levels.			
<b>TRAVEL</b>	Please consult the detailed guidance in this document for details of the specific exemptions for sport and physical activity.			
<b>TOILETS, CHANGING ROOMS AND SHOWERS</b>	<p>Where changing rooms and showering facilities are to be used, specific guidance relating to use of ‘Changing and Showers’ is available at Getting Your Facilities Fit for Sport. This is applicable at all levels where facilities remain open.</p> <p>Operators may open public toilets if they follow the guidelines outlined on the Scottish Government website <a href="#">Opening Public Toilets Guidelines</a></p>		<p>Indoor sports facilities closed.</p> <p>Changing rooms closed.</p>	

## Sport & Physical Activity Protection Levels

			Public Toilets open.
<b>INDOOR FACILITIES</b>  (can open up to Level 3)	Specific information relating to indoor sports facility guidance is available at <a href="#">Getting Your Facilities Fit for Sport</a> . Below is a summary of overarching guidance for operators regarding occupancy limits, physical distancing, and appropriate ventilation / CO2 levels (ppm) which should be monitored. Test & Protect procedures should continue in all indoor settings.		
	<b>Level 0</b>  Restrict <u>maximum occupancy in buildings to 7sqm per person</u> to achieve enhanced ventilation (equivalent to 15 l/s/p).  <u>Ventilation:</u> Monitor to maintain levels at 800-1000ppm.  1m physical distancing out with activity.  Face coverings must be worn out with activity.	<b>Levels 1 – 3</b>  Restrict <u>maximum occupancy in buildings to 9sqm per person</u> to achieve enhanced ventilation (equivalent to 20 l/s/p).  <u>Ventilation:</u> Monitor to maintain levels at <1000ppm.  1m physical distancing out with activity.  Face coverings must be worn out with activity.	
<b>WORKFORCE</b>  <b>Contractors &amp; Staff</b>	Sports facility operators must ensure that Scottish Government guidance on <u>workforce planning in sport &amp; leisure facilities</u> is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.		



## Sport & Physical Activity Protection Levels

<b>WORKFORCE</b> <b>Meeting Rooms</b>	Although gym and leisure facilities can open up to level 3, we would encourage providers to consider whether meetings and training must be completed in person or whether these can be completed online or via telephone. If it is essential that meetings and training takes place in person, <a href="#">Scottish Government guidance for general workplaces</a> must be followed and a risk assessment should be completed.
<b>HOSPITALITY &amp; RETAIL</b> <b>Clubs and sports facilities</b>	Clubhouses and sports facilities which provide catering and bar services, can operate providing they adhere to Scottish Government guidance appropriate to the protection level in which they are operating. Further information is available at <a href="#">Coronavirus (COVID-19): tourism and hospitality sector guidance</a> .  Retail units operated by sports facility operators may reopen provided all specific Scottish Government guidance for retailers appropriate to the protection level in which they are operating is in place and adhered to. Further information from the Scottish Government is available at <a href="#">Retail Sector Guidance</a> .

## Definitions

1. **‘Organised sporting or physical activity’** refers to activities which are undertaken in a structured and managed way following specific rules and guidance of relevant SGBs, local authorities or businesses who in turn have fully applied related Scottish Government and **sportscotland** guidance. All organised activity should be overseen by a Covid Officer with documented risk assessments undertaken and mitigating actions put in place to ensure the health, safety and welfare of participants, coaches and officials.
2. **Contact sport or activity** is defined as “a sport or activity in which the participants necessarily come into bodily contact or as a matter of course encroach within 1m of one another”.
3. **Non-contact sport or activity** is defined as “a sport or activity in which the participants are physically separated by playing rules such as to make it difficult for them to make physical contact during an activity. Examples include Tennis, Cricket, Boccia and Curling.
4. **Adult ‘group’ sport or activity** refers to adults, who take part in organised sport or physical activity, where the number of participants is larger than allowed under normal household rules.
5. **Indoor individual exercise** refers to non-contact recreational sport or physical activity which follows household rule numbers. This includes gym use, 1:1 personal training, swimming, ice skating and indoor snowsports activity where physical distancing can be maintained.

## Guidance for Clubs

This guidance has been developed to assist Scottish Rowing Clubs to operate safely during the COVID-19 pandemic. The Scottish Government guidelines and information supersede any information provided by Scottish Rowing.

