






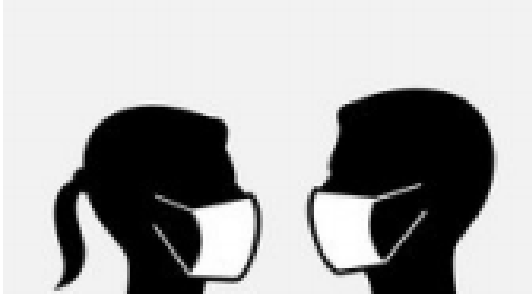


# Covid-19 Pathway

#WEAREALLROWINGIRELAND



LEVEL	TRAINING INDOORS	TRAINING OUTDOOR	TIME TRIALS	HEAD OF THE RIVER	REGATTAS	TRAVEL	CLUB HOUSE
3	 <b>INDIVIDUALS</b>	 <b>PODS 15</b>				 <b>WORK RELATED</b>	 <b>RESTRICTIONS</b>
	Social Distancing with frequent and appropriate sanitization	Social Distancing between pods. Coach is part of the 15. Coach should not move between pods	<b>No events or Competitions</b>			Stay in your own County	Athletes should be encourage to attend training already in their gear and go home immediately after training finishes.
		<b>The wearing of facemasks should take place at all times, except during actual exercise</b>				