



**Covid-19 Return to Rowing Action Plan & Risk Assessments**

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**1 Menapian Curach: 12 person**

*Row the Erne’s (RtE) Action Plan is informed by gov.uk guidance document “Return to Grassroots Sport...” Referenced document does not directly apply to Northern Ireland, but contains the key principles and guidance standards being followed by National Governing Associations of affiliated sports in the UK*



Please note:

- Crew refers to any person who is on a RtE vessel
- Support crew refers to anyone on land supporting the row in any way.

**1.1 Key Principle 1 - 'Off-field' Activity.**

Control measures to reduce Covid-19 transmission risks before and after a rowing session:

- Only those crew rowing during the session should come to the RtE shed at Waterways Ireland in Enniskillen;
- Crew should not arrive more than 10 minutes before the scheduled row time, and should leave immediately after the boat has been cleaned and secured following the rowing session;
- Crew should maintain 2m social distancing when not on the currach;
- Car sharing to and from rows should be avoided, except for members within household bubbles.; and

## 1.2 Key principle 2 - Prior to activity:

- Crew should self-assess for any covid-19 symptoms or contact risks by asking themselves the following questions:

Current HSC-self assessment (April 21):

1. *Have I tested positive for covid-19 in the last 10 days or are you waiting for a covid -19 test or test result?*
2. *Do I have a high temperature or a fever or have had this symptom in the last 14 days?*
3. *Do I have a change or loss of smell and taste or have had this symptom in the last 14 days?*
4. *Have I been notified by PHA track & trace in the last 14 days that you are a contact of a person tested positive for covid-19?*
5. *Do I live with a person who has tested positive for covid-19, or has had covid-19 in the last 14 days?*
6. *Have I been outside Northern Ireland in the last 14 days?*

- All crew should sanitise hands before commencing activity;
- Face-coverings should be worn, particularly when removing boat-cover;
- Names of all crew should be recorded on the Session Log by the Skipper;
- Crew should cover their nose and mouth when sneezing, and be encouraged to avoid touching their face nose and eyes; and
- Oar handles, gunwales, seats and boathook should be cleaned and sanitised before the row.



### 1.3 Key Principle 3 - During Activity:

- Crew members should use their own personal life jackets if they have them. Club life jackets will also be available. Club life jackets should not be reused for at least 72hs after row;
- Crew should step on / off boat adjacent to the seat they are using to minimise contact with hard surfaces;
- Rows will be low-intensity "technical" sessions to reduce risk from exhaled droplet transmission;
- Water bottles must not be shared and there must be no refreshment breaks whilst rowing; and
- Face coverings are not required during rowing sessions, but may be worn according to individual preference. Note 1 (below);
- After row, all hard surfaces - oar handles, gunwales, seats and boathook - should again be thoroughly sanitized;
- Life jackets should be hung in a designated area and not be reused for at least 72hrs; and
- The skipper should report any breaches of protocol to the Committee via the Session Log. Club disciplinary procedures shall apply.

**Note 1: UK government guidance on face coverings is:**

*“People are not required to wear face coverings while taking part in sport and physical activity. All forms of face coverings may restrict breathing efficiency and should not be used during exercise except on specific advice from a physician.*

*Source: Coronavirus (COVID-19): grassroots sports guidance for the public and sport providers: gov.uk*



## 2 Risk Assessments: Menapian

### 2.1 Covid 19 Risk Assessment Part 1: Droplet Transmission

Contact Point	Type	Proximity	Risk	Interaction Time	Cumulative Risk	Controls / Mitigations	Reasoning	Overall Risk
Prior to rowing		>2.0m	Low	<15min	Low	Maintain 2.0m  Don't meet until 15 min before row.		Low
Rowing session	Not face to face (Crew)	>1.0m	Low	>15min	Low	Sessions to be low-intensity "technical" sessions	Lower intensity reduces risk from exhaled transmission	Low
	Face to face (Skipper and crew)	>1.0m	Low	>15min	Low	Rowing position at stern to be vacant	Increased face to face social distancing for skipper	Low
Post Row		>2.0m	Low	<15min	Low	Maintain 2.0m  Leave jetty immediately after boat is secured		Low

