

TTARC Procedure for Managing Covid-19

Introduction

This document outlines the procedure for easing Covid-19 restrictions at Talkin Tarn Amateur Rowing Club, as agreed by the TTARC Committee on 2nd June 2020 and at subsequent Committee meetings. It is expected that this procedure may play-out over a number of months and is likely to change over time as both government and British Rowing advice on this matter is published. The Club and its Committee will, therefore, need to remain vigilant and pragmatic to allow for changes to be made where required.

All persons reading this procedure are asked to keep in mind that the number one priority of TTARC is the safety of our members and the public. Government guidance will always take priority over any rowing-specific advice.

It is appreciated that there will be some members who are more risk-averse than others, however the Club will have to reopen at some point; social distancing is likely to still be in place and members will have to be trusted to act in an appropriate manner to some degree. Those who are not confident about returning do not have to attend the Club.

Please note, this procedure has been drawn up with the best intentions of those involved and no guaranteed prior expertise on the subject of global pandemics or sport club responses to them. Please respect the efforts taken to create this document when reviewing its contents. Please also appreciate that the Committee will require time to discuss any change in British Rowing or government guidance and so members should not expect immediate response to any change.

Related Documents

- UK Government Department for Digital, Culture, Media and Sport: *Guidance for the public on the phased return of outdoor sport and recreation in England*
- UK Government Guidance for *Providers of grassroots sport and gym/leisure facilities*
- British Rowing: *Coronavirus Advice – Returning to Rowing*
- *British Rowing Coronavirus Advice – Managing Covid-19*
- TTARC Covid-19 Risk Assessment

Teams

It is envisaged that the easing of Covid-19 restrictions at TTARC will be a relatively long and complex process, involving a vast amount of input at various stages from the Club Committee and Officers. As a Club, we must remember that some members may have been directly affected by Covid-19 and may not have the capacity or desire to get involved in a way they normally would. Similarly, some members fall into vulnerable groups and may not be able to help in the expected way. No member of TTARC has ever been through this before and it is important to remember that they may need support along the way.

As such, and in line with British Rowing guidance, a number of sub-committees have been formed to manage the easing of Covid-19 restrictions. Where appropriate, a member not withholding any current officer or Committee role may join a sub-committee if it is deemed necessary. The idea here is not to put any great responsibility on the sub-committees, but to provide clear ownership for any inevitable actions arising from steps taken in the coming months and reduce the likelihood of actions falling onto a few people only. If everyone does their bit and works together, the job will be a lot easier. Please note, the normal non-Covid-19 officer roles remain as normal and the detail given below refers only to Covid-19 actions.

It is envisaged that at subsequent Committee meetings, Covid-19 will become a standard agenda item and that each sub-committee will feed back any information as required. Each sub-committee has been advised to read the relevant section of British Rowing guidance in their *Coronavirus Advice – Returning to Rowing/Managing Covid-19* documents.

Sub-Committee	Members	Topics Overseen
Safety & Welfare	Safety Officer Welfare Officer Junior Representative	Reviewing the Club risk assessments as changes occur, responding to welfare concerns about Covid-19, reviewing first aid procedures regarding Covid-19
Cleaning & Security of Club Facilities	Vice Captain Committee Member x 1	Sourcing required cleaning materials, reviewing cleaning strategy as restrictions are lifted, reviewing security if Club is shut
Rowing Competence & Coaching	Captain (in collaboration with Coaches)	Reviewing what boats and blades can be used, by whom and when; reviewing competence with coaches for who can go out on the water at various levels
Finance & Membership	Treasurer Membership Secretary Explore Rowing Coordinator Learn 2 Row Coordinator	Reviewing Club finances as a result of Covid-19 changes, keeping an eye on membership numbers, considering ways to keep members engaged or gain new members during this time
Communication	Secretary Web Manager	Maintaining effective communication with Club members as things change, liaising with the Council and other relevant bodies; keeping morale up
Compliance and Overall Strategy Control	Chair Vice Chair President Secretary	Dealing with complaints and member queries relating to Covid-19; making final decisions on when to move between the levels outlined below without the need for full Committee consultation

Sanctions

It has been recognised that a lack of tangible detail and direction from trusted bodies can be frustrating and unhelpful. As such, this procedure aims to set out clearly the practical steps which TTARC plan to take in order to ease restrictions. Concurrent to this runs a need to enforce the rules set out in this document and act accordingly where they are not followed.

Whilst the proposal for sanctions below may seem strict, it is anticipated that where the rules are made clear enough and member safety is valued, any person not able to follow the rules should be sanctioned. To avoid a clash with existing Club policies, the sanctions below are only imposed for Covid-19- related breaking of rules. Any other issue should be dealt with as per the Club's existing procedures.

In order to be fair, any claim that a person has broken a Covid-19 related rule (detailed below) must be backed up by one or more of the following conditions:

- Photographic evidence of the rule being broken
- More than one member providing a witness statement that the rule was broken

The Compliance and Overall Strategy Control Sub-Committee will have the final say on whether sanction is required based on the above evidence.

The Club will run a 'traffic light' system:

Traffic Light Level	When Issued	Sanction
GREEN	To be issued to any member who breaches any relevant rule at any stage for the first time	Written warning from the Compliance and Overall Strategy Control Sub-Committee
AMBER	To be issued to any member who breaches any relevant rule at any stage for the second time	2-week ban from the Club
RED	To be issued to any member who breaches any relevant rule at any stage for the third time	Club enters disciplinary proceedings aimed at termination of membership

General Rules

The following rules will apply throughout every stage of the Club's easing of Covid-19 restrictions.

1. Persons must not leave their home to go rowing or attend the Club if Government advice means they should stay at home. This includes members who have been abroad to a country on the quarantine list or visited (e.g. worked in or stayed with family in) areas of localised lockdown; these members must not attend the Club for 14 days since leaving that area.
2. Persons must not leave their home to go rowing or attend the Club if Government advice means they are in a vulnerable category and have been advised to shield from Covid-19.
3. Persons must treat all others with respect at all times and obey all instructions relating to Covid-19 (includes Committee, Council staff, members of the public).
4. Persons must ensure that when planning to exercise or row during Covid-19, any new control measures and/or rules should be followed in addition to their normal responsibilities as a member of TTARC.
5. Persons must wash their hands at regular intervals, especially after having touched shared equipment or infrastructure with either:
 - a. Soap and water for at least 20 seconds
 - b. Alcohol-based hand sanitiser if no soap and water is available.
6. All boats, blades (including shafts), riggers, door handles, locks, shutter chains and other common infrastructure (including privately owned items) must be cleaned with water and soap, or an alternative antibacterial substance, **before and** after every use to a high standard.
7. Club maintenance equipment such as tools (e.g. rigger jiggers) etc. must only be used where an individual does not have access to their own personal items. If used, both the equipment and the person's hands should be thoroughly washed after use.
8. Persons must remain mindful of the fact that wildlife (particularly nesting birds) may have moved into the Club. Persons must not disturb, move or destroy the nest of a wild bird as this is illegal.
9. All members must operate within the local restrictions assigned to TTARC by the Government, regardless of where they travel from. If a member lives in an area other than 'Carlisle', there may be additional restrictions communicated to them due to their local alert levels. **If the Government deploy surge testing in the area in which a member lives, they should get tested and only take part in rowing activity if the test result is negative.**

Please note that by agreeing to attend the Club, all members who use the Club facilities (including private boat owners) will be taken to have opted-in to and agreed to following those rules set out above in addition to the rules stated in the relevant **Phases sections** below.

Procedure for Response to a Positive Covid-19 Case within TTARC

Any member attending the Club must only do so by following the procedures set out below relating to booking or signing in. This is to enable the Club to maintain a record of any person who has been at the Club and allow for contact traceability where necessary. Where any attending member or a member of their household finds themselves to be symptomatic, they must be tested for Covid-19 and inform the Club of their situation at the earliest opportunity. It is anticipated that the Government's Track and Trace system may lead to the Club needing to follow guidance given to them by the Track and Trace service. All other members who have rowed in a crew with the Covid—positive individual within the last 14 days must also be tested before returning to the Club. Members and any other persons must not attend the Club whilst awaiting test results. Where a test result is returned positive, they must inform the Club in writing immediately. The Club may then respond by restricting access to the Club for that squad or some of its members, or by closing in its entirety for 14 days from the date on which that member or other person was last in attendance to the Club. This will be reviewed on a case-by-case basis by the Compliance and Overall Strategy Control sub-committee.

Levels

The following levels have been created to directly align with the British Rowing: *Coronavirus Advice - Managing Covid-19* document. The Compliance and Overall Strategy Sub-Committee will have the final decision on when TTARC move up or down levels. They will aim to move up or down levels as and when the Government change their guidance, or British Rowing announce that *they* are changing the rules within a Level (assuming the Council allow this) although this may not always be the case and their discretion is allowed in order to ensure member safety. Whenever the Club moves up or down levels, it is expected that a number of actions will be required in order to ensure that the Club is able to safely transition through the change. Changes may take time and all members should prepare themselves to be patient and not expect immediate reaction to any British Rowing guidance change. In light of the above, please try not to bombard the Committee with requests for changes to occur sooner. At the time of any movement up or down levels, a new communication will be issued to all members informing them of the change and any details as shown below, including what Level can be expected for which areas of the Club.

Reversibility

Where necessary, the Club reserve the right to regress down levels in response to change and to protect member safety. Depending on circumstance, this may occur rapidly. Where regression down levels is required, a communication will be issued to all members informing them of the change and any details.

LEVEL 5

(Based on previous Lockdown & Phase A)

What British Rowing Say

- FACILITIES: All Club facilities are closed.
- HOSPITALITY: All Club hospitality facilities are closed.
- WATER: No on-water rowing activity.
- INDOOR: No indoor Club activity.
- COMPETITION: No competition.

