

ROWING IRELAND PROTOCOLS FOR CLUBS OPERATING WITHIN THE REPUBLIC OF IRELAND



The following are the protocols that should be put in place for the safe return to rowing of rowers in the Republic of Ireland. The resumption of on the water training can take place from Monday the 26th of April. These protocols have been sanctioned by Sport Ireland.

These protocols only cover Rowing Ireland affiliated clubs.

The new set of restriction come into operation in the Republic of Ireland on Monday the 26th of April 2021.

Rowing Ireland Protocols	
Protocol	Responsible person/s
Underage (Juniors) rowers in pods of 15, in crew boats with a coach as part of the pod.	Club committee
Adult rowers - max of 2 together - in single sculls only	Club Committee
Any athlete taking part in training must be free from all signs and symptoms of the Covid-19 virus	Athlete / Club
Any Athlete diagnosed with the Covid-19 virus must be symptom free for a minimum of two weeks prior to resumption of training and certified fit to return to training by a doctor.	Athlete / Coach
Any reported outbreak of the Covid-19 virus within the athletes training with the club must be reported to the coach and club committee as soon as is reasonably practicable.	Coach
The lifting of restrictions for athletes is for outdoor training only. All gyms must remain closed.	Club Committee
A coach will be allowed to supervise the training sessions for the identified athletes. They must be part of the pod of 15.	Club Committee
All rowers, coxes, and coaches must always wear a facemask on land.	Athletes, Coxes, Coaches, Covid officer
Coxes must also wear a facemask while in the boat.	Coxes / Coach
Athletes, Coxes and coaches must arrive at training ready to train. The club dressing rooms must remain closed, and toilets may only open for essential purposes.	Athletes, Coxes and Coaches
Carpooling for coaches and athletes is not allowed	Athletes, Coxes and Coaches
All equipment must be sanitized before and after training.	Athletes, Coxes, Coaches, Covid Officer
The swapping or sharing of equipment is not recommended.	Coaches
Each club must appoint a Covid officer	Club Committee
A strictly kept attendance sheet must be completed for each session. Attendance sheets may be used for tracking purposes if there is an identified case within the group.	Covid Officer, Club Committee, Coaches
Club members should operate and stay in the same pod where possible, changing members from one pod to another pod could increase the risk of virus spreading further within your club.	Covid Officer, Coach
Coaches, Coxes and Athletes must still obey the current travel restriction; (travel within your own county or within 20km of your home).	Athletes, Coxes and Coaches
Remember, wash your hands, cover your face, and keep your distance	ALL

Any Club, Athlete, or Coach found to be in breach of the government guidelines or these protocols or found to be operating outside of the intended spirit of the government exemptions could be sanctioned under the public health act.