



Marist College Canberra Rowing Club COVID-19 Policy/Guidelines

Purpose

The purpose of this document is to outline the Marist College Canberra Rowing Club's policy and guidance in relation to the conduct of Rowing (training and regattas) in order to manage/mitigate the risks related to the COVID