TTARC Interpretation

GENERAL (Applies to all areas of the Club)

- The Club is shut for all activities, including administration and maintenance. A communication is sent to all members via email and a notice posted on the Club entrance to inform of the above. The Council will be informed by the Club Secretary.
- The Club Captain may arrange, if safe to do so and permissible with government guidelines, for Club-owned rowing machines and free weights to be loaned free of charge to members on a first-come, first-served basis prior to the Club entering this Level. Persons must only attend the Club in accordance with confirmation by the Captain.
- The Club Captain may arrange with owners of private equipment to attend the Club facilities for the sole purpose of removing their personal belongings from the Club prior to entering this Level. These belongings will not be allowed back into the Club until further notice and only subject to permission from the Captain and following any relevant rules and guidelines. Any persons removing personal equipment from the Club must do so at their own risk.
- With permission from the Club Captain, the Cleaning & Security of Club Facilities sub-committee will arrange for the Club building to be fully secured, including padlocking the shutter door chains, emptying bins and turning off any unnecessary equipment (e.g. fridge if can be left empty).
- The Club Captain will (if allowable by government guidelines) arrange for somebody to attend the Club once per week to check the facilities and run all taps for five minutes per week to mitigate Legionnaire's disease.
- Face coverings are mandatory for the duration of any attendance to the Club, apart from when exercising. This includes all attendance to the Club, whether indoor or outdoor.
- A regular Club Update will be sent to all members with the purpose of keeping up morale, sharing relevant news and maintaining virtual rowing activities e.g. coaching tips, virtual league.
- The fact that any person may be partially or fully vaccinated against Covid-19 does not change what restrictions apply to them.
- The Committee will begin to prepare for how to transfer into the next level.

FACILITIES

- TTARC do not own any Club facilities (i.e. showers or changing rooms). These facilities are owned and operated by the Council. Council rules will therefore be followed in relation to use of facilities during this Level. A communication will be sent to all members informing them of any changes to Council policy in relation to use of facilities.

HOSPITALITY

- The TTARC kitchen area will be closed and suitably segregated with signage.

WATER

- There will be no endorsed Club use of any water. If any member chooses to use their own private equipment, they do so without Club endorsement and are responsible for organising their own risk assessment and launching permissions and must not wear Club colours for the duration of any outing.

INDOOR

- The TTARC Gym will be closed and suitably secured with signage.

COMPETITION

- There will be no endorsed Club involvement in any competition, unless held virtually.

LEVEL 4

(Based on previous Phases B & C)

What British Rowing Say

- FACILITIES: Minimum facilities to allow Covid-secure boating only
- HOSPITALITY: Covid-secure takeaway services only
- WATER: Single household crews for personal exercise only. Single household crews mean singles or crew boats made up of a single household or support bubble.
- INDOOR: Personal exercise only
- COMPETITION: Covid-secure intra-club competition

TTARC Interpretation

GENERAL (Applies to all areas of the Club)

- TTARC will only enter this Level once confirmation is received from the Council that boating may resume.
- If Level 4 is entered immediately following any period in Level 5, prior to any use of the Club, the Captain may allow access to the Club for individuals who hold an officer role or place on the Committee, for the sole purpose of preparing the Club for Level 4 e.g. access to the Safety Officer to carry out safety checks on the building. A full safety inspection of the site will be carried out (with permission from the Captain) prior to any further activity, including the boathouse buildings, landing stages, changing rooms (where open) and relevant Tarn path. An assessment of the water will be carried out by no more or less than two competent safety-boat drivers to check for weed and shallows (on separate occasions and only after having washed down the safety launch and all associated equipment before and after use).
- The Captain will stagger all attendance to the Club where possible.
- Face coverings are mandatory for the duration of any attendance to the Club, apart from when exercising. This includes all attendance to the Club, whether indoor or outdoor.
- Posters will be put up around the Club to remind members of the rules and requirements of this Level and Club members are advised to review the British Rowing guidance which has advice for rowers returning to Clubs prior to their attendance.
- Any member attending the Club is advised to travel alone where possible or with members of their own household; car sharing and use of public transport to access TTARC should be restricted as much as possible; where necessary, government guidelines must be followed. If cycling to the Tarn, bikes should be stored out of the way, away from the Main entrance and not in the gym. Any member whose home address, or place of living, is in a different government local alert level area may have further restrictions placed upon them. These will be communicated to the relevant individuals via email if restrictions are to be in place.
- All Club First Aiders will be advised on British Rowing's latest guidance with regards to carrying out First Aid during Covid-19.
- In order to maintain traceability for all attendees, any member attending the Club must actively register their attendance online, prior to attending each session using a pre-communicated Team Up calendar. Details of the signing in register will be sent out via email. Anyone found to have not signed in prior to attending the Club will be automatically notified to the Compliance & Overall Strategy Control sub-committee for action.
- There shall be no parking in front of the boat shed as this restricts space around the shed and makes it harder for members to socially distance.
- If at any point any equipment is damaged, this must be reported as usual.
- There may be no congregating to socialise in any location around the Club; all members must remember that our Club is in a public place and we must set an example to avoid tarnishing Club reputation.
- The fact that any person may be partially or fully vaccinated against Covid-19 does not change what restrictions apply to them.
- The Committee will begin to prepare for how to transfer into the next level.

FACILITIES

- TTARC do not own any Club facilities (i.e. showers or changing rooms). These facilities are owned and operated by the Council. Council rules will therefore be followed in relation to use of facilities during this Level. A communication will be sent to all members informing them of any changes to Council policy in relation to use of facilities.
- Members attending the Club are encouraged to arrive in kit, ready to row to avoid unnecessary sharing of changing room facilities (where they are available at all).

HOSPITALITY

- The TTARC kitchen area will be closed and suitably segregated with signage. All members must bring a drink with them if desired.

WATER

- A squad system will be used. Every member of the Club will be allocated to a squad; in general, squads will be formed of members of similar ability, experience, availability or coaching preference, however some flexibility will be required to ensure members are not disadvantaged, at the Rowing Competence & Coaching sub-committee's discretion. The Club will endeavour to keep members of the same household in the same squads to avoid cross-contamination across a wider range of members should a positive test result be received within the Club. Each member will only be allowed to be part of one squad. Any member may not train with more than one squad. To do so will result in immediate notification to the Compliance & Overall Strategy Control sub-committee for action. Even members who desire no coaching and wish to train alone will be allocated to a squad for the purpose of obtaining training time. Each squad will be given time slot(s) within a weekly calendar during which they are allowed to attend the Club for training. No member may encroach on another's squad's time slot or outstay their own timeslot. Whilst booking will not be required, members must only attend during those time slots allocated to their squad and not at any other time of the week. Where a squad has more than 12 members (including any Coach), staggered start times will be introduced to avoid a congregation of more than 12 persons in communal areas of the Club. Where squad numbers are low, multiple squads may be given the same weekly time slot(s) for training but must maintain social distancing at all times. Every member will receive a personalised communication from the Club, detailing which squad they are in, which Coach they should report to and when they can attend the Club. Coaches will be allowed to row in one squad and Coach another squad, so long as they maintain 2m social distance at all times from the squad that they Coach.
- The Pink, Blue, Red and Teal squads will be offered weekday morning slots for training. In order to attend these weekday morning sessions, any member must first apply for and receive permission in writing from the Club. This is to ensure that the Club have assessed individual competence to train autonomously without supervision and therefore assessed that all members can train safely. Where permission is not granted, this is for your own safety and you must not attend the weekday morning sessions. Where possible, a Committee member or Coach will open and lock the shed for these morning sessions. Where this is not possible, one member who has signed up will be appointed as the responsible person for each session – this person will become responsible for opening and closing the shed at the beginning and end of the session and ensuring that all attendees adhere to the rules during the session.
- Rowing will only be permitted in single sculls, or larger boats only where the members are from the same household. For example, a husband and wife living in the same household may take out a double. Restricted and stable singles are included at the discretion of the Rowing Competence and Coaching sub-committee.
- Where possible, and only with approval from the Rowing Competence and Coaching sub-committee, boats being used may be moved to other locations within the shed to facilitate social distancing.
- All equipment, including blades and boats must be washed prior to and following use. Squad training times include the time taken to arrive at the Club, wash all required and relevant equipment, train, wash all required and relevant equipment again and be walking away from the Club. All attendees will be asked to remove their boat from the shed asap upon attending and do all washing etc. outside regardless of weather conditions. In this scenario, it is feasible that members could achieve around an hour on the water.
- The Club will operate an in and out landing stage system to facilitate a one-way system for boating (see Appendix 1). All boats launch from the out-landing, in front of the playground. All boats land at the in landing, in front of the sailing boats. All shoes and belongings must be taken with the rower in the boat and not left on the bank. Should any crew have to land sooner than originally anticipated, they must give priority to any boats launching or preparing to go out.
- Only those members who have been granted permission by the Captain, in liaison with the individuals' Coach, on the grounds on competence, may attend the Club to row. Competence includes being able to move a boat from the shed to/from the water alone (with help from one other if absolutely necessary), launch/land without assistance (or with assistance from a household member only) and being able to self-rescue. There must always be at least two persons signed up for any given session or you may be turned down on safety grounds. The Rowing Competence & Coaching sub-committee have the final say on who can go out. Any persons attending the Club to aid with boat-carrying or launching (e.g. parent, household member) must only enter the shed to carry equipment and must stay outside otherwise.
- There will be no safety launch for the duration of this Level. Individuals will be responsible for checking the weather conditions and only launching where they are confident that their assessed competence still stands in changeable weather. All members should consider their own competency both on and off the water; where members have never been in a single, this is not the time to try one. Although other members may be about, all persons must remember that they should not rely on anyone else to rescue them.
- For the duration of this Level, any water use must be done for the purpose of personal exercise only. There will be no in-person Coaching. Although boats may train together, there must be no racing or use of the racing line (down the middle of the Tarn).
- Any Junior attending the Club to row must have an adult supervising them at all times (ideally a parent/guardian).
- Members must bring with them equipment-washing facilities (e.g. a bucket, sponge, soap, towel) and a watch for keeping time.

INDOOR

- The TTARC Gym will be closed and suitably secured with signage.

COMPETITION

- There will be no endorsed Club involvement in any external competition, unless held virtually. This is non-negotiable. Any member who wishes to row at any external competition as a member of another Club must inform TTARC in writing prior to attending the event. Any member attending an external event as a member of another Club will be seen to be putting other TTARC members at risk, defying the TTARC Club spirit and its efforts to work together through the Covid-19 pandemic. Therefore, they and any relevant equipment, including boats, trestles and blades must not return to TTARC in any capacity for 14 days following attendance to the event.

