**Glasgow Rowing Club**



**COVID-19 Facility**

**Guidance for Rowers**

**PLEASE READ CAREFULLY**

**Attendance Rota and Record**

* Before any outing please book time you will be at the club in the online booking system, which has been redesigned to include weekday bookings.
* Before your outing please sign out and sign back in after outing using online sign out/in sheet accessible on your phone.
* Please note, your attendance will be recorded and stored online for tracking and tracing purposes. If you are not happy with this, please contact the captain or any other member of the committee.

**Opening, Preparing & Closing the Facility**

* Person opening club will make sure that the equipment is ready to use (i.e. tub doubles out of club and on grass, safety boat out of club and oars outside as well) for efficiency and ease.
* The last member to leave will close the facility and they have the responsibility to make sure all equipment is put back in club and touch points sanitised.
* Any issues please contact captain

**Cleaning & Hygiene**

* All surfaces in the club will be cleaned using a steamer and anti-bacterial alcohol based wipes. This will be done by a committee member timings TBC
* All boats will be washed (inside and outside) using soap and cold water from the tap in the boat bay
* Every part of the oars will be washed after use.
* Members will wash hands with hand sanitizer (supplied) when entering and leaving the boat house. Members are advised to bring their own hand sanitizer.

**Rowing Activity**

* All guidelines for rowing activity will be explained in the sculling guidelines.
* There will be a steward down to oversee all scullers landing and boating at steps and keeping to social distancing rules during pre-set sessions (Sat and Sun morning). Assistance for launching and landing will not be provided. They will be available to assist moving equipment if necessary.
* When inside boathouse please keep to 2m social distancing rules.

**Communications & Compliance**

* Communications will be made through Google Groups, please contact captain if you are having issues with the Groups
* You will also be able to contact captain through email – [grccaptain@gmail.com](mailto:grccaptain@gmail.com)
* In these times, guidance is likely to change and we ask that members bear with us as we strive to get as much involvement as possible. As soon as we are able, we will get toilet facilities available but at present, access is only permitted to the boat bays so the club facilities are not available at this time.
* If you have suggestions for improving access and flow during this time, please speak to us directly, by phone, through email/groups or any other route you can so we can incorporate any further guidance to these instructions.
* We are keen to involve as many people as possible in both water based and land based training as soon as possible so further updates will come out as they develop and hopefully sooner rather than later. Please continue to keep in touch and keep spirits up as we strive to get the club back to full function as soon as possible.