**EXPLANATORY NOTES**

**Bookings and permissions**

Things have changed, so we need to plan ahead. Scullers who can launch/land independently or with minimal help (with appropriate distancing and mitigating measures, masks/face-covering over mouth and nose, number of households) will be required to book their boat online in advance. This can be done in advance using a suitable phone, computer or tablet/iPad. If anyone needs help with this, you can ask someone to place the booking for you. Please use the link <https://docs.google.com/spreadsheets/d/1-NWyTwx5MJrBnS3ADKmmvJK8txXLfNRIQt5Wz_fdzCM/edit#gid=0> and use the Booking tab at the bottom. The sheet is called **GRC Attendance/Boat Booking** at the top.

Organised small group sessions will be booked by the person organising the session, and you do not need to do this step individually. However, individual sign-in and sign-out are required (see later)

There is an option for Training boat 1x if you plan to use an Alden or a Glide, and another for Admin/Maintenance, which also covers coaching, coming for a meeting, etc.

Summary of Booking:

Plan in advance – use booking sheet OR arrange session with organiser

**Arrival at GRC**

Again, back to the link above, but use the **Signout/in** tab at the bottom. There is a drop-down menu for boat being used. Please fill in today’s date, boat or activity (more later), your name and time of arrival. You will ALSO use this sheet for completing time of departure.

It is absolutely necessary that this is done in the event of someone who attends the club testing positive for Covid-19 so the appropriate people can be contacted by Public Health.

If arriving by car, use sensible spacing when parking and getting out of car.

The first person to arrive at the club (**a keyholder**) will use the side door as usual and will open the shutters. Nobody else should enter the clubhouse unless to use the toilet (currently only the disabled toilet) or for maintenance. The club room, gym, changing rooms and showers are closed until further notice. Sanitise touch points with the disinfectant wipes.

Please arrive on time for your planned session. Please bring your own mask and wear from entry to the grounds until in boat or on outdoor erg for training.

Please use hand sanitiser on arrival (and departure and times in between)

Please respect all current Scottish Government Guidelines regarding minimum distance from others – this is currently minimum 2m unless from the same household. Exception to this is age 17 and under, who can be closer to help each other when needed – eg when launching/landing but who maintain a minimum 2m distance at other times. Please also respect space needed by others who may be clearing up after their outing and be prepared to wait patiently for the area to be clear.

As usual, always bring a FULL change of clothes and a towel if you plan to boat (spare shoes can be a good idea). These can be left in a car or a small bag can be left in the boathouse for the duration of your visit.

Summary of Arrival:

Sign in – distance- mask – sanitiser- wait your turn – respect space – bring change of clothes

**Boathouse**

The boathouse is sort of indoors, so the number of people in there at one time needs to be minimised. No more than TWO people can enter to collect/return boats/equipment, respecting distancing measures. Please wear a MASK at all times in boathouse.

A small bag can be left in the boathouse during your session, at your own risk. Also, valuables such as electronic car keys/phones can be kept on you and safely dry in a suitable waterproof bag – see watersports/swim suppliers.

Please keep boathouse clean and tidy and take your turn in taking the bin bags to the dump (if you have a car). Please leave boathouse ready for others, allowing a clear space for access to sculls and for wheeling the ergs through for outdoor sessions.

Summary of Boathouse:

Maximum two people – wear mask – keep tidy and organised – leave space for good access

**Clubhouse**

The clubroom, gym, changing rooms and showers are closed until further notice, except for first person entering and last to lock up, for access to the disabled toilet and for maintenance and cleaning.

Summary of Clubhouse:

CLOSED apart from first person to arrive, last to leave, access to toilet, cleaning and maintenance

**Toilet**

The disabled toilet is the only one in use until further notice. This makes it easier to sanitise the toilet that is in use and avoids travel through the changing rooms. There are liquid handwash dispensers and paper towels for added hygiene, disinfectant wipes for touch points on leaving (taps, flush, door handles) and the space is steamed regularly.

**The grounds**

Please keep the grounds tidy by taking away any snack/drinks containers you have used and helping clear any equipment that needs to be tidied away at the end of your session (following guidelines).

Please respect all current distancing measures, including number of households. Please wear a mask when in GRC grounds.

**The steps**

Again, please keep tidy and respect all current measures as above. At some weekend sessions there will be a designated person wearing mask/visor to help the flow of those boating and coaching and to avoid any crowding,

**Boating**

Please be supportive of those who are still learning some independence. If you are already an independent sculler, your encouragement will be valuable at this time of change.

If you are upskilling towards independent launch/land be prepared to get your feet wet (appropriate footwear – old or waterproof)

Activities depend on skill level, appropriate supervision and assistance, verbal coaching and gaining skills

No crew rowing until the Government and Scottish Rowing Guidelines change.

The exception to this is for a crew made up of the same household.

Cleaning of all equipment – we have a separate cleaning document, but please clean everything thoroughly with soapy water and rinse before tidying away. Please empty bucket after use and leave sponges to dry hygienically.

**Outdoor erg sessions**

These are unfortunately a bit weather dependent. There are red marks on the gravel near the bike rack to indicate spacing. The ergs can be placed facing the river at correct distance while being out of the way of boat preparation. All touch points need to be sanitised with disinfectant wipes.

**Leaving GRC**

Ensure you have taken your own possessions away, sanitise touch points with disinfectant wipes and use hand sanitiser. Please don’t leave one person to clear everything up. If you are unsure where things are currently kept, please consult the Captain (alternatively another committee member who will advise)

Sign out electronically and leave promptly.

Summary of Leaving: tidy up, sanitise, work together, sign out

ALSO

Property currently at club (clothing, shoes left in changing rooms) – there will be access at some point so you can remove your own items currently stored there. In the longer term, only necessary items will be stored in changing rooms to make cleaning easier and more effective. Once there has been enough time for collection, remaining items will be counted as discarded and removed.