LEVEL 3

(Based on previous Phases D & E)

What British Rowing Say

- FACILITIES: All Covid-secure facilities open with specific limitations
- HOSPITALITY: Covid-secure catering and bar facilities open with specific limitations
- WATER: All crew boats allowed subject to Covid-secure protocols with specific limitations
- INDOOR: Indoor training allowed subject to Covid-secure protocols with specific limitations
- COMPETITION: Covid-secure private matches and affiliated competitions subject to specific limitations

TTARC Interpretation

GENERAL (Applies to all areas of the Club)

- TTARC will only enter this Level once permission is received from the Council.
- If Level 3 is entered immediately following any period in Level 5, prior to any use of the Club, the Captain may allow access to the Club for individuals who hold an officer role or place on the Committee, for the sole purpose of preparing the Club e.g. access to the Safety Officer to carry out safety checks on the building. A full safety inspection of the site will be carried out by the Safety and Welfare sub-committee (with permission from the Captain) prior to any further activity, including the boathouse buildings, landing stages, changing rooms (where open) and relevant Tarn path. An assessment of the water will be carried out by no more or less than two competent safety-boat drivers to check for weed and shallows (on separate occasions and only after having washed down the safety launch and all associated equipment before and after use).
- The Captain will stagger all attendance to the Club where possible.
- Face coverings are mandatory in all *internal* areas for the duration of any attendance to the Club, apart from when exercising. This includes all indoor areas, including the boat shed and changing rooms/toilets. Face coverings are *recommended* in external areas but are not *mandatory*.
- Posters will be put up around the Club to remind members of the rules and requirements of this Level and Club members are advised to review the British Rowing guidance which has advice for rowers returning to Clubs prior to their attendance.
- Any member attending the Club is advised to travel alone where possible or with members of their own household; car sharing and use of public transport to access TTARC should be restricted as much as possible; where necessary, Government guidelines must be followed. If cycling to the Tarn, bikes should be stored out of the way, away from the Main entrance and not in the gym. Any member whose home address, or place of living, is in a different government local alert level area *may* have further restrictions placed upon them. These will be communicated to the relevant individuals via email if restrictions are to be in place.
- All Club First Aiders will be advised on British Rowing's latest guidance with regards to carrying out First Aid during Covid-19.
- In order to maintain traceability for all attendees, any member attending the Club must actively register their attendance online, prior to attending each session using a pre-communicated Team Up calendar. Details of the signing in register will be sent out via email. Anyone found to have not signed in prior to attending the Club will be automatically notified to the Compliance & Overall Strategy Control sub-committee for action.
- There shall be no parking in front of the boat shed as this restricts space around the shed and makes it harder for members to socially distance.
- If at any point any equipment is damaged, this must be reported as usual.
- There may be no congregating to socialise in any location around the Club; all members must remember that our Club is in a public place and we must set an example to avoid tarnishing Club reputation.
- The fact that any person may be partially or fully vaccinated against Covid-19 does not change what restrictions apply to them.
- The Committee will begin to prepare for how to transfer into the next level.

FACILITIES

- TTARC do not own any Club facilities (i.e. showers or changing rooms). These facilities are owned and operated by the Council. Council rules will therefore be followed in relation to use of facilities during this Level. A communication will be sent to all members informing them of any changes to Council policy in relation to use of facilities.
- If open and allowed by the Council, members may use the Council changing rooms to get changed and/or shower, however this use should be minimised and members must arrive ready to row where possible. All bags and belongings must be stored in the changing rooms and not left in the shed.
- Any use of the changing rooms must be for short time periods and for the purpose of getting changed/using the toilets/showering only.
- There may be no more than 3 persons in the changing room/toilets/showers at any given time and all persons must remain 2m apart.

HOSPITALITY

- The TTARC kitchen area will be open for the purpose of making takeaway drinks only. All members may enter the kitchen area during their own Squad session only to make a drink. All surfaces that are touched must be cleaned before and after use using the wipes/cleaning materials available. All drinks must be consumed outside and must not be consumed inside. Only one person may use the kitchen area at any given time and only during their own Squad time slot. No member may enter the gym to attend the kitchen area if another Squad is using the gym or if there are 30 persons already in the gym.

WATER

- A squad system will be used. Every member of the Club will be allocated to a squad; in general, squads will be formed of members of similar ability, experience, availability or coaching preference, however some flexibility will be required to ensure members are not disadvantaged, at the Rowing Competence & Coaching sub-committee's discretion. The Club will endeavour to keep members of the same household in the same squads to avoid cross-contamination across a wider range of members should a positive test result be received within the Club. Each member will only be allowed to be part of one squad. Any member may not train with more than one squad. To do so will result in immediate notification to the Compliance & Overall Strategy Control sub-committee for action. Even members who desire no coaching and wish to train alone will be allocated to a squad for the purpose of obtaining training time. Each squad will be given time slot(s) within a weekly calendar during which they are allowed to attend the Club for training. No member may encroach on another's squad's time slot or outstay their own timeslot. Whilst booking will not be required, members must only attend during those time slots allocated to their squad and not at any other time of the week. Where a squad has more than 30 members (including any Coach), staggered start times will be introduced to avoid a congregation of more than 30 persons in communal areas of the Club. Where squad numbers are low, multiple squads may be given the same weekly time slot(s) for training but must maintain social distancing at all times. Every member will receive a personalised communication from the Club, detailing which squad they are in, which Coach they should report to and when they can attend the Club. Coaches will be allowed to row in one squad and Coach another squad, so long as they maintain 2m social distance at all times from the squad that they Coach.
- The Pink, Blue, Red and Teal squads will be offered weekday morning slots for training. In order to attend these weekday morning sessions, any member must first apply for and receive permission in writing from the Club. This is to ensure that the Club have assessed individual competence to train autonomously without supervision and therefore assessed that all members can train safely. Where permission is not granted, this is for your own safety and you must not attend the weekday morning sessions. Where possible, a Committee member or Coach will open and lock the shed for these morning sessions. Where this is not possible, one member who has signed up will be appointed as the responsible person for each session – this person will become responsible for opening and closing the shed at the beginning and end of the session and ensuring that all attendees adhere to the rules during the session.
- Members may row interchangeably in singles, coxed/coxless doubles/pairs or coxed/coxless fours/quads, as long as this is only done within the squad. Coaches will keep a track of any crews formed in their squads and hold this on record for track and trace. Any individual joining a crew must do so of their own accord, having considered and understood the risks involved. Members of the same household will be permitted to join different crews, however they should consider carefully the impact this may have on other members who may be then linked to any Covid-19 cases in another crew/squad. For example, a husband and wife may row in different crews, but should the husband's crew have a suspected case of Covid-19, the wife's crew must also then follow the Club protocols outlined above for testing. This highlights the fundamental importance of all members following rules at all times and bolsters the need for stringent disciplinary procedures to be taken where rules are broken. It will only take one member breaking a rule one time to close our Club. Where possible, Coaches working with Junior members must endeavour to put together crews from the same school if numbers allow.
- Any cox must be a part of the squad they are to cox. Where possible, bow-loading coxed boats should be used to mitigate the risks associated with coxes facing rowers. Where this is not possible, stern-loader coxed boats may be used. All coxes must wear appropriate PPE. In a bow-loader boat, this must include a face covering. In a stern-loading boat, this must include a face covering AND eye covering, preferably a visor. A limited number of visors will be provided by the Club; these must not be shared between members under any circumstances. Where possible, a cox-box must always be used to avoid shouting which increases the risk of droplet transmission. The microphone of any cox box must be placed outside the cox's face covering. If availability allows, the Rowing Competence & Coaching sub-committee must endeavour to allocate each cox the same cox box each time they cox. Where cox-boxes are not used, coxes must refrain from shouting to avoid droplet transmission. Cox boxes must be cleaned before and after each session to a high standard. Prior to the first session, the Coach must discuss with the cox and crew, the plans for mitigating risk from Covid during the session. If the cox or crew feel unsafe at any point, the Coach must support the crew and adaptations made as soon as possible.
- Individuals must remain 2m apart unless in the boat; this includes washing the boat, carrying the boat and launching. Members are encouraged to clean their own part of any boat where possible. Any crew made up of mixed-household individuals must row full-crew at all times once on the water to avoid the likelihood of coming closer than 1m whilst in the boat (i.e. if stroke sits the boat whilst bow rows, bow enters within 1m of stroke). Individuals must refrain from shouting whilst on the water as this can increase the risk of droplet transmission.
- Any member wishing to swap squads must apply to the Compliance & Overall Strategy Control sub-committee via email to the Club for approval, which, if given, will stipulate that members only swap squads following a 7-day period without attending the Club. Members should carefully consider their need to apply to swap squads for the duration of this Level.
- Where possible, and only with approval from the Rowing Competence and Coaching sub-committee, boats being used may be moved to other locations within the shed to facilitate social distancing. The Rowing Competence & Coaching sub-committee will endeavour to allocate equipment for which any given squad has priority, where possible. This equipment must be used where available over any other equipment. This is to limit the movement of equipment between squads as much as possible. For the duration of this phase, communication between members and their Coaches will be fundamental to success.

