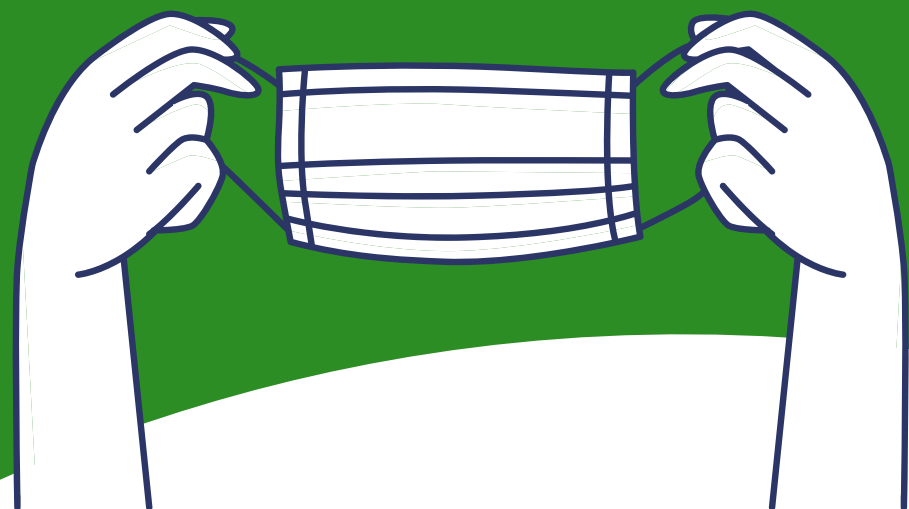


# ROI Covid-19 Pathway



#WEAREROWINGIRELAND

## ROWING IRELAND

### WE ARE ROWING IRELAND

LEVEL	TRAINING INDOORS	TRAINING OUTDOOR	TIME TRIALS	HEAD OF THE RIVER	REGATTAS	TRAVEL	CLUB HOUSE
5	 RESTRICTIONS					 Essential only	 Closed
	Individual training only from home. No indoor gatherings involving "individual training" except for professional and elite sports.	No outdoor exercise group activities	<b>No events or Competitions</b>			5K from home	All club facilities should close including Boat House Club House Gyms
		<b>The wearing of facemasks should take place at all times, except during actual exercise</b>					