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 clubs and participants to risk assess based on their local environment.

**Clubs and their members should be aware of their local area protection level and associated restrictions which may be in place and should consider this as part of risk assessment planning.**

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. The COVID officer **must** ensure that full risk assessments, processes and mitigating actions are in place before any sport or leisure activity takes place. Specific consideration should be given to the needs of those who are at greater risk including some older adults or those with disabilities.
3. Clubs should only open facilities when it is safe to do so, in accordance with Scottish Government guidance.
4. Clubs should check with their insurance company that correct and full insurance cover is in place and valid for any activity.
5. Clubs should 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](#).
6. Subject to the protection level guidance within this document, organised sporting or physical activity can take in effect suspending physical distancing and household guidelines, for the duration of the activity.
7. An outdoor sporting 'field of play bubble', including multiple bubbles, can be used for organised training, competition, or participation events up to the limits noted below. Coaches, officials, and other volunteers are not included in Level 0 to Level

## Guidance for Clubs

2 bubble/participation numbers but are at Level 3. Support staff numbers should be limited to those that are required to ensure a safe, well run activity:

Level 3 – Bubbles of up to 30 with a maximum of 200 participants per day

Level 2 – Bubbles of up to 50 with a maximum of 500 participants per day

Level 1 – Bubbles of up to 100 with a maximum of 1000 participants per day

Level 0 – Bubbles of up to 500 with no participant limit per day

Beyond Level 0 – No bubble restrictions but a maximum of 5000 participants per day

8. The group size for a given activity should also take account of the club's standard safety risk assessment and standard coach to athlete ratios for the activity being undertaken.
9. Clubs should undertake comprehensive risk assessments to minimise the risk of movement or contact between bubbles (or waves) including before, during or after an activity. Specific mitigations could include staggered start times, limiting car parking or controlling access/egress points.
10. When people are NOT actively participating in organised rowing activity, clubs and individuals should comply with government guidance on physical distancing for the Level in which they are operating. Details of group sizes indoors and outdoors for adults and young people at each level can be found at [Coronavirus \(COVID-19\): Local Protection Levels](#)
11. Once an individual has completed their activity, they must vacate the 'field of play' and are then subject to household rules.
12. Clubs are advised to take time to ensure that all measures have been clearly communicated to members and the appropriate resources and materials provided. Further information is available in the [Scottish Rowing facility guidance](#).
13. 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 and after activity.
  - c. Wearing of face coverings in accordance with Scottish Government guidance.
  - d. Where safety cover is required this should be risk assessed.

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14. 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](#).
15. Any measures put in place to facilitate rowing activity need to be capable of being flexed or changed quickly should the guidance change.

### i. Facilities and Facility Access

#### Outdoor Sports Areas

1. Clubs 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.
2. Please refer to additional guidance produced by **sportscotland** at: [Getting Your Facilities Fit for Sport](#).
3. Where required, ensure measures are in place to minimise encounters between people, including in car parks and at entrances.
4. Consider different entry and exit routes to the venue and one-way circulation within boat storage where possible and ensure these are clearly marked.

#### Indoor Facilities

1. Clubs should refer to the Sport & Physical Activity Protection Levels table to determine whether indoor facilities can operate in their Local Authority area.
2. If permitted, indoor sport and leisure facilities can open if [Scottish Government Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented. Additional resources have been produced by **sportscotland** [Getting your Facilities Fit for Sport](#) to help clubs prepare for reopening.
3. The number of participants allowed to take part in indoor sport or leisure activity at a given level must be risk assessed following [Scottish Government Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#). The number of participants accessing indoor facilities should be limited to ensure physical distancing can be maintained.