- All equipment, including blades and boats must be washed prior to and following use. Squad training times include the time taken to arrive at the Club, wash all required and relevant equipment, train, wash all required and relevant equipment again and be walking away from the Club. All attendees will be asked to remove their boat from the shed asap upon attending and do all washing etc. outside regardless of weather conditions. In this scenario, it is feasible that members could achieve around an hour on the water.
- The Club will operate an in and out landing stage system to facilitate a one-way system for boating (see Appendix 1). All boats launch from the out-landing, in front of the playground. All boats land at the in landing, in front of the sailing boats. All shoes and belongings must be taken with the rower in the boat and not left on the bank. Should any crew have to land sooner than originally anticipated, they must give priority to any boats launching or preparing to go out.
- Only those members who have been granted permission by the Captain, in liaison with the individuals' Coach, on the grounds on competence, may attend the Club to row. Competence includes being able to move a boat from the shed to/from the water alone (with help from one other if absolutely necessary), launch/land without assistance (or with assistance from a household member only) and being able to self-rescue. Crew boats must be able to launch autonomously – no person may hold another person's rigger, gate or blade shaft unless they are from the same household and able to maintain a 1m+ distance from any other member. If absolutely necessary, in crew boats, members may hold their own rigger to aid with another crew member entering the boat at another seat, as long as they maintain a 1m+ distance whilst doing so. It is acceptable for assistance to be given with pushing off from the bank or landing but only via the person on the bank touching the painted spoon of the blade only. Any persons attending the Club to aid with boat-carrying or launching (e.g. parent, household member) must only enter the shed to carry equipment and must stay outside otherwise.
- There must always be at least two persons signed up for any given session or you may be turned down on safety grounds. The Rowing Competence & Coaching sub-committee have the final say on who can go out.
- Organised coaching sessions may take place, at the discretion of the Rowing Competence & Coaching sub-committee. Coaching may take many forms, from email correspondence and virtual video meetings to bank/water Coaching. Coaching will only take place where individual Coaches are willing and feel comfortable taking part. Where Coaches do attend the Club, they must restrict themselves from congregating with other members (aka, no congregating around the shed when people are getting boats in and out unless carrying a boat). Coaches will be required to follow Council rules (e.g. one-way systems) and must Coach from a remote location on the bank. Where more than one Coach are in attendance at any one time, they must not stand in the same location and must retain social distance from the path where possible. All persons must treat all Coaches with respect at all times; no person shall pressurise any Coach to carry out coaching of any form during the pandemic at any time.
- Although boats may train together, there must be no racing or use of the racing line (down the middle of the Tarn).
- Any Junior attending the Club to row must have an adult supervising them at all times (ideally a parent/guardian but could be a Coach if previously agreed with the Coach).
- Members must bring with them equipment-washing facilities (e.g. a bucket, sponge, soap, towel) and a watch for keeping time.
- The safety launch will be operational pending safety launch driver availability. The Safety launch will only operate where demand requires it to do so (e.g. if inexperienced members have signed up to row). Safety Launch drivers do so at their own risk and only where they feel comfortable. Safety launch drivers must be able to take the safety boat from the shed to/from the water and launch/land alone or with help from a household member only, unless a social distance of 2m can be maintained at all times. The safety launch must be cleaned thoroughly before and after each session to a high standard by the driver. All safety launch drivers must wear (in addition to the usual life jacket) face covering, apron and gloves at all times when providing safety cover. Aprons and gloves will be provided by the Club. Face coverings should be provided by individuals themselves. Where any person wishes to source their own PPE, this is allowed as long as it conforms to the apron and glove requirements of British Rowing. A spare face covering must be carried for use by any person who might need rescuing (any person being rescued should put the face covering on at the earliest convenient opportunity during/following rescue, as advised by British Rowing). Where the weather forecast shows unfavourable conditions for less experienced members, the Rowing Competence & Coaching sub-committee may cancel the safety launch driver and inform any less experienced members not to attend the Club.

INDOOR

- The TTARC Gym will be open during this Level for use by squads in their allocated training times. The gym will otherwise remain closed.
- Only one squad may use the gym at any one time. All squad members may use the gym at the same time, so long as the total number of occupants in the gym does not exceed 30 members (including the Coach and any spectators e.g. parents). Where more than 30 persons wish to use the gym at any one time, the Squad Coach must prioritise and decide which members gain access.
- At weekends, squads *must* use the water for training. Where bad weather or any other unexpected circumstance (e.g. a crew member not turning up) forces members off the water during their allocated training slot(s), Coaches must work together to determine which ONE squad may use the gym at any one time. Other squads may partake in land training (e.g. a run) so long as a 2m social distance is maintained at all times.
- The gym will be configured to allow attendees to socially distance and follow government guidelines for indoor gym facilities. At all times when the gym is in use, all doors (including the external door) must be opened to allow for adequate ventilation of the room. The air conditioning unit must not be used at any time to prevent droplet dispersion.
- Any equipment which is out of bounds shall be segregated and signed as such by the Captain. No person may access this equipment unless otherwise instructed by the Captain.
- There shall be no use of any equipment with flywheels, including rowing machines and bikes, as there is too high a risk of droplet transmission from the air movement caused by the equipment.
- All used gym equipment must be cleaned at the beginning and end of every session using the antibacterial wipes provided. Coaches must plan their sessions accordingly to allow time for this. Should any Coach wish for their squad members to share equipment (e.g. a leg press), this equipment must be thoroughly cleaned between each individual member using it. Ideally, Coaches should plan their sessions so that each individual member attending uses the minimum amount of equipment possible and sticks to the same equipment for the duration of the session.

- A cleaning station will be provided for the purpose of cleaning down equipment both before and after use, to a high standard. It will be responsibility of the individual user to ensure equipment is cleaned appropriately.
- Any Junior attending the gym must have an adult supervising them at all times (ideally a parent/guardian but could be a Coach if previously agreed with the Coach).
- All persons using the gym area must maintain a 2m social distance from others at all times.
- All gym equipment must be left in a safe state e.g. weights removed from bars.

COMPETITION

- There will be no endorsed Club involvement in any external competition outside of the Northern Rowing Region, unless held virtually. This is non-negotiable. The entry procedure will remain as per pre-Covid Club procedures. Any member who wishes to row at any other external competition as a member of another Club must inform TTARC in writing prior to attending the event. Any member attending an external event out with the Northern Rowing Region as a member of another Club will be seen to be putting other TTARC members at risk, defying the TTARC Club spirit and its efforts to work together through the Covid-19 pandemic. Therefore, they and any relevant equipment, including boats, trestles and blades must not return to TTARC in any capacity for 14 days following attendance to the event. Attendance to any external event will be subject to the restrictions placed on TTARC by the Government and British Rowing in relation to travelling between Tiers local areas.
- All entries made must be agreed with Squad Coaches prior to informing the Captain and/or Vice Captain at the earliest opportunity and in good time; the Captain/Vice Captain will endeavour to make all entries efficiently and should be treated with respect at all times.
- All trailering must be carried out within the allocated squad training times, at the expense of training if necessary; crews must load/unload the trailer in the last/next squad session allocated to them before/after the event; prior to any trailering of boats, the Captain/Vice Captain will draw up and share a trailer plan; this must be followed to ensure that boats are trailered in such a way as to minimise the touching of multiple boats when unloading at Competition events (e.g. the boat needed first at an event should be trailered last); the Captain/Vice Captain must plan to avoid boat sharing between crews where possible - any resulting changes to boats must be communicated to the Coach of the crew prior to loading; all crews must trailer/unload their own boats at the times given by the Captain/Vice Captain; boat ties must be allocated to each crew, remain with each boat and be washed on return to the Club; only the towing driver may touch the boat ties in addition to the crew; all boats, blades, riggers, tools and any other equipment travelling to/from the event must be cleaned before entering the trailer and as soon as removed from trailer on return to the Club; crews must endeavour to leave sufficient time to allow for only one crew to be loading/unloading from the trailer at any given time; other crews must be patient and give crews sufficient time and space to load/unload safely; common touch points on the trailer must be wiped down with water and soap or antibacterial cleaner between crews working on the trailer; members must endeavour not to share tools and should bring their own where possible; members with the facility to transport their own equipment should consider this to minimise communal use of trailer.
- Members must travel separately to events and must not share vehicles unless members form an official support bubble or come from the same household. Members must be prepared to stay in their vehicles at the event location if instructed to do so e.g. to minimise congregating at indoor facilities at the host Club.
- All attendees must carry out a self-assessment check and refrain from attending any event if showing any Covid-19 symptoms; anyone who develops symptoms on the day should report it to the hosting Club; all persons attending the Competition event (including spectators, supporting Coaches etc.) must read the host Club's competitor instructions carefully and follow all rules stated within relating to Covid-19; all members must respect local officials and volunteers working under Covid pressure; attendees must take adequate provisions with them to allow for self-sufficiency throughout the day - this includes hand sanitiser, face coverings, washing equipment, food, drink, warm clothing and litter bags; external support must be kept to a minimum including holding riggers; crews must ensure that their boat is safe and prepared according to the British Rowing Rules of Racing to minimise the need for someone else to check the boat; competitors may be asked to provide extra contact/personal details by the host Club for entry into the event for use for test and trace; the host Club will publish a Data Protection Policy for use of this personal data.
- Attendees must endeavour not to use the toilets/changing rooms at host Clubs if possible; where they must be used all attendees must follow the host Club's instructions e.g. face coverings and minimise mixing; all attendees must shower immediately upon returning home and wash/dry any kit used at the competition; attendees must keep spare kit in vehicles where possible rather than storing them in changing rooms.
- Spectators should refrain from attending any competition event until at least 17th May (in accordance with Government Step 3) unless they are supervising an under-18; where spectators are allowed, persons must consider whether their attendance is necessary and refrain from attending if not; spectators must maintain a 2m social distance from others and refrain from mixing with other spectators; in public areas e.g. country parks, spectators must abide by the Government's rules e.g. rule of six; any Spectators attending with TTARC must notify their attendance to TTARC and may be asked to provide details for contact traceability; the Captain must maintain a list of who has been to what event (including parents/supporters where possible).
- On the occasion that a TTARC member takes on a role at a competition event (e.g. umpire, volunteer marshall), they must first consider whether their participation is necessary; if so, they must maintain 2m social distance at all times when in role and must not share equipment; where possible equipment should be taken with them (e.g. flags, megaphones); where this is not possible, equipment should be washed before and after use; any volunteer must ask the host Club to limit their rotation if possible.
- Internal, Club Competitions may be held at the discretion of the Captain. These may be organised in a slightly different manner to previous years to allow for the safety of members and restrict the mixing of squads.

