



# PORT MACQUARIE ROWING CLUB

ABN 48924043181

BOAT SHED:	HIBBARD DRIVE
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## PORT MACQUARIE ROWING CLUB GUIDELINES DURING COVID-19

### Guidelines for return to rowing – 30 May 2020

Updated 21/6/20

(based on those issued by Rowing NSW 15.05.20 and on 2<sup>nd</sup> set of guidelines issued by Rowing NSW)

1. Please do not come to the boatshed if you are ill or in quarantine.
2. **Hand hygiene** on entry and exit to boatshed.
3. **Please observe “social distancing” in the shed, clubhouse or environs where possible.**
4. If the shed is open, please enter via the roller doors, to minimise touching the front door knob.
5. At this stage there is to be no competitive rowing.
6. **Single sculls only.** No crewed boats are to be rowed (max 2 people in tinnies only).
7. It is essential that you fill in the “**Covid book**” in the shed before and after rowing **or using the ergos.**
8. No more than 10 people inside the shed **or clubhouse** at any one time to comply with 4sqm rule in the available space, and coaching /training groups not to exceed 10 people total.
9. Toilets/showers – 2 people in each of men’s and ladies at any one time.
10. **Clubhouse will be opened for ergo use from June 27.**
11. **Ergos (seats, handpieces and heads) are to be cleaned with materials provided before and after each use.**
12. **Please provide your own towel.**
13. **Still no refreshments, apart from your own water, in the clubhouse**
14. Boats and equipment to be washed with soap and water or wiped with methylated spirits after each use.

15. Please use only your **allocated oars**.
16. It is recommended that members download the Covidsafe App where possible.
- 17.** Parents/partners are to only drop off and pick up rowers and are not permitted in the boatshed **or clubhouse at the moment**.
18. It is recommended that you do not row alone. Lone rowing is at your own risk.
19. Should a rowing club member be exposed to or diagnosed with Covid-19, please contact the captain, vice-captain or president immediately.
20. All meetings should be conducted by zoom or similar until further notice.

Committee of PMRC 21/6/20