## Guidance for Clubs

4. Where permitted by the Scottish Government guidelines, the reopening of indoor training areas 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.
  5. Participants should not congregate before or after an activity. Clubs must ensure comprehensive mitigating actions are put in place and documented in their risk assessment to stop this happening. Consider staggering start/arrival times and any other relevant additional measures.
  6. **Changing rooms, showers and toilets:**
    - a. Access to, and use, of changing rooms and showering facilities is permitted (other than in Level 4 areas where indoor facilities should remain closed) if appropriate risk assessment and hygiene measures have been put in place. However, the safety of participants is the priority and facility operators should consider whether use of the areas is necessary.
    - b. Where changing rooms and showering facilities are to be used specific guidance relating to use of 'Changing and Showers' is available at [Getting Your Facilities Fit for Sport](#)
    - c. Clubs may open toilets for public use if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#).
- ii. **Sport for Children and Young People**
1. All adults involved in coaching / actively engaging with children or vulnerable adults in an organised environment should have undertaken appropriate safeguarding training.
  2. Clubs should ensure appropriate ratios of coach/adult to child/vulnerable adult and follow Scottish Rowing safeguarding advice.
  3. Clubs should also refer to the additional considerations developed by Children 1<sup>st</sup>: [Child Wellbeing and Protection Considerations](#).
- iii. **Health, Safety and Hygiene**
1. Ensure access to first aid and emergency equipment is maintained.

## Guidance for Clubs

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](#).
5. Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
  - a. Make hand sanitizers or wipes available for use in communal areas and at the entrance/exit to the club/facility where this is possible. Hand sanitiser should be at least 60% alcohol based.
  - 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. Cleaning products should conform to EN14476 standards.
  - c. Gloves are not a substitute for handwashing. You should dispose of worn gloves immediately after use and wash your hands again.

## Guidance for Clubs

Further health, safety and hygiene guidance is available at:

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

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

[NHS Hand Hygiene Poster](#)  
[HSE: First Aid during the Coronavirus](#)

### iv. Face Coverings

1. Sports facility operators should ensure participants and visitors wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility. For example: reception, locker rooms and storage areas. This is currently a mandatory requirement (in a protection level area) except where an exemption applies, or where there is a 'reasonable excuse' not to wear a face covering e.g., if you have a health condition or are disabled, including hidden disabilities such as autism, dementia or a learning disability.
2. Be aware that face coverings discriminate against some deaf people who need to look at lips to help communicate. Staff in facilities should be made aware that it is okay to remove their face coverings to communicate with someone who relies on lip reading and facial expressions.
3. Face coverings may not be required when using hospitality services such as café's, bars, and restaurants. For further information refer to [Scottish Government Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#).
4. The [Coronavirus \(COVID-19\): public use of face coverings](#) provides guidance on general use and exemptions.

### v. 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 unnecessary equipment and items from boat storage areas, compounds and indoor training areas.
4. 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.



## Guidance for Clubs

5. Where possible, ensure all equipment is checked prior to use to avoid participants having to adjust or touch it.
6. No personal equipment should be left at the facility by the participant once activity has ended.

### vi. 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 When communicating with members, consider how you will reach people who do not have access to the internet.
- 5 Ensure signs on guidelines for participating safely and promoting hygiene measures are clearly displayed and up to date.
- 6 Special consideration should be given to how you communicate physical distancing rules to young people.

### vii. Test and Protect

1. [Test and protect](#), is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy. 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.
2. Maintaining records for contact tracing:
  - a. clubs should, where possible, 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.
3. Registration with the Information Commissioner's Office:

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- 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](http://www.ico.org.uk).

## Protect Scotland App

4. NHS Scotland has launched a free mobile app designed to help with contact tracing efforts and slow the spread of COVID-19. The app will alert users if they have been in close contact with another app user who tests positive for coronavirus.
5. Supported by a dedicated Protect Scotland website, the app is an extra tool complementing existing person-to-person contact tracing which remains the main component of NHS Scotland’s Test and Protect system.

Further information on the Protect Scotland app is available at [www.protect.scot](http://www.protect.scot).

## What should someone do if they have coronavirus symptoms?

6. If a person has a continuous cough, high temperature, or loss or change in taste or smell, they should self-isolate and request a coronavirus test right away. Further information is available at [NHS inform: Get a Test](#) or by calling **0800 028 2816** if they cannot get online.

## Local Outbreaks or Clusters of Coronavirus Cases

7. Where a local outbreak has been reported, sports facility operators and deliverers within this locality should review Scottish Government local protection measures guidance, their facility/operational risk assessment and consider if additional mitigating actions should be put in place to reduce risk. This may, for example, include suspending activity, enhancing hygiene and physical distancing measures, or introducing additional activity restrictions.

