

TEAM **K**EANE

Sculling School

Operating Policy for attending Team Keane Sculling School School Sessions at the University of London Boat House during Tier 2 Covid-19 Restrictions. Updated 19th October 2020

Below lists the requirements for ALL participants attending Team Keane Sculling School (TKSS) School sessions during restrictions related to Covid-19 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 expulsion from the club.

Please note these requirements are in addition to the requirements as stated and employed by your respective school or institution.

In order for TKSS to be able to 'track and trace' any infection and spread, all attendance to all sessions MUST be confirmed via our system on fitclub.me 24 hours in advance. If you do not confirm your attendance using this system you will be marked as not attending the session. From the wc the 7th September 2020 we will not be able to accommodate any unconfirmed attendance at ANY sessions.

To sign up to fitclub to confirm your attendance please do the following; visit www.fitclub.me and sign up. Once you have signed up please ask to join Team Keane Sculling School. From here we will receive a notification and add you to your group. You will then be able to confirm your attendance for the term.

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.

ARRIVAL

- All participants arrive & Leave via the green pedestrian Gate on Hartington Road. Code: C3489Y
- All participants and coaches are to wear a face mask whilst attending a Team Keane Activity. This is to be worn whilst on site and can only be removed whilst in physical activity related to Rowing. **You are to provide your own face mask**, these cannot be provided by the club.
- You are to wait on the green grass area behind the boat house to be met by your coach.
- Immediately after arrival all members are required to sanitise their hands using sanitising gel located on the inside of the front green gate.
- **all participants and coaches are to maintain the minimum 1 mtr distancing at all times.**

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- **There is strictly NO parking onsite.** Parking is available along local roads nearby

DURING SESSION

- **You are not to leave any valuable possessions onsite either during or after your outing.**
- There is currently still no access to the changing rooms or the showers for the purpose of changing. However we have several 'pop-up' changing tents available for use upon request & you are asked to sterilize hands before and after using these tents.
- You are to pay special attention to all commands given by your coach. Taking special care to adhere to the 1mtr distancing at all times.
- If in a crew boat you are to make sure you only handle your rigging and seat.
- If coxing a crew you are to ensure you wear a face mask.
- When taking your blades you are to ensure you use only your set of blades by taking note of the coloured tape and number of bands of tape below the handle.
- When carrying the boat you are to choose either the bow or stern end and ensure you carry the boat to and from the water at the same position on the boat.

AFTER THE SESSION

- Upon return from your outing you are to immediately take your equipment out of the river, trestle it considerately to other boathouse users, thoroughly wash and disinfect your hands before proceeding to clean & disinfect all equipment used following guidance provided in the cleaning policy below.
- Once cleaned you are to return all equipment to the racks making sure all equipment stored outside is securely tied down.
- All participants are requested to treat the University of London boathouse with care & respect making sure to leave all areas clean and tidy at all times.
- **Under NO circumstances are wet or muddy shoes to be worn inside the boat house. These are to be taken off at the entrance and left in the boxes provided.**
- There is access to the toilets via the changing rooms in the boathouse with only 3 toilets available and queuing space for only 5 people with social distancing through the changing room. As required by British Rowing the changing rooms are not to be used to change in. Toilets are to be left in a clean and tidy state.

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- You're then again required to thoroughly wash & sanitize hands before leaving the premises via the green pedestrian gate.
- There is to be strictly NO congregating on the hard with debriefing to take place behind the boathouse on the grass area.
- After debrief you are to leave without delay.

We thank all participants for your compliance following these guidelines and working together 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.

Participant Health Monitoring

- 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 rower was physically present at the boathouse within the 14 days prior, 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 the rower 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 for the next participant. We require all participants to follow the guidance provided 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/>

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



MAKE SURE YOU WASH YOUR BOAT AND BLADES THOROUGHLY

PAY SPECIAL ATTENTION TO TOUCH POINTS :



CLEAN WHAT YOU TOUCH :



NOW WASH YOUR HANDS

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 1 meter distancing rules at all times between participants & supervisors.
		Coxswains to wear a face mask whilst in the boat.
		Launch drivers to carry spare face masks for use by additional passengers.
		No personal belongings to be left at the BH either during or after outings.
Transmission of Covid-19 through use of shared equipment.		hands to be washed and sanitised upon member arrival and departure and before

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		equipment cleaning.
		All equipment to be thoroughly cleaned following the cleaning procedure both prior to and after use.
Crowding at the boat house	Increases risk of contamination via proximity.	Restricted usage of buildings on site.
		Warm ups, cool down stretching, briefing and debriefing to take place on the grass area behind the boat house.
		Apply 1 meter distancing rules 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 TKSS qualified official.
		Patients and TKSS officials wear face masks & gloves whilst first aid is administered.
		New gloves to be worn to administer 1st Aid and to be disposed of immediately after.