LEVEL 2

(Based on previous Phases F & prospective Phase G)

What British Rowing Say

- FACILITIES: All Covid-secure facilities open
- HOSPITALITY: Covid-secure catering and bar facilities open
- WATER: All crew boats allowed subject to Covid-secure protocols
- INDOOR: Indoor training allowed subject to Covid-secure protocols
- COMPETITION: Affiliated competitions

TTARC Interpretation

GENERAL (Applies to all areas of the Club)

- TTARC will only enter this Level once permission is received from the Council.
- If Level 2 is entered immediately following any period in Level 5, prior to any use of the Club, the Captain may allow access to the Club for individuals who hold an officer role or place on the Committee, for the sole purpose of preparing the Club e.g. access to the Safety Officer to carry out safety checks on the building. A full safety inspection of the site will be carried out by the Safety and Welfare sub-committee (with permission from the Captain) prior to any further activity, including the boathouse buildings, landing stages, changing rooms (where open) and relevant Tarn path. An assessment of the water will be carried out by no more or less than two competent safety-boat drivers to check for weed and shallows (on separate occasions and only after having washed down the safety launch and all associated equipment before and after use).
- The Captain will stagger all attendance to the Club where possible.
- Face coverings are *recommended* but not mandatory for the duration of any attendance to the Club, apart from when exercising. This includes all attendance to the Club, whether indoor or outdoor. (Face coverings remain mandatory in the Council changing rooms as these are not owned by the Club).
- Posters will be put up around the Club to remind members of the rules and requirements of this Level and Club members are advised to review the British Rowing guidance which has advice for rowers returning to Clubs prior to their attendance.
- Any member attending the Club is advised to travel alone where possible or with members of their own household; car sharing and use of public transport to access TTARC is **allowed but** should be restricted as much as possible; where necessary, government guidelines must be followed. If cycling to the Tarn, bikes should be stored out of the way, away from the Main entrance and not in the gym. Any member whose home address, or place of living, is in a different government local alert level area *may* have further restrictions placed upon them. These will be communicated to the relevant individuals via email if restrictions are to be in place.
- All Club First Aiders will be advised on British Rowing's latest guidance with regards to carrying out First Aid during Covid-19.
- In order to maintain traceability for all attendees, any member attending the Club must actively register their attendance online, prior to attending each session using a pre-communicated Team Up calendar. Details of the signing in register will be sent out via email. Anyone found to have not signed in prior to attending the Club will be automatically notified to the Compliance & Overall Strategy Control sub-committee for action.
- There shall be no parking in front of the boat shed as this restricts space around the shed and makes it harder for members to socially distance.
- If at any point any equipment is damaged, this must be reported as usual.
- **All member must consider other Club members prior to** ~~There may be no~~ congregating to socialise in any location around the Club; all members must remember that our Club is in a public place and we must set an example to avoid tarnishing Club reputation.
- The fact that any person may be partially or fully vaccinated against Covid-19 does not change what restrictions apply to them.
- The Committee will begin to prepare for how to transfer into the next level.

FACILITIES

- TTARC do not own any Club facilities (i.e. showers or changing rooms). These facilities are owned and operated by the Council. Council rules will therefore be followed in relation to use of facilities during this Level. A communication will be sent to all members informing them of any changes to Council policy in relation to use of facilities.
- If open and allowed by the Council, members may use the Council changing rooms to get changed and/or shower, however this use should be minimised and members must arrive ready to row where possible. All bags and belongings must be stored in the changing rooms and not left in the shed.
- Any use of the changing rooms must be for short time periods and for the purpose of getting changed/using the toilets/showering only.
- There may be no more than 3 persons in the changing room/toilets/showers at any given time and all persons must remain 2m apart.

HOSPITALITY

- The TTARC kitchen area will be open as per pre-Covid but with the following restrictions for the purpose of making takeaway drinks only. All members may enter the kitchen area during their own Squad session only to make a drink. All surfaces that are touched must be cleaned before and after use using the wipes/cleaning materials available. All drinks must be consumed outside and must not be consumed inside. Only one person may use the kitchen area at any given time and only during their own Squad time slot. No member may enter the gym to attend the kitchen area if another Squad is using the gym or if there are 30 persons already in the gym. Social distancing must take place when using the hospitality facilities.

WATER

- A squad system will be used. Every member of the Club will be allocated to a squad; in general, squads will be formed of members of similar ability, experience, availability or coaching preference, however some flexibility will be required to ensure members are not disadvantaged, at the Rowing Competence & Coaching sub-committee's discretion. The Club will endeavour to keep members of the same household in the same squads to avoid cross-contamination across a wider range of members should a positive test result be received within the Club. Each member will only be allowed to be part of one squad. Any member may not train with more than one squad. To do so will result in immediate notification to the Compliance & Overall Strategy Control sub-committee for action. Even members who desire no coaching and wish to train alone will be allocated to a squad for the purpose of obtaining training time. Each squad will be given time slot(s) within a weekly calendar during which they are allowed to attend the Club for training. No member may encroach on another's squad's time slot or outstay their own timeslot. Within reason, members may attend the Club out with their own Squad's time slot for non-boating purposes, such as to meet with a Committee member or collect an item from the shed; however all such visits should be minimised where possible and social distancing should take place, especially if meeting with someone from another Squad.
- Whilst booking will not be required, members must endeavour to only attend to exercise during those time slots allocated to their squad and not at any other time of the week. Members may apply in writing to the Captain and relevant Coaches for permission to train at another Squad's time slot on a one-off/rare basis e.g. if work patterns mean they can't attend any of their own sessions that week – this decision will be made together between the Captain and the relevant Coach(es). Members must endeavour to row in a 1x under these circumstances unless there is sufficient reason otherwise at the Captain's discretion e.g. if a whole crew seeks permission to row at an alternative time slot to their own or the members are from the same family. All members must ensure that they have signed up via TeamUp to all the sessions which they attend, including those of another Squad.
- Where a squad has more than 30 members (including any Coach), staggered start times will be introduced to avoid a congregation of more than 30 persons in communal areas of the Club. Where squad numbers are low, multiple squads may be given the same weekly time slot(s) for training but must maintain social distancing at all times. Every member will receive a personalised communication from the Club, detailing which squad they are in, which Coach they should report to and when they can attend the Club. Coaches will be allowed to row in one squad and Coach another squad, so long as they maintain 2m social distance at all times from the squad that they Coach.
- The Pink, Blue, Red and Teal squads will be offered weekday morning slots for training. In order to attend these weekday morning sessions, any member must first apply for and receive permission in writing from the Club. This is to ensure that the Club have assessed individual competence to train autonomously without supervision and therefore assessed that all members can train safely. Where permission is not granted, this is for your own safety and you must not attend the weekday morning sessions. Where possible, a Committee member or Coach will open and lock the shed for these morning sessions. Where this is not possible, one member who has signed up will be appointed as the responsible person for each session – this person will become responsible for opening and closing the shed at the beginning and end of the session and ensuring that all attendees adhere to the rules during the session.
- Members may row interchangeably in singles, coxed/coxless doubles/pairs, coxed/coxless fours/quads, eights/octuples, as long as this is only done within the squad. Where possible, crews should be set and mixing avoided if possible. Coaches will keep a track of any crews formed in their squads and hold this on record for track and trace. Any individual joining a crew must do so of their own accord, having considered and understood the risks involved. Members of the same household will be permitted to join different crews, however they should consider carefully the impact this may have on other members who may be then linked to any Covid-19 cases in another crew/squad. For example, a husband and wife may row in different crews, but should the husband's crew have a suspected case of Covid-19, the wife's crew must also then follow the Club protocols outlined above for testing. This highlights the fundamental importance of all members following rules at all times and bolsters the need for stringent disciplinary procedures to be taken where rules are broken. It will only take one member breaking a rule one time to close our Club. Where possible, Coaches working with Junior members must endeavour to put together crews from the same school if numbers allow.
- At Beginner Level only, Coaches may apply to the Compliance & Overall Strategy sub-committee to be named as an individual who is allowed to cox rowers from a different squad to their own in order to facilitate learning to row. Any named individual may only do so as a cox and they must wear face covering and eye protection, preferably a face visor for the duration of the session. They must otherwise follow the rules of the Covid procedure (i.e. stay 2m apart on the bank, not holding riggers etc.).
- In the instance of Junior members learning to row, parents/guardians must may be asked to attend the session to aid with close-proximity tasks such as carrying boats, holding riggers and helping their child to carry equipment.
- Any cox must be a part of the squad they are to cox, Coxes and Coaches should endeavour to cox/coach within their Squads, unless permission is sought from the Captain and relevant Coach(es) as per the above. Any cox/Coach taking on such a role carrying out this activity out with their own Squad must understand the risk they place their own squad in prior to taking on this role and must only take on the role when absolutely necessary. such as when there are too many attendees at Beginner level for them all to row in singles.

