

Updated ROWING IRELAND TRAINING PROTOCOLS

May 2021

With preparation taking place for the return to rowing events from the 7th of June, the Rowing Ireland Covid-19 working group have issued the following guidance to clubs and event organisers

Exercise and Sporting Events From 10th May	Recreational Training and Race Training may resume for Adults as well as Juniors	Coach Education and Umpire Training may resume with activity taking place outdoors
Rowing regattas and events may resume from 7th June	Awaiting final clarification on numbers allowed to attend events from Sport Ireland.	Rowing Event Planning Webinar , the Rowing Ireland Club Support and Event Management team are hosting a webinar on the ** May 2021

Rowing Training

Based on the following points – Rowing is recognised as inherently low risk activities with regard to infection or transmission of COVID-19 even in situations where distancing of 2+m cannot be maintained at all times.

- Training sessions are carried out in an open and unsheltered environment allowing for the easy dispersal of any droplets or aerosol.
- The continuous movement of water and air make surface contamination less likely.
- The normal PPE worn for activities offers additional protections.
- The normal attendance/entry process implemented as part of the activity allows for easy contact tracing.
- Due to the normal risks associated with participation in water-based activity, participants have an inherent awareness of risk assessment and risk management.
- Rowing is a non-contact sport as boats do everything, they can to avoid contact with each other.
- There is little by way of close contact between different boat crew.
- Boat crews train and row together for the duration of a session or timed training pieces creating a small natural pod and therefore easily facilitating contact tracing should the need arise.
- Activities take place at the same venue for the duration of a training piece, ladder or training programme, so avoiding any unnecessary mixing of pods.
- Participants go directly to their boats to prepare them beforehand and then de-rig the equipment after, this along with the space required for the boat means there is no congregating of people.
- There are no spectators allowed, meaning those persons attending sessions are only there as part of the structured activity and there is no congregating of people.
- The organised, structured nature of training allows for mitigation of risk.
- Timing if required can take place with the minimum amount of personnel being involved, while being able to abide with social distancing in an outdoor environment while wearing suitable PPE.

Practical Training Considerations

- Organisers should give consideration for launch and recovery of participants.
- The activities should be run following the normal risk assessment process which should include the risks associated with the spread of Covid 19.
- Any incidence of contraction of the virus traced to Rowing events should be reported to Rowing Ireland as soon as possible.

Event Practice & Coaching activity involving crews to practice and improve their rowing racing skills in preparation for a full return to competition on June 7th.

- Sport Ireland and the Expert Group on Sport have stipulated in their guidance that no formal competitions should be organised or promoted by clubs until 7th June.
- Clubs and training Courses may engage in event training and coaching activities involving the use of courses for crews to be timed.
- Training for event management committees may also be facilitated.
- Activities should be run in pods of no more than 15 in compliance with Rowing Ireland's protocols.
- Participants are to adhere to Covid protocols and ensure they are observed by each crew.
- Crews may be graded on their performance at the end of each session.
- Records and notes of performances may be communicated by virtual means.
- All participants and organisers engaged in race training activity should adhere to rules in place at the time for gatherings.

Rowing Ireland Webinar: - Rowing Event Planning, ## MAY 2021

The Rowing Ireland Club Support and Event Management team are hosting a webinar to assist club in understanding how they can safely run an event under the current Government, Sport Ireland, Sport Northern Ireland and Rowing Ireland Protocols and restrictions

Subjects to be covered include

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| <ul style="list-style-type: none">• Protocol requirements• Risk mitigation• Managing numbers• Entries | <ul style="list-style-type: none">• Reducing contact• Contact tracing• Event Covid Officer• Event notifications | <ul style="list-style-type: none">• Local residence concerns• No spectators• Event officials• Event timetables |
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