



Return to Play in a COVID-Safe Environment- Version January 2021

BMRC has prepared this plan to promote a COVID safe environment for our Members.

This plan follows current ACT Government guidelines and advice from Rowing Australia, Rowing ACT and ACT Sport and Recreation.

It includes:

- Club Responsibilities
- Member Responsibilities

Club Responsibilities

- Prepare the *Return to Play in a COVID-Safe Environment* plan, and inform all Members of its content.
- Appoint a Club COVID-19 Safety Officer to help develop, maintain, and monitor procedures to comply with ACT Government requirements.
 - The COVID-19 Safety Officer is a club committee member whose contact details are on the club website.
 - The COVID-19 Safety Officer will contact *ACT Health COVID-19 Helpline* for guidance if a Club Member is diagnosed with, or comes into contact with someone diagnosed with COVID-19. ACT Health will advise the measures required to be taken by the Club.

- Ensure that current ACT Government restrictions are observed.
- Ensure that Members are provided updates when there are changes to the COVID-19 Safety measures.
- Provide clear signage in the shed outlining the current COVID-19 measures that are in place.
- Ensure that suitable sanitisation products are available for use.
- Ensure that facilities are cleaned regularly.

Members' Responsibilities

On entering the shed you agree to abide by the following protocols. This is to ensure the safety of all our Members, and reduce the risks of Covid-19 spreading in our community.

- **Do not enter the shed if you are feeling unwell.**
- **Do not enter the shed if you have had close contact with a known or suspected case of COVID-19 in the last 2 weeks.**
- Members must only arrive at the shed immediately prior to their assigned exercise time and must leave immediately upon completion of the exercise period. **“Get in, train, and get out.”**
- Immediately upon arrival sanitise or wash your hands in the bathroom with warm soapy water and dry with paper towel.
- Observe social distancing (1.5 metres) and observe maximum allowable numbers as displayed in relevant areas of the shed.
- Sign in and sign out on the register – to allow for contact tracing if the need arises.
- Crews are encouraged to row together with the same combination to reduce contact with others.
- Wash all shared equipment with detergent in water.

- Thoroughly wash boats inside and out with detergent, rinse with clean water and dry.
- Wash oars in the same way with particular attention to grips and shafts.
- Empty washing buckets regularly (at least once per day).
- Use of showers and change rooms is discouraged. Toilets may be used, while adhering to hygiene practices as displayed.
- Hand wash or sanitise after touching communal surfaces including work benches, boat stretchers, access doors etc. Wash or sanitise your hands upon leaving the shed.
 - Spread of COVID-19 can occur from touching communal surfaces. Take care and avoid touching your eyes, nose or mouth.
- Ergs can be used - inside the shed in the boat bay areas only, or outside.
- Suitable distancing of 1.5 metres must be observed when using the ergs, and equipment must be cleaned and sanitised after use, as per instructions displayed in the shed. If you are diagnosed with, or come into contact with someone diagnosed with COVID-19, please contact the BMRC Covid-19 Safety Officer immediately.
- Members are encouraged to download the Federal Government's COVID-19 app.