- Where possible, bow-loading coxed boats should be used to mitigate the risks associated with coxes facing rowers. Where this is not possible, stern-loader coxed boats may be used. All coxes must **consider their position in the boat with regards to Covid-19 risk and** wear appropriate PPE. In a bow-loader boat, this **must may** include a face covering. In a stern-loading boat, this **must** may include a face covering AND eye covering, preferably a visor. A limited number of visors will be provided by the Club; these must not be shared between members under any circumstances. Where possible, a cox-box must always be used to avoid shouting which increases the risk of droplet transmission. The microphone of any cox box **must** should be placed outside the cox's face covering. If availability allows, the Rowing Competence & Coaching sub-committee must endeavour to allocate each cox the same cox box each time they cox. Where cox-boxes are not used, coxes must refrain from shouting to avoid droplet transmission. Cox boxes must be cleaned **before and** after each session to a high standard. Prior to the first session, the Coach must discuss with the cox and crew, the plans for mitigating risk from Covid during the session. If the cox or crew feel unsafe at any point, the Coach must support the crew and adaptations made as soon as possible.
- Individuals must **remain 2m apart maintain social distancing** unless in the boat; this includes when washing the boat, carrying the boat and launching. Members are encouraged to clean their own part of any boat where possible. Any crew made up of mixed-household individuals must **consider** rowing full-crew at all times once on the water to avoid the likelihood of coming closer than 1m whilst in the boat (i.e. if stroke sits the boat whilst bow rows, bow enters within 1m of stroke). Individuals **must should** refrain from shouting whilst on the water as this can increase the risk of droplet transmission.
- Where possible, and only with approval from the Rowing Competence and Coaching sub-committee, boats being used may be moved to other locations within the shed to facilitate social distancing. The Rowing Competence & Coaching sub-committee will endeavour to allocate equipment for which any given squad has priority, where possible. This equipment must be used where available over any other equipment. This is to limit the movement of equipment between squads as much as possible. For the duration of this phase, communication between members and their Coaches will be fundamental to success. Where any squad member is unexpectedly absent for an allotted training session, they may forfeit the session for the rest of their squad if necessary alternative equipment is not available due to it being used by another squad.
- All equipment, including blades and boats must be washed **prior to and** following use. Squad training times **should be followed within reason; this** includes the time taken to arrive at the Club, wash all required and relevant equipment, train, wash all required and relevant equipment again and be walking away from the Club. All attendees will be asked to remove their boat from the shed asap upon attending and do all washing etc. outside regardless of weather conditions. In this scenario, it is feasible that members could achieve around an hour on the water.
- The Club will operate an in and out landing stage system to facilitate a one-way system for boating (see Appendix 1). All boats **should aim to** launch from the out-landing, in front of the playground. All boats **should aim to** land at the in landing, in front of the sailing boats. All shoes and belongings **must should** be taken with the rower in the boat and not left on the bank. Should any crew have to land sooner than originally anticipated, they must give priority to any boats launching or preparing to go out.
- **Only those members who have been granted permission by the Captain, in liaison with the individuals' Coach, on the grounds on competence, may attend the Club to row. Competence includes being able to move a boat from the shed to/from the water alone (with help from one other if absolutely necessary), launch/land without assistance (or with assistance from a household member only) and being able to self-rescue.**
- Crew boats must be able to launch autonomously – members should endeavour to boat at their own seat, however if necessary members may hold **no person may hold** another person's rigger, gate or blade shaft **unless they are from the same household and able to maintain a 1m+ distance from any other member if deemed safe to do so. If absolutely necessary, in crew boats, members may hold their own rigger to aid with another crew member entering the boat at another seat, as long as they maintain a 1m+ distance whilst doing so.** It is acceptable for assistance to be given with pushing off from the bank or landing **but only via the person on the bank touching the painted spoon of the blade only. Any persons attending the Club to aid with boat carrying or launching (e.g. parent, household member) must only enter the shed to carry equipment and must stay outside otherwise.**
- There must always be at least two persons signed up for any given session or you may be turned down on safety grounds. The Rowing Competence & Coaching sub-committee have the final say on who can go out.
- Organised coaching sessions may take place, at the discretion of the Rowing Competence & Coaching sub-committee. Coaching may take many forms, from email correspondence and virtual video meetings to bank/water Coaching. Coaching will only take place where individual Coaches are willing and feel comfortable taking part. Where Coaches do attend the Club, **they will be allowed to row in one squad and Coach another squad, so long as they maintain social distance at all times from the squad that they Coach. they must restrict themselves from congregating with other members (aka, no congregating around the shed when people are getting boats in and out unless carrying a boat).** Coaches will be required to follow Council rules (e.g. one-way systems) and **must should endeavour to** Coach from a remote location on the bank. **Where more than one Coach are in attendance at any one time, they must not stand in the same location and must retain social distance from the path where possible.** All persons must treat all Coaches with respect at all times; no person shall pressurise any Coach to carry out coaching of any form during the pandemic at any time.
- The racing line down the middle of the Tarn may be used by all crews.
- Any Junior attending the Club to row must have an adult supervising them at all times (ideally a parent/guardian but could be a Coach if previously agreed with the Coach).
- Members must **endeavour to** bring with them equipment-washing facilities (e.g. a bucket, sponge, soap, towel) and a watch for keeping time. **Where this is not possible, Club washing facilities e.g. buckets will be provided.**
- The safety launch will be operational pending safety launch driver availability. The Safety launch will only operate where demand requires it to do so (e.g. if inexperienced members have signed up to row). Safety Launch drivers do so at their own risk and only where they feel comfortable. Safety launch drivers must be able to take the safety boat from the shed to/from the water and launch/land alone or with help from a household member only unless a social distance can be maintained. The safety launch must be cleaned thoroughly **before and** after each session to a high standard by the driver. All safety launch drivers **must are advised to** wear (in addition to the usual life jacket) face covering, apron and gloves at all times when providing safety cover. Aprons and gloves will be provided by the Club. Face coverings should be provided by individuals

themselves. Where any person wishes to source their own PPE, this is allowed as long as it conforms to the apron and glove requirements of British Rowing. A spare face covering must be carried for use by any person who might need rescuing (any person being rescued should put the face covering on at the earliest convenient opportunity during/ following rescue, as advised by British Rowing). Where the weather forecast shows unfavourable conditions for less experienced members, the Rowing Competence & Coaching sub-committee may cancel the safety launch driver and inform any less experienced members not to attend the Club.

INDOOR

- The TTARC Gym will be open during this Level for use by squads in their allocated training times. The gym will otherwise remain closed.
- Where Coaches wish for their squad members to complete further training than that which is offered by the Club, this must be arranged between the Coach and their members however this training is carried out at members' own risk and will not be an endorsed Club activity.
- Only one squad may use the gym at any one time. All squad members may use the gym at the same time, so long as the total number of occupants in the gym does not exceed 30 members (including the Coach and any spectators e.g. parents). Where more than 30 persons wish to use the gym at any one time, the Squad Coach must prioritise and decide which members gain access.
- No matter how many persons are in the gym, no persons may interact in groups of larger than six. This is the requirement stipulated by the government and British Rowing. Any group larger than six entering the gym to train, must split into groups within the gym and train separately for the session (e.g. at opposite ends of the gym).
- At weekends, squads must use the water for training. Where bad weather or any other unexpected circumstance (e.g. a crew member not turning up) forces members off the water during their allocated training slot(s), Coaches must work together to determine which ONE squad may use the gym at any one time. Other squads may partake in land training (e.g. a run) so long as a 2m social distance is maintained at all times.
- The gym will be configured to allow attendees to socially distance and follow government guidelines for indoor gym facilities. At all times when the gym is in use, all doors (including the external door) must should be opened to allow for adequate ventilation of the room. The air conditioning unit must not be used at any time to prevent droplet dispersion.
- Any equipment which is out of bounds shall be segregated and signed as such by the Captain. No person may access this equipment unless otherwise instructed by the Captain.
- Any equipment which uses a flywheel (i.e. rowing machines and bikes) must be spaced out with at least a 2m distance between each machine; where space allows a distance greater than 2m must be left between machines. There may be further restrictions on the use of any certain equipment e.g., that with flywheels, including rowing machines and bikes, as there is too high a risk of droplet transmission from the air movement caused by the equipment. Any further restrictions will be communicated via email to all members and must be enforced by Coaches.
- A cleaning station will be provided for the purpose of cleaning down equipment both before and, which should be done at least after use by each Squad to a high standard. It will be the responsibility of the individual user Squad to ensure equipment is cleaned appropriately.
- All used gym equipment must be cleaned at the beginning and end of every session using the antibacterial wipes provided. Coaches must plan their sessions accordingly to allow time for this. Should any Coach wish for their squad members to share equipment (e.g. a leg press), this equipment must be thoroughly cleaned between each individual member using it, unless they are from the same household. Ideally, Coaches should plan their sessions so that each individual member attending uses the minimum amount of equipment possible and sticks to the same equipment for the duration of the session.
- Any Junior attending the gym must have an adult supervising them at all times (ideally a parent/guardian but could be a Coach if previously agreed with the Coach).
- All persons using the gym area must maintain a 2m social distance from others at all times.
- All gym equipment must be left in a safe state e.g. weights removed from bars.

COMPETITION

- There will be no endorsed Club involvement in any external competition outside of the Northern Rowing Region, unless held virtually or specific permission is granted by the Committee for attendance to any event out with the Northern Region following application by the member. The entry procedure will remain as per pre-Covid Club procedures. Any member who wishes to row at any external competition out with the Northern Region as a member of another Club must inform TTARC in writing prior to attending the event, where they may be told that they are putting other TTARC members at risk, defying the TTARC Club spirit and its efforts to work together through the Covid-19 pandemic. Therefore, they and any relevant equipment, including boats, trestles and blades may not be granted access to return to TTARC in any capacity for 14 days following attendance to the event. The TTARC Committee have the final say on which competitions members may attend.
- All entries made must be agreed with Squad Coaches prior to informing the Captain and/or Vice Captain at the earliest opportunity and in good time; the Captain/Vice Captain will endeavour to make all entries efficiently and should be treated with respect at all times.
- Any member wishing to row in a composite crew at any external event must continue to follow the pre-Covid Club procedures and apply to the Captain. If the Captain approves the application, composite crews of any size and make up are allowed but any member attending any event to row in a composite crew must take extra caution and ensure they follow all Covid-19 guidance explicitly. This includes maintaining a 2m social distance from others at all times unless sitting in the boat, using and cleaning their own equipment before and after each use and minimising unnecessary mixing with the other crew members. Any member attending an event to row in a composite crew must first ensure that they have liaised with their Squad Coach and other squad members to ensure they are aware and must follow any subsequent instruction from the Coach. Coaches must listen to their whole squad's response and act accordingly (i.e. if the Squad has no issues or concerns, no action needs to be taken but if the squad were concerned you may ask the member to row in a 1x for a period of time following the event before returning to a crew). The member may be asked to provide evidence of a Covid-19-negative lateral flow test

prior to returning to the Club. Prior to attending the event, the Captain must arrange to make contact with the other Club(s) forming the composite crew to establish the expectations regarding Covid-19 mitigation. For example, it may be agreed that the participating crew members should wear face coverings at all times unless in the boat to minimise the risk of transmitting Covid-19

