

TEAM **K**EANE

Sculling School

Operating Policy for attending TKSS activities at ULBH. Updated 6th July 2020

Below lists the requirements for those attending activities provided by Team Keane Watersports School at the ULBH.

These are to be strictly followed and adhered to. Failure to comply with these policies or guidance will result in immediate suspension of membership and/or expulsion from the club & site.

We are currently able to offer group activities in single sculls accompanied by a coach in a coaching Launch or a single scull.

At the moment crew boats are still NOT available for use, however this is under constant review by ULBC and we will let our members & those booked on our courses know once this has been updated.

All club member sessions will need to be booked in advance through the TKSS booking schedule. All bookings need to be approved by the TKSS Covid-19 Officer, Miranda Keane.

Only members who have signed the 'Covid-19 Scullers Steering & Equipment usage Declaration' will be permitted to book onto these sessions.

All members excluding the fully Steer accredited adult members are also to be supervised by a TKSS Coach at all times at the BH to ensure these procedures are being followed. There is to be no boating in the absence of a TKSS coach.

If any of the members or other boathouse users are concerned by any behavior at the boathouse or on the water they are to contact the TKSS Covid-19 Officer, Miranda Keane at miranda@teamkeane.com.

- Immediately prior to arrival all members are required to sanitise their hands using sanitising gel.
- Entrance & Exit is from the Green Pedestrian gate on Hartington Road following the circulation pattern provided ensuring that you are ALWAYS following the minimum 1 meter distancing rule.
- There is strictly NO parking for members onsite.
- You are not to leave any valuable possessions onsite either during or after your outing.
- There is now currently access to the guest toilets inside the Boat house, but there is still strictly NO access to the gym, changing rooms & the club room.

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- Please kindly avoid loitering or group gathering whilst at the BH. Upon arrival you are to immediately get your equipment out and proceed to the water's edge and boat without delay.
- Upon return you are to immediately take your equipment out of the river, trestle & thoroughly wash and disinfect your hands before proceeding to clean & disinfect all equipment used following guidance provided in the cleaning policy.
- Once cleaned you are to return all equipment to the racks.
- You're then again required to thoroughly wash & sanitize hands before leaving the premises through the green pedestrian gate.
- Again please kindly avoid congregating outside the BH and you are expected to leave without delay.

We thank all our members for your compliance following these guidelines and working together and remaining alert to the invisible threat around us & to our community.

Together we will hopefully be able to manage the spread of the virus whilst remaining active.

Coaching Launches:

Coaching Launches are now permitted with one coach.

Use of a coaching launch will be kept to a minimum & limited to sessions where it is absolutely necessary.

Only 2 tiller operated launches are currently available for use. These are TKC106 & TKC048. All those assisting to take the launches to and from the waters edge are to ensure they maintain the 1m distancing rule and to immediately sanitise their hands after contact.

Launch cleaning guidelines.

After each use the coach is to wash the handle of the pull cord, the engine hood, the gunnels and the tiller handle with soapy water and disinfectant.

Returning Coaching Launch to boathouse

The coach/ coaches will return the launches up the hard to the front of the erg shed & the engines to inside the bay maintaining social distancing at all times. Athletes are permitted to assist.

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Participant Health Monitoring

- Any individual (participants, coaches, staff, parents or guardians) returning to the boathouse or to a training environment needs to have been in that general geographic location for 14 days prior to coming to the boathouse.
- Any individual known to have been exposed to a person who has been sick and/or diagnosed with COVID-19 must self-report to the TKSS Covid-19 Officer, Miranda Keane at miranda@teamkeane.com.
- If the person affected was physically present at the boathouse within the prior 14 days, and the individual must self-quarantine for 14 days before returning.
- All individuals must self-monitor for symptoms of COVID-19 daily. Each person should take their temperature daily prior to arrival at the boathouse. If anyone is presenting any of the symptoms of Covid-19 they should not come to the boathouse.
- If someone feels sick, they should contact miranda@teamkeane.com and not attend the session. The individual should reach out to his or her doctor for assistance.
- If an individual has had a documented case of COVID-19, they will need a note from their doctor indicating they are cleared to resume participation in training.

Cleaning Procedure

It is essential that all equipment is thoroughly cleaned after use. We require all participants to follow the guidance for cleaning equipment that has been issued by British Rowing and by the WHO.

Reference to the British Rowing document is below and here is the link to the advise offered by WHO <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

Please can you also make sure you follow guidance offered by the NHS with regard to washing your hands, below is a link to this

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

TKSS will ensure that these cleaning & suitable sanitising solutions are available on site.

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MAKE SURE YOU WASH YOUR BOAT AND BLADES THOROUGHLY

PAY SPECIAL ATTENTION TO TOUCH POINTS :



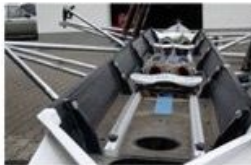
BLADE HANDLES



SEAT & HATCH COVER



FOOTPLATE & BOLTS



SAXBOARDS



TRESTLES



GATES

CLEAN WHAT YOU TOUCH :



TOOLS



KEYS



PADLOCKS



DOOR HANDLES



TAPS & HOSEPIPE



LIGHTSWITCHES

NOW WASH YOUR HANDS

Movement around the BH.

Arrival & Departure : through the Green Pedestrian gate. There will be other users at the BH so at all times please ensure you are a minimum of 1meter from everyone excluding family members. Security is a VERY serious matter at the BH with a high proportion of thefts so ALL members are reminded to PLEASE make sure they close the gate behind them.

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Covid-19 Contamination Risk Assessment

This Risk assessment is to be used in conjunction with current TKSS Club Risk assessment and safety policies which are all available on the TKSS website.

Member Proximity Contamination	Through physical contact or Respiratory Signature Contamination through expulsion of air from our lungs through our nose and/or mouth from talking, laughing, sneezing or coughing.	Hands to be regularly washed & sanitised whilst at the BH
		Apply 1mtr distancing rule at all times between participants & supervisors.
Transmission of Covid-19 through use of shared equipment.		hands to be washed and sanitised upon member arrival and departure and before equipment cleaning.
		All equipment to be thoroughly cleaned following the cleaning procedure after use.
Crowding at the boat house	Increases risk of contamination via proximity.	Limited booking system TKSS booking system confirming time of arrival & departure and equipment. Group sizes limited to small groups.
		Restrict all unnecessary usage of buildings on site. Attendance & activities to be held outside.
		Apply 1mtr distancing rule at all times between participants & coaches.
Injury or incident requiring immediate first aid.		First aid available in the TKSS boat bay and to be administered only by a qualified TKSS official.
		both the patient and the TKSS official to wear a face mask & clean gloves whilst first aid is

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		administered.
		New gloves to be worn to administer 1st Aid and to be disposed of immediately after.
Capsize & Recovery	Either from scullers fault of impact with another vessel or static object	<p>Participants to be taken through the process of a capsize should this occur to avoid the risk of contact because of capsize recovery. Should a sculler capsize coaches in launches are to carry full PPE in case a rescue or assistant in a capsize recovery is necessary.</p> <p>In the event of damage to a scull whilst on the water which renders the vessel unusable. All scullers are to carry a phone in a waterproof case so to be able to contact the boathouse where there will be a TKSS official on duty that can assist in performing a rescue from a launch or other means as necessary.</p> <p>Members are only allowed to boat in groups with a minimum number of 2 participants & are to stay within sight of one another, but no closer than 2 meters.</p> <p>All incidents are to be reported to the WSO and followed up via the BR incident reporting system or if involving a motored vessel the PLA.</p>