## 2.2 Covid 19 Risk Assessment part 2: Fomite Transmission

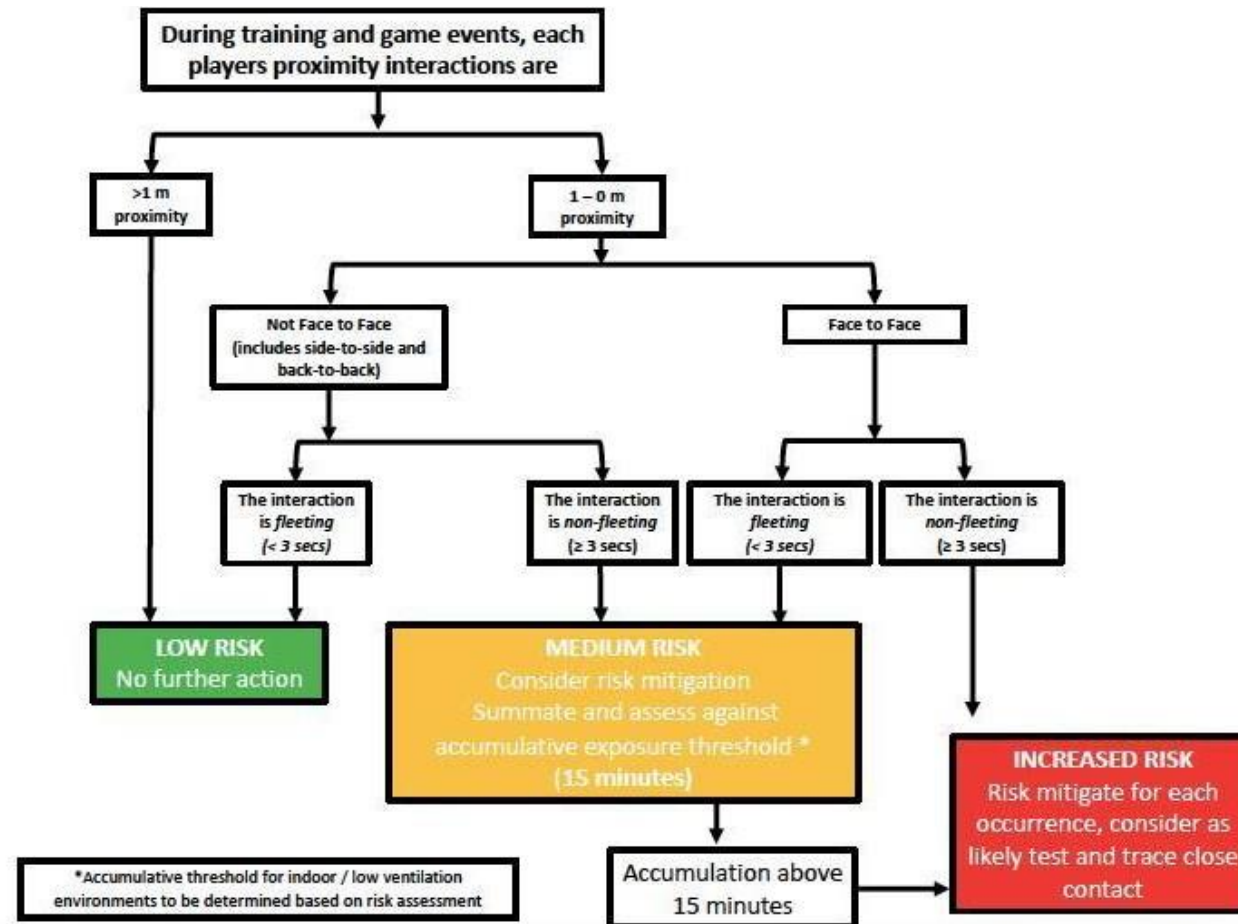
*Please note: Fomite Transmission relates to the transmission of covid-19 through contact with surfaces)*