- All trailering must be carried out within the allocated squad training times, at the expense of training if necessary; crews must load/unload the trailer in the last/next squad session allocated to them before/after the event; prior to any trailering of boats, the Captain/Vice Captain will draw up and share a trailer plan; this must be followed to ensure that boats are trailered in such a way as to minimise the touching of multiple boats when unloading at Competition events (e.g. the boat needed first at an event should be trailered last); the Captain/Vice Captain must plan to avoid boat sharing between crews where possible - any resulting changes to boats must be communicated to the Coach of the crew prior to loading; all crews must trailer/unload their own boats at the times given by the Captain/Vice Captain; boat ties must be allocated to each crew, remain with each boat and be washed on return to the Club; only the towing driver may touch the boat ties in addition to the crew; all boats, blades, riggers, tools and any other equipment travelling to/from the event must be cleaned before entering the trailer and as soon as removed from trailer on return to the Club; crews must endeavour to leave sufficient time to allow for only one crew to be loading/unloading from the trailer at any given time; other crews must be patient and give crews sufficient time and space to load/unload safely; common touch points on the trailer must be wiped down with water and soap or antibacterial cleaner between crews working on the trailer; members must endeavour not to share tools and should bring their own where possible; members with the facility to transport their own equipment should consider this to minimise communal use of trailer.
- Car sharing is permitted subject to following the Government guidance for safe travel (i.e. minimising the number of persons in the car, opening windows for ventilation, cleaning the car before and after journeys, sitting as far apart as possible and wearing face coverings). Members must be prepared to stay in their vehicles at the event location if instructed to do so e.g. to minimise congregating at indoor facilities at the host Club.
- All attendees must carry out a self-assessment check and refrain from attending any event if showing any Covid-19 symptoms; anyone who develops symptoms on the day should report it to the hosting Club; all persons attending the Competition event (including spectators, supporting Coaches etc.) must read the host Club's competitor instructions carefully and follow all rules stated within relating to Covid-19; all members must respect local officials and volunteers working under Covid pressure; attendees must take adequate provisions with them to allow for self-sufficiency throughout the day - this includes hand sanitiser, face coverings, washing equipment, food, drink, warm clothing and litter bags; external support must be kept to a minimum including holding riggers; crews must ensure that their boat is safe and prepared according to the British Rowing Rules of Racing to minimise the need for someone else to check the boat; competitors may be asked to provide extra contact/personal details by the host Club for entry into the event for use for test and trace; the host Club will publish a Data Protection Policy for use of this personal data.
- Attendees must endeavour not to use the toilets/changing rooms at host Clubs if possible; where they must be used all attendees must follow the host Club's instructions e.g. face coverings and minimise mixing; all attendees must shower immediately upon returning home and wash/dry any kit used at the competition; attendees must keep spare kit in vehicles where possible rather than storing them in changing rooms.
- Spectators should refrain from attending any competition event until at least 17th May (in accordance with Government Step 3) unless they are supervising an under-18; where spectators are allowed, persons must consider whether their attendance is necessary and refrain from attending if not; spectators must maintain a 2m social distance from others and refrain from mixing with other spectators; in public areas e.g. country parks, spectators must abide by the Government's rules e.g. rule of six; any Spectators attending with TTARC must notify their attendance to TTARC and may be asked to provide details for contact traceability; the Captain must maintain a list of who has been to what event (including parents/supporters where possible).
- Overnight stays for the purpose of competition are permitted from 17th May 2021, in line with British Rowing guidance, if absolutely necessary.
- On the occasion that a TTARC member takes on a role at a competition event (e.g. umpire, volunteer marshal), they must first consider whether their participation is necessary; if so, they must maintain 2m social distance at all times when in role and must not share equipment; where possible equipment should be taken with them (e.g. flags, megaphones); where this is not possible, equipment should be washed before and after use; any volunteer must ask the host Club to limit their rotation if possible.
- Internal, Club Competitions may be held at the discretion of the Captain. These may be organised in a slightly different manner to previous years to allow for the safety of members and restrict the mixing of squads.

LEVEL 1

(Based on previous prospective Phase H and pre-Covid Club rules)

What British Rowing Say

- FACILITIES: Normal activity
- HOSPITALITY: Normal activity
- WATER: Normal activity
- INDOOR: Normal activity
- COMPETITION: Normal activity

TTARC Interpretation

GENERAL (Applies to all areas of the Club)

- TTARC will only enter this Level once permission is received from the Council.
- If Level 1 is entered immediately following any period in Level 5, prior to any use of the Club, the Captain may allow access to the Club for individuals who hold an officer role or place on the Committee, for the sole purpose of preparing the Club e.g. access to the Safety Officer to carry out safety checks on the building. A full safety inspection of the site will be carried out by the Safety and Welfare sub-committee (with permission from the Captain) prior to any further activity, including the boathouse buildings, landing stages, changing rooms (where open) and relevant Tarn path. An assessment of the water will be carried out by no more or less than two competent safety-boat drivers to check for weed and shallows (on separate occasions and only after having washed down the safety launch and all associated equipment before and after use).
- Face coverings are optional for the duration of any attendance to the Club.
- The fact that any person may be partially or fully vaccinated against Covid-19 does not change what restrictions apply to them.
- The Club will operate as per the existing, pre-Covid procedures.

FACILITIES

- TTARC do not own any Club facilities (i.e. showers or changing rooms). These facilities are owned and operated by the Council. Council rules will therefore be followed in relation to use of facilities during this Level. A communication will be sent to all members informing them of any changes to Council policy in relation to use of facilities.
- If open and allowed by the Council, members may use the Council changing rooms to get changed and/or shower, however this use should be minimised and members must arrive ready to row where possible. All bags and belongings must be stored in the changing rooms and not left in the shed.
- Any use of the changing rooms must be for short time periods and for the purpose of getting changed/using the toilets/showering only.
- There may be no more than 3 persons in the changing room/toilets/showers at any given time and all persons must remain 2m apart.

HOSPITALITY

- The TTARC kitchen area will be open.

WATER

- The Club will operate as per the existing pre-Covid procedures. A squad system will be continue to be used as per the pre-Covid Coaching structure. Every member of the Club will be allocated to a squad; in general, squads will be formed of members of similar ability, experience, availability or coaching preference, however some flexibility will be required to ensure members are not disadvantaged, at the Rowing Competence & Coaching sub-committee's discretion. Members may choose to train with other Squads, with the permission of the relevant Squad Coaches. Even members who desire no coaching and wish to train alone will be allocated to a squad for the purpose of obtaining training time. Each squad will be given time slot(s) within a weekly calendar during which they are allowed to attend the Club for training. Members must endeavour to not encroach on another's squad's time slot or outstay their own timeslot out of courtesy. Where squad numbers are low, multiple squads may be given the same weekly time slot(s) for training.

Every member will receive a personalised communication from the Club, detailing which squad they are in, which Coach they should report to and when they can attend the Club. Coaches will be allowed to row in one squad and Coach another squad.

- The Pink, Blue, Red and Teal squads will be offered weekday morning slots for training. In order to attend these weekday morning sessions, any member must first apply for and receive permission in writing from the Club. This is to ensure that the Club have assessed individual competence to train autonomously without supervision and therefore assessed that all members can train safely. Where permission is not granted, this is for your own safety and you must not attend the weekday morning sessions. Where possible, a Committee member or Coach will open and lock the shed for these morning sessions. Where this is not possible, one member who has signed up will be appointed as the responsible person for each session – this person will become responsible for opening and closing the shed at the beginning and end of the session and ensuring that all attendees adhere to the rules during the session.
- Club members may choose to row in singles, coxed/coxless double/pairs, coxed/coxless fours/quads or eights/octuples together interchangeably throughout the duration of this Level with any other member of their Squad, subject to liaison with their Coach and permission from the Captain to use equipment.
- The Rowing Competence & Coaching sub-committee will endeavour to allocate equipment for which any given squad has priority, where possible. This equipment must be used where available over any other equipment. For the duration of this phase, communication between members and their Coaches will be fundamental to success. Where any squad member is unexpectedly absent for an allotted training session, they may forfeit the session for the rest of their squad if necessary alternative equipment is not available due to it being used by another squad.
- The Club will operate an in and out landing stage system to facilitate a one-way system for boating (see Appendix 1). All boats launch from the out-landing, in front of the playground. All boats land at the in landing, in front of the sailing boats. All shoes and belongings must be taken with the rower in the boat and not left on the bank. Should any crew have to land sooner than originally anticipated, they must give priority to any boats launching or preparing to go out.
- Only those members who have been granted permission by the Captain, in liaison with the individuals' Coach, on the grounds on competence, may attend the Club to row. Competence includes being able to move a boat from the shed to/from the water (with help if necessary), launch/land (with help if necessary) and being able to self-rescue.
- There must always be at least two persons signed up for any given session or you may be turned down on safety grounds. The Captain has the final say on who can go out.
- Organised coaching sessions may take place, at the discretion of the Captain. Coaching may take many forms, from email correspondence and virtual video meetings to bank/water Coaching. Coaching will only take place where individual Coaches are willing and feel comfortable taking part. All persons must treat all Coaches with respect at all times.
- The racing line down the middle of the Tarn may be used by all crews if instructed by their Coach.
- Any Junior attending the Club to row must have an adult supervising them at all times (ideally a parent/guardian but could be a Coach if previously agreed with the Coach).
- The safety launch will be operational pending safety launch driver availability. The Safety launch will only operate where demand requires it to do so (e.g. if inexperienced members have signed up to row). Safety Launch drivers do so at their own risk and only where they feel comfortable. Where the weather forecast shows unfavourable conditions for less experienced members, the Captain may cancel the safety launch driver and inform any less experienced members not to attend the Club.

INDOOR

- The TTARC Gym will be open during this Level for use by squads in their allocated training times.
- The Gym will be available for use by all members at any time, so long as they have been granted permission to attend (e.g. given a key) by the Committee and do not encroach on an allocated squad training time without permission from the relevant Coach.
- The Gym will be configured with rowing machines, bikes and weights.
- Where Coaches wish for their squad members to complete further training than that which is offered by the Club, this must be arranged between the Coach and their members however this training is carried out at members' own risk and will not be an endorsed Club activity.
- At weekends, squads *must* use the water for training. Where bad weather or any other unexpected circumstance (e.g. a crew member not turning up) forces members off the water during their allocated training slot(s), Coaches must work together to determine which squads may use the gym at any one time. Other squads may partake in land training (e.g. a run).
- The air conditioning unit may be used.
- All used gym equipment must be cleaned at the end of every session using the antibacterial wipes provided. Coaches must plan their sessions accordingly to allow time for this.
- Any Junior attending the gym must have an adult supervising them at all times (ideally a parent/guardian but could be a Coach if previously agreed with the Coach).
- All gym equipment must be left in a safe state e.g. weights removed from bars.

