

ROWING

Covid 19

Best Practice

National Guidelines

Social Distancing

Defined Spaces

For rowing the following area definitions shall be applied:

Venue: Refers to

1. The area within the gates, fence and waterline of an aquatic location including
 - a. Boathouse and clubhouse
 - b. Gym and ergo room
 - c. Jetties, pontoons and docks
 - d. Restaurant bars and catering facilities
 - e. Rowing Tank
 - f. Carpark
 - g. and any other structures or facilities within the property boundary

Where there is no gate or fence, then the property boundary lines shall apply.

Open Space (*Governed by regulations pertaining to parks and beaches*): Refers to

1. The area from the water's edge extending into the water for inland rowing venues and the limit of the sand line and extending into the water for beach venues.
2. The area outside the **venue** as defined above

Maximum number of People at a Venue

The following limitations on max number of persons per **venue** shall apply. Please note the maximum number of total persons shall not be exceeded. *Example: In Level 2 you may have 10 Coaches with a maximum of 40 athletes, or 5 coaches with a maximum 45 athletes, if 5 of the 40 athletes are in the erg room, 10 are in the gymnasium, 5 are on the rowing tank, then there can be no more than 20 taking boats down to the water. This gets progressively more complicated when one adds rowing to canoeing and sailing.*

Where a venue is shared by other sporting codes, then a single total count must be managed across all users of the venue such that the total count does not exceed the **Maximum Total**.

Sporting codes may include but are not limited to:

- a) Rowing (all forms)
- b) Canoeing (all forms)
- c) Sailing (all forms)
- d) Fishing (if performed from within the **venue** limits or boated from the **venue**)
- e) Surfing
- f) Open Water Swimming and Diving

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Safety boats on the water count towards **open space** but when they come ashore the safety personnel count towards the **venue limit**.

The maximum number of ergos permitted is defined by the space available within the erg room, 2m spacing between each ergo all round up to the maximum number permitted in each level

	Level 5	Level 4	Level 3	Level 2	Level 1
Maximum total persons	Nil	Nil	20	50	100
Maximum athletes	Nil	Nil	20	50	100
Maximum coaches	Nil	Nil	Nil	10	20
Safety boats	Nil	Nil	1	5	10
Max Ergometers in use	Nil	Nil	Nil	8	20

Events

	Spacing between crews	Pontoon / Jetty monitoring	Spacing 2m
Control Commission	✓	✓	✓
Spectators			✓
Queues for food and drink			✓

Notes for Athletes

- Social Distancing –
 - Ensure that the minimum 2metre distance is kept between yourself and others
 - Ensure that you observe the national guidelines regarding transportation
 - Ergometers
 - Space the ergometers 2.5 metres apart
 - If you have enough space have them face away from each other (so rowers are back to back)
 - If distancing is not an option the rowers must wear plastic shields
 - If you are able to, row ergometers outside
 - Boats
 - Sculling boats need to observe distancing when carried out of the water
 - Social distancing in crew boats must be mitigated by the use of shields or masks [see PPE](#) in the boat
 - Crew boats need to observe distancing when carried out of the water

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- Awaiting research on the fluid effect of slipstreaming in crew boats

Notes for Coaches

- Social Distancing –
 - Ensure that the minimum 2metre distance is kept between yourself and others
 - Ensure that those in your care adhere to this distance requirement
 - Ensure that you observe the national guidelines regarding transportation regarding numbers of passengers and wearing of masks

Notes for Regatta Organisers

- Ensure social distancing measures in place these may include:
 - Distance between individuals in queues
 - Delivery of food and beverage rather than having people standing in queues
 - Isolation spacing between spectator gazebos
 - Limiting number of people at venue

Notes for Officials

- Social Distancing –
 - Ensure that the minimum 2metre distance is kept between yourself and others
 - This may be relaxed for officials checking boats together with mandatory wearing of masks
 - Ensure that you observe the national guidelines regarding transportation
 - For Umpires
 - Mitigated by sanitization and wearing of PPE
 - 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
 - Space between boats being checked needs to be 2m
 - Only one coach per crew allowed on jetty
 - Only competitors in competition enclosure
 - No war-cries permitted in this area
 - For Aligner
 - Assistant aligner to remain 2 meters distant while races are aligned.
 - For Judge at the finish
 - Masks to be worn by everyone at all times to mitigate distancing
 - All equipment and timekeepers' hands to be sanitised at the start of the day, at each break session or a minimum of 2 hours apart, and at the end of the day.

- Notes for POJ
 - Constant monitoring of adherence to guidelines
 - Ensure a second table is placed in front of the table at which control commission officials will work to maintain social distancing
 - Spectator area to be fenced off from competitors
 - No club war-cries permitted in the venue

- Notes for commentary team
 - Masks to be worn by everyone at all times to mitigate distancing

Notes for Spectators

- Remain in your allocated spectator area
 - Exceptions
 - Purchasing food and beverages
 - Bathroom breaks
 - Where possible car pool to limit the number of vehicles at the venue
 - Restrict your time at the venue where possible