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### Guidance for Rowing in Crew Boats

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

The club COVID officer must carry out a documented risk assessment prior to 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. The risk of transmission of the virus is increased in a crew boat vs. a single scull, however, the normal distance between two rowers in a crew is over 1m and by following the below guidelines the risk of transmission is reduced.
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. Scratch composite crews are strongly discouraged.
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.
5. All participants must follow Scottish Government physical distancing requirements before and after the on-water activity e.g., while retrieving equipment.
6. Outing duration should be kept to a minimum.
7. 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.
8. Rowers should avoid shouting (or spitting) to reduce the risk of droplet transmission.
9. As soon as a participant has completed training, a competition or event, they should leave the venue.
10. Effective hand hygiene and thorough cleaning protocols should be followed before, during and after outings.

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### Guidance for Rowing in Crew Boats

#### Guidance for Coxswains (“Coxes”)

Coxes are in closer proximity to the bow of the crew in bow loaders and in stern-loaders are sat face to face with the stroke. 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 advised 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.

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

# Return to Rowing Guidance – COVID-19 Strategic Framework V7

## Guidance for Rowers

**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, including close contacts, should self-isolate for 10 days as per NHS Scotland guidance. From the 9th August 2021 close contacts 18 years of age or over who have been double vaccinated for more than 14 days or 5 to 17-year-olds, with no symptoms, will be able to take a PCR test and end self-isolation if the result is negative. No one who is self-isolating should attend a sports facility or activity.

Participants should be aware of their local area protection level and associated restrictions which may be in place and should check ahead with their club to ensure they understand what is and is not available. Please be patient and respectful of local challenges. The latest Scottish Government information is available at [Scottish Government: Coronavirus in Scotland](#).

### Familiarisation with club rules

Your club will be updating their safety policy and operating procedures regularly 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/equipment
- Extra rules on cleaning equipment and surfaces.
- Requirement to wear a face covering in certain areas of the facility.
- 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](#)

### Things to remember

1. 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.

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2. Ensure you are prepared for rowing before leaving your house (in training kit, with appropriate footwear e.g., wellies etc.).
3. Wear a facemask/covering where this is recommended by government advice.
4. 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.
5. Before and after your session, follow any Scottish Government guidance on group size and distancing.
6. Avoid touching shared surfaces where possible.
7. Thoroughly wash any equipment you will be using with appropriate cleaning products before and after your session. You do not know who may have been in contact with it or how well it was cleaned. Pay attention to common touch points like blade handles, seats, footplate, swivel, riggers, the common carrying points of oars and boats.

### Health & Hygiene

1. Visitors to indoor sports facilities should wear face coverings before and after activity or when in non-playing areas of the facility such as boat storage, unless there is a reasonable excuse not to do so (e.g., if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability).
2. If you are deaf and need to look at lips and facial expressions to help you communicate, you can ask staff to remove their face covering.
3. Face coverings do not need to be worn when undertaking physical activity, exercise or showering.
4. If you are not wearing a face covering and 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.
5. Avoid touching your face.

## Return to Rowing Guidance – COVID-19 Strategic Framework V7

### Guidance for Rowers

6. Maintain good hand hygiene before, during and after your activity. Information on hand hygiene is available at: [Health Protection Scotland: Hand hygiene techniques](#)

# Return to Rowing Guidance – COVID-19 Strategic Framework V7

## Guidance for Coaches

The guidance below is to support coaches, leaders, deliverers and instructors. In addition, please see [Getting Coaches Ready for Sport](#) which provides a 4-stage approach/checklist to help coaches get ready for delivering sport and physical activity. It can be used as it is or amended to reflect the sport or delivery activity.

Coaches should be aware that local restrictions may be in place for sport and physical activity, and this should be considered as part of risk assessment planning and will dictate what activity can be coached, indoors and outdoors and to whom. See the Sport & Physical Activity Protection Levels Table for further information about protection levels.

Coaches should ensure the following guidance is followed.

1. Coaches operating within shared or third-party facilities should liaise with the relevant COVID officer before undertaking any activity and should adhere to any facility and Scottish Rowing guidance.
2. Coaches and others supporting organised sporting or physical activity should attempt to keep physically distant, but it is recognised that this will not always be possible to ensure the safety of participants. In such circumstances the responsible COVID Officer should consider appropriate mitigating actions as part of the risk assessment.
3. Coaches can run organised outdoor group training sessions in protection Levels 0-3 in line with maximum bubble sizes outlined in the Sport & Physical Activity Protection Levels table or as determined by the risk assessment for the activity and [Scottish Government \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#). They should also ensure to follow specific guidance on sporting bubbles within this document.
4. In protection Level 4 coaches can:
  - a. run organised outdoor non-contact group training sessions for a maximum of 15 people aged 12 or over (including coaches) subject to local risk assessment.
  - b. run organised outdoor contact and non-contact group training sessions for a maximum of 30 children under 12 years of age (including coaches) subject to local risk assessment.
5. Coaches can take multiple indoor sessions per day (where protection levels allow), however the numbers allowed in each session will depend upon the protection level restrictions in place in the given location.
6. Risk assessments should be carried out and documented at all sites considering:



