



ABN 13 694 243 167

## ROWING IN A COVID 19 ENVIRONMENT

**Before rowing, please consider your personal circumstances - in relation to current NSW Health advice regarding more mature people and people with chronic health issues, your health and well being on the day, current and potential weather conditions, your rowing skills and experience, whether or not there is tinny support and if you are rowing with a companion or in a group. If you are in doubt over any of these issues, PLEASE DO NOT ROW.**

Please always ensure that:

- you only come to the shed if you are booked in as one of the up to eight rowers, cox or coach per thirty minute time slot
- you use the hand sanitiser provided on entering and exiting the shed
- you only use your own or allocated oars
- after use that you thoroughly wash all equipment with soap/detergent and water
- you observe social distancing of 1.5 metres
- inside the shed you allow people four metres square
- you come to the shed dressed, ready to row and enter and exit quickly
- you do not come to the shed if you are feeling at all unwell or have come into contact with anyone that has Covid 19. If a member is exposed to or diagnosed with Covid 19, please inform the CoM immediately
- you follow all instructions associated with booking your rowing slot in accordance with the weekly Google Sheet covering note
- for safety reasons, the Club strongly advises that you row with another

Rowing NSW recommends that anyone accessing the shed downloads and uses the Federal Government's Covid Safe App.

THANK YOU FOR YOUR CO-OPERATION  
The Committee of Management

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