

ROWING

Covid-19

Best Practice

National Guidelines

Sanitisation

Athletes

	Handle	Seat	Footboard	Gate	Electronics	Resistance	Gunwales	Hatch	Steering
ERG	✓	✓	✓		✓	✓	✓		
BOAT	✓	✓	✓	✓	✓			✓	✓

Notes for Athletes

Please be aware that sanitisers, powerful cleansing agents, chemical agents and antiseptics, may be painful and/or harmful to blisters, open wounds cuts and abrasions. Handle them with care post session and, where required and appropriate, wear chemical-tolerant gloves to either be disposed of or retained for individual use

- Ergometers
 - Sanitise the handle, seat, monitor buttons, foot straps and resistance setting before and after each use
 - It is preferable that you do not use insert cards but if you must, they need to be sanitised
- Boats
 - For Crew boats sanitiser must be sprayed on the back, shoulders and neck of the person in front of you as a precondition to the removal of your mask, alternatively the crew may wear plastic face shields for the duration of their outing
- Sanitiser general
 - All parts of the equipment must be sprayed with sanitizer prior to being touched and when they are returned to their storage place. These include but are not limited to
 - The Gunwales and ribs of the boat
 - The Blade handles and shafts
 - Rowlocks and gate
 - Cox Boxes
 - Microphone

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- Cabling if handled
- Headset
- Steering handles for coxes
- Hatch covers
- Number holder and lane numbers

Staff: including Coaches, MIC's, Selectors

	Handle	Seat	Footboard	Gate	Electronics	Resistance	Gunwales	Hatch	Steering
ERG	✓	✓	✓		✓	✓	✓		
BOAT	✓	✓			✓			✓	✓
Megaphone	✓				✓				
Motor & Fuel	✓								✓
Boathouse	✓				✓				
Dolly	✓								

Notes for Coaches

- Sanitiser general
 - All parts of the equipment must be sprayed with sanitizer prior to being touched and when they are returned to their storage place. These include but are not limited to
 - Your megaphone
 - The motor and fuel system
 - The gunwales, seats and ribs of the boat
 - The dolly handle
 - Ensure your athletes clean their boats, pay attention to:
 - The blade handles and shafts
 - Rowlocks and gate
 - Cox Boxes
 - Microphone
 - Cabling if handled
 - Headset
 - Steering handles for coxes
 - Hatch covers
 - Number holder and lane numbers
 - All boat setting equipment
 - The boat house entrance door handles and pad locks

Regatta Organisers

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	Sanitiser at point of entry	Sanitiser at food station	Sanitiser at liquid refreshment station	Food cooler boxes	Drink Cooler boxes	Ablutions	Awards	Medical
Provide	✓	✓	✓			✓	✓	
Per event individuals	✓	✓	✓	✓	✓	✓	✓	
Staff every 20 minutes	✓	✓	✓			✓	✓	✓

Regatta Staff: Officials

	Control Commission	Rescue	Aligners	Umpires	Finish	Weigh Stations	Marshal	Equipment
Sanitiser at each station	✓	✓	✓	✓			✓	✓
Hourly sanitizing Workspace	✓		✓		✓	✓	✓	✓
Per event individuals	✓					✓		
Officials every 20 minutes	✓	✓	✓	✓	✓	✓	✓	

Notes for Officials

- For Umpires
 - Any equipment shared between pilot and umpire needs to be sanitized when handed over this includes but is not limited to

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- Radios
 - Pens
 - Clipboards
 - Any equipment handed over between shifts needs to be sanitized this includes but is not limited to
 - Radios
 - Flags
 - Megaphone
 - Motorboat controls
 - For Control Commission
 - No sanitizer if gloves are worn
 - Sanitiser station to be provided
 - For Aligner
 - Microphone, radio, pinger, flags and writing equipment to be sanitised prior to handover (this includes when changing between aligner and assistant)
 - For Judge at the finish
 - Stop watches to be sanitised at shift inception
 - Surgical gloves to be worn by all handling stopwatches
- Sanitiser general
 - All parts of the equipment must be sprayed with sanitizer prior to being touched and when they are returned to their storage place. These include but are not limited to
 - Radios
 - Stopwatches
 - Flags
 - Aligner stations
 - Megaphones
 - Clipboards
 - Finish hooter
 - Pinger buttons
 - Fuel containers
 - Motorboat engines
 - Any other equipment handled by officials
- Notes for POJ
 - Constant monitoring of adherence to guidelines
 - Ensure food sanitation protocols in place
 - Ensure cooler box handles and lids are sanitised prior to being stocked

Regatta Staff: Commentary

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	Microphone	Stop watch	Binoculars		
Hourly sanitizing Workspace	✓	✓	✓		

Notes for commentary team

- Sanitise microphones
- Sanitise pens, clipboards and stopwatches

Regatta Staff: Food and Beverage Provision

	Sanitiser at point of entry	Food provision	Drink provision	Food cooler boxes	Drink Cooler boxes
Sanitiser at each station	✓	✓	✓	✓	✓
Hourly sanitizing Workspace	✓	✓	✓		
Per event individuals	✓	✓	✓		
Personnel every 20 minutes		✓	✓		

Regatta Staff: Cleaning

	Sanitiser at point of entry	Toilets	Showers	Wash basins	Urinals	Rubbish bins
Hourly sanitizing Workspace	✓	✓	✓	✓	✓	✓
Personnel every 20 minutes	✓	✓				

Notes for Spectators

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- Use sanitizer wherever stations are provided

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