

Additional Guidelines for re-opening of clubhouse and use of ergos 20/6/20

Based on RowingNSW Covid 19 Guidelines 2

1. Do not come to the shed or clubhouse if you are ill
2. If you have any symptoms such as fever, cough, shortness of breath or other respiratory symptoms please seek testing by contacting your GP by phone or attending the Port Macquarie Base Hospital Covid Clinic. You should self-isolate whilst awaiting test results.
3. Please wash your hands with soap and water on arrival at the rowing club.
4. Maximum number of persons in rowing shed at any time -10
Maximum number of persons in clubhouse at any time 10
Maximum number of persons in either bathroom 2
5. Ergos (seats, handles, heads) are to be wiped down with methylated spirits or disinfectant moist wipes before and after each use.
6. Please bring your own towel
7. Please observe social distancing of 1.5m in the clubhouse.
8. At this stage, no refreshments in the clubhouse.
9. Zoom or other similar platform should continue to be used for meetings