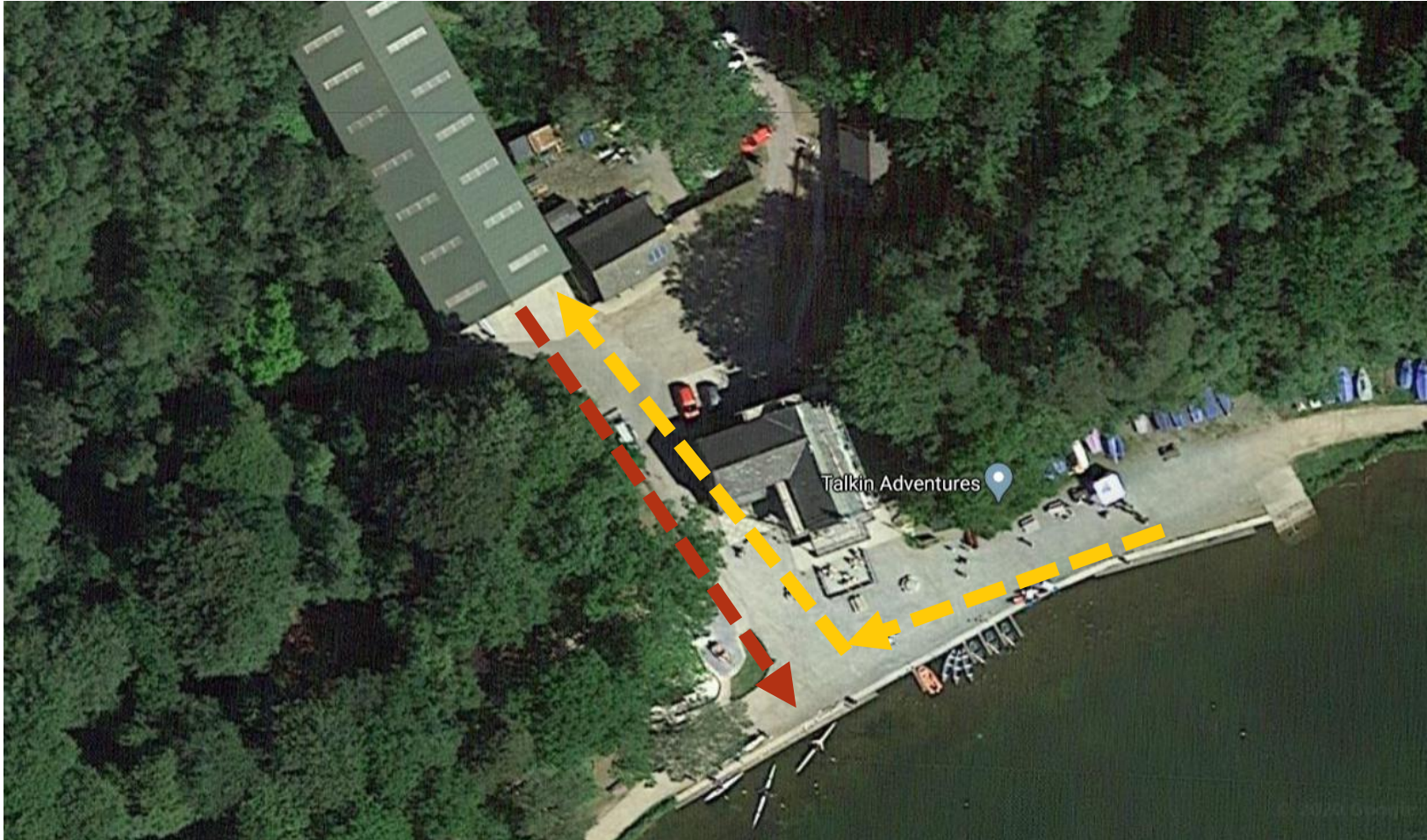
COMPETITION

- The Club will endorse involvement in any external competition. **The entry procedure will remain as per pre-Covid Club procedures.**
- Internal, Club Competitions may be held at the discretion of the Captain.
- All entries made must be agreed with Squad Coaches prior to informing the Captain and/or Vice Captain at the earliest opportunity and in good time; the Captain/Vice Captain will endeavour to make all entries efficiently and should be treated with respect at all times.

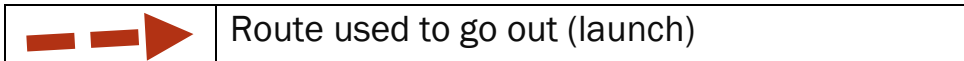
- Any member wishing to row in a composite crew at any external event must continue to follow the pre-Covid Club procedures and apply to the Captain. If the Captain approves the application, composite crews of any size and make up are allowed but any member attending any event to row in a composite crew must take extra caution and ensure they follow all Covid-19 guidance explicitly. This includes maintaining a 2m social distance from others at all times unless sitting in the boat, using and cleaning their own equipment before and after each use and minimising unnecessary mixing with the other crew members. Any member attending an event to row in a composite crew must first ensure that they have liaised with their Squad Coach and other squad members to ensure they are aware and must follow any subsequent instruction from the Coach. Coaches must listen to their whole squad's response and act accordingly (i.e. if the Squad has no issues or concerns, no action needs to be taken but if the squad were concerned you may ask the member to row in a 1x for a period of time following the event before returning to a crew). The member may be asked to provide evidence of a Covid-19-negative lateral flow test prior to returning to the Club. Prior to attending the event, the Captain **must may decide to** arrange to make contact with the other Club(s) forming the composite crew to establish the expectations regarding Covid-19 mitigation. For example, it may be agreed that the participating crew members should wear face coverings at all times unless in the boat to minimise the risk of transmitting Covid-19
- All trailering **must should** be carried out within the allocated squad training times **where possible**, at the expense of training if necessary; crews must load/unload the trailer in the last/next squad session allocated to them before/after the event; prior to any trailering of boats, the Captain/Vice Captain will draw up and share a trailer plan; **this must be followed** to ensure that boats are trailered in such a way as to minimise the touching of multiple boats when unloading at Competition events (e.g. the boat needed first at an event should be trailered last); the Captain/Vice Captain **must should** plan to avoid boat sharing between crews where possible - any resulting changes to boats must be communicated to the Coach of the crew prior to loading; **all crews must trailer/unload their own boats at the times given by the Captain/Vice Captain**; boat ties must be allocated to each crew, remain with each boat and be washed on return to the Club; only the towing driver may touch the boat ties in addition to the crew; all boats, blades, riggers, tools and any other equipment travelling to/from the event must be cleaned before entering the trailer and as soon as removed from trailer on return to the Club; crews must endeavour to leave sufficient time to allow for only one crew to be loading/unloading from the trailer at any given time; other crews must be patient and give crews sufficient time and space to load/unload safely; common touch points on the trailer must be wiped down with water and soap or antibacterial cleaner. **between crews working on the trailer**; Members must endeavour not to share tools and should bring their own where possible; members with the facility to transport their own equipment should consider this to minimise communal use of trailer.
- Car sharing is permitted subject to following the Government guidance for safe travel (i.e. minimising the number of persons in the car, opening windows for ventilation, cleaning the car before and after journeys, sitting as far apart as possible and wearing face coverings). Members must be prepared to stay in their vehicles at the event location if instructed to do so e.g. to minimise congregating at indoor facilities at the host Club.
- All attendees must carry out a self-assessment check and refrain from attending any event if showing any Covid-19 symptoms; anyone who develops symptoms on the day should report it to the hosting Club; all persons attending the Competition event (including spectators, supporting Coaches etc.) must read the host Club's competitor instructions carefully and follow all rules stated within relating to Covid-19; all members must respect local officials and volunteers working under Covid pressure; attendees must take adequate provisions with them to allow for self-sufficiency throughout the day - this includes hand sanitiser, face coverings, washing equipment, food, drink, warm clothing and litter bags; external support must be kept to a minimum including holding riggers; crews must ensure that their boat is safe and prepared according to the British Rowing Rules of Racing to minimise the need for someone else to check the boat; competitors may be asked to provide extra contact/personal details by the host Club for entry into the event for use for test and trace; the host Club will publish a Data Protection Policy for use of this personal data.
- Attendees **must endeavour not to use the toilets/changing rooms at host Clubs if possible; where they must be used all attendees must should endeavour to follow the host Club's instructions, especially with regards to face coverings, social distancing and the use of facilities e.g. face coverings and minimise mixing; all attendees must shower immediately upon returning home and wash/dry any kit used at the competition; attendees must keep spare kit in vehicles where possible rather than storing them in changing rooms.**
- **Spectators should refrain from attending any competition event until at least 17th May (in accordance with Government Step 3) unless they are supervising an under-18; where spectators are allowed, persons must consider whether their attendance is necessary and refrain from attending if not; spectators must maintain a 2m social distance from others and refrain from mixing with other spectators; in public areas e.g. country parks, spectators must abide by the Government's rules e.g. rule of six; any Spectators attending with TTARC must notify their attendance to TTARC and may be asked to provide details for contact traceability; the Captain must maintain a list of who has been to what event (including parents/supporters where possible).**
- Overnight stays for the purpose of competition are permitted from 17th May 2021, in line with British Rowing guidance, if absolutely necessary.
- On the occasion that a TTARC member takes on a role at a competition event (e.g. umpire, volunteer marshal), they must first consider whether their participation is necessary; if so, they must maintain 2m social distance at all times when in role and must not share equipment; where possible equipment should be taken with them (e.g. flags, megaphones); where this is not possible, equipment should be washed before and after use; any volunteer must ask the host Club to limit their rotation if possible.

Appendices

Appendix 1 – In & Out Landing Stages



**image courtesy of Google Maps*





Route used to come in (landing)

Launching crews have priority over landing crews.