Contact point	Type	Occurrence	Risk	Length of Time	Cumulative Risk	Controls / Mitigation	Reasoning	Overall Risk
Gunwales, seat and oars  Launch and docking	Hand and clothing	Launching and docking	Medium	< 5 min	Medium	Sanitise hands before touching boat. Avoid contact with areas of boat occupied by other crew. Clean Gunwales, oars and seat after row	Transmission risk reduced by hand sanitising, cleaning of surfaces and avoidance of shared contact points	Low
Gunwales, seat and oars  Rowing session	Hands and clothing	Rowing session	Medium	> 30 min	High	Sanitise hands before touching boat. Avoid contact with areas of boat occupied by other crew. Clean Gunwales, oars and seat after row	Transmission risk reduced by hand sanitising, cleaning of surfaces and avoidance of shared contact points	Low

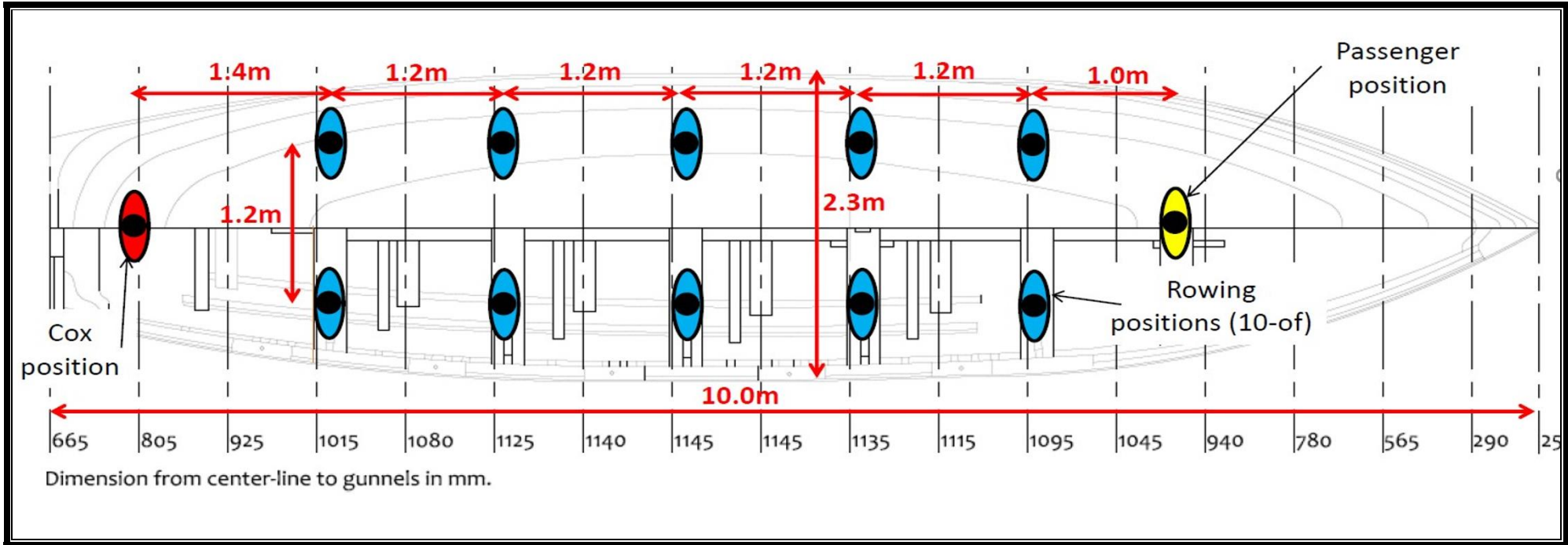
## Appendix 1: Team Sports Risk Exposure

Appendix 1 - A team sports risk exposure framework to inform risk mitigation strategies

Source: Coronavirus (COVID-19): grassroots sports guidance for safe provision including team sport, contact combat sport and organised sport events" gov.uk



**Appendix 2: Menapian Seat Spacing**



*Source: Row the Erne: Menapian- Seat Spacing Study 8<sup>th</sup> May, 2021.*