**Glasgow Rowing Club**



**COVID-19 Sculling**

**Guidance for Rowers**

**PLEASE READ CAREFULLY**

# Background

* The ScottishGovernment and Scottish Rowing have announced a series of relaxation of lockdown rules. All instructions ask to maintain a 2m distance from other people not in your household. The nature of rowing (and build of crew boats) means that crew rowing is not an option for anyone other than rowers from a single household. Single sculls would be acceptable however assistance to launch and land would put the assistance within 2m of the sculler. This means that experienced scullers with the ability to launch and land unaided is a must.Only scullers with a Sculling Proficiency of Expert (4) should consider an outing. Those who have been assessed as having a level 4 proficiency can be found in an addendum to this document. If you think you have been missed and should be on this list, please let the Captain know as soon as possible.
* Scullers should be in full kit on arrival as there is no access to changing rooms. Scullers should also have towel dry facilities in case of capsize. Changing facilities **will not** be available. Some personal belongings (towel, change of clothes etc) may be left in the boathouse, however GRC take no responsibility for the safety of any personal items left in the club unattended.
* 2 people should be present for all outings meaning 2 scullers could launch in the same block. Please speak to the captain if you want an outing and don’t have a second available.
* Lifting singles should be done by 2 people holding more than 2m apart as has always been recommended at the club. If confident, a sculler can lift a single alone. Extra care should be taken when doing this as repair may not be possible.
* If you are unsure of your ability to launch and land unaided, please do not attempt to row at this time. We will issue subsequent guidance as guidance is updated by Scottish Rowing. Exceptions to this may be sought from the Captain and each will be assessed on it’s merit.
* An online sign out sheet is available online and can be accessed <http://tiny.cc/etnnrz>.
* All people intending on going to the club for any reason should fill out the online booking form (<http://tiny.cc/4znnrz>) to ensure everyone knows who is going to be there at any given time.

# Before outing

* All members intending on boating must return the updated emergency contact information requested before being able to boat.
* All sessions require booking using the online booking system accessed <http://tiny.cc/4znnrz> to let others know how many people will be present.
* All members wishing to scull during a session should be present at the start of their booked time.
* Sessions will be at 8am, 10am, 12noon on Saturday and Sunday.
* Sculling outside these times will require booking using the online booking system accessed <http://tiny.cc/4znnrz>. Failure to book a slot may result in not being able to row.
* Bookings may be rejected for several reasons, please check the online booking system before attending the club. Captains decision on outings is final, will be communicated through the online booking system and a reason can be requested for rejection.
* All members are requested to bring any hand sanitizers or cleaning products they feel necessary. Supplies will be available to ensure hand hygiene during access to club facilities but personal products are preferred.
* Anyone driving to the club should park appropriately to assist social distancing.
* Scullers arrive at the club ready to row. 1st person down should open the club via the side door and go directly to open the shutter door(s), remove the blade rack, tub doubles and launch and move them to the grass opposite the boat bay entrance. They should also put 4 trestles out approx. 3m apart.
* Subsequent scullers, if the boat bay or compond is occupied, should line up 2m apart on the carpark side of the boat clean area in 2 lines 2m apart.
* 2 members at a time enter the club maintaining a 2m distance.
* Next 2 members in the queues must wait until the 1st 2 members are leaving the compound on their way to boating – efficiency in getting your boat out would be appreciated
* 2 members assist each other to carry the boats out to the trestles (see above)
* Both members must sign out before carrying boats to the steps using the [online sign-out sheet](http://tiny.cc/etnnrz) (<http://tiny.cc/etnnrz>) on a personal mobile device.
* 2 members assist each other to carry boats to the steps (if necessary).
* 2 singles can launch while maintaining a 2m distance between each other.
* Session outing must be less than 90min.
* Please remember to wipe all touch points with alcohol based disinfectant wipes before leaving for your outing.
* A small bag of personal possessions may be left in the club though it must be noted that the club will not be secure during the outing and GRC hold no liability or responsibility for the safety of any personal items left in the club.

**After outing**

* On returning, 2 scullers use trestles at a time.
* Any additional scullers returning must put scull on the grass 2m apart, in order from the club towards the allotments until a trestle becomes free.
* When trestles become free, 1st sculler moves scull to trestles. Remaining scullers waiting move sculls towards the boathouse.
* 2 scullers assist each other putting boats away (if required).

Wash the boats and oars with soap and water, use alcohol-based anti-bacterial hand wash to clean hands and alcohol-based disinfectant wipes to wipe all touch points before leaving the club.

* Next session cannot begin until all scullers from the first session are back have washed their equipment and are away from the club. If a sculler is partaking of a subsequent session and not staying out (not recommended due to impact to the number of different people able to row), they may put the boat on the grass and launch when the steps are clear.
* Last sculler to leave should put the trestles, tub doubles, launch and blade rack back in the club before closing and locking the shutters and leave the club through the side door making sure all handles/surfaces/locks are cleaned with alcohol based anti-bacterial wipes.
* Efficiency in getting boats out and back is key here. Assuming a 90min session (suspect most will be less), that will leave 30min leaway. If a sculler takes 10min to launch, we can conceivably fit 6 scullers per session..

# Addendum – Sculling Proficiency Ratings (level 4 only)

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| **Last Name** | **First Name** | **Membership** | **Grading** |
| Trenchard | Peter | Country | 4 |
| Cameron | Andy | Full | 4 |
| Conner | Stephen | Full | 4 |
| Craig | Peter | Full | 4 |
| Davison | Peter | Full | 4 |
| Dear | Stephen | Full | 4 |
| Ingram | Paul | Full | 4 |
| Loader | Matt | Full | 4 |
| MacMaster | Beth | Full | 4 |
| Donaghy/MacM | Lynne | Full | 4 |
| MacMaster | Kenny | Full | 4 |
| Martin | Alison | Full | 4 |
| Mowforth | Peter | Full | 4 |
| Stewart | Bryan | Full | 4 |
| Stewart | Peter | Full | 4 |
| Thomson | Joanna | Full | 4 |
| Todd | Bob | Full | 4 |
| Warnock | Alastair | Full | 4 |
| Lawson | George | Honorary | 4 |
| Scrimgeour | Sam | Honorary | 4 |
| Swann | Polly | Honorary | 4 |
| Walker | Sandy | Honorary | 4 |
| Warnock | Lindsay | Honorary | 4 |
| Henderson | Isla | Junior | 4 |
| Kinnear | Cameron | Student | 4 |
| Kirsch | Nicolas | Student | 4 |
| Laird | Andrew | Student | 4 |
| McLaughlin | Katie | Student | 4 |
| Melichar | Lukas | Student | 4 |
| Ray | James | Student | 4 |
| Welch | Ronan | Student | 4 |