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## Guidance for Coaches

- a. minimising the risk of infection/transmission. Appropriate physical distancing and hygiene measures must be put in place to ensure participants are always protected.
  - b. 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.
  - c. consider the needs of participants returning after recovering from COVID-19. Participants should be able to confidentially disclose this, in a similar way to any other personal matter relevant to coached activity, so the coach can make suitable adjustments and allowances to the planned activity for the individual and check that input from a medical professional has been sought where appropriate.
7. 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. A Scottish Rowing membership includes insurance cover for rowing coaches.
  8. Coaches working with children should familiarise themselves with the additional considerations developed by **Children 1<sup>st</sup>**: [Child Wellbeing and Protection Considerations](#).
  9. 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 precautions to ensure that they protect themselves and their rowers should there be a safety need.
  10. Coaches operating outdoors should consider carrying additional safety equipment such as a mask, gloves and hand sanitizer for use in the event of an emergency.
  11. Face coverings must be worn by coaches when indoors, except where an exemption applies. For instance;
    - a. where an individual has a health condition or is disabled, including hidden disabilities, for example, autism, dementia or a learning disability.
    - b. or if there is a reasonable excuse not to wear a face covering such as;
      - i. where there is difficulty in communicating with participants who may not be close by, and safety is an issue i.e., in a swimming lesson. In such cases alternative measures should be considered such as use of a face visor.
      - ii. being physically active or exercising as part of the coached session.

### Travel Guidance

1. Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted is available at Coronavirus (COVID-19): guidance on travel and transport.
2. You should avoid car sharing with anyone from another household unless you deem it to be necessary. If individuals or groups do car share then they should follow [Transport Scotland: advice on how to travel safely and put in place appropriate risk assessment and mitigations.](#)
3. Information for each local government area, including their level is available at Coronavirus (COVID-19): local protection levels including a post code checker.
4. When a participant travels out with their local government area they should follow the travel guidance detailed below.

#### **5. Children & Young People (17 years or under)**

- 5.1 People aged 17 years or under can travel to and from Level 0, 1, 2 and 3 areas to facilitate or take part in organised sport, training, and competition which is for persons under 18 years of age.
- 5.2 Children and young people can also travel to and from a Level 4 area, if for example, they belong to a club which is outside their own local government area. This flexibility is to allow children and young people to take part in sport or organised activity, but they should travel no further than they need to. If attending a sport/activity in a Level 3 area or below, Level 4 guidance will apply to the whole activity e.g., 12 to 17-year-old outdoor activity should be restricted to non-contact and include a maximum of 15 participants.
- 5.3 Children and young people living in a Level 3 or 4 area can also travel out with their local government area to take part in informal exercise such as walking, running or cycling. Such activity should follow Scottish Government 'local protection levels' guidance.

#### **6. Adults (18 years or over)**

- 6.1 Participants aged 18 years or over can travel to and from a Level 0, 1 and 2 area to take part in organised sport, physical activity, training and competition. However, to help suppress the spread of the virus, it is advised that people should not utilise facilities or take part in activities that are not allowed in their home local area protection Level. Participants should not travel to a Level 3 or 4 area to take part in organised sport or physical activity.

## **Travel Guidance**

- 6.2 Adults living in a Level 3 area should only travel locally or to another Level 3 area to take part in organised sport or physical activity as outlined in the Sport & Physical Activity Protection Levels table.
- 6.3 Adults living in a Level 3 or 4 area should only travel locally to take to take part in organised sport or physical activity.

Adults living in a Level 3 or Level 4 area can also travel out with their local government area to take part in informal exercise such as walking, cycling, golf or running. Such activity should follow Scottish Government 'local protection levels' guidance.

## **Scottish Rowing**

**9<sup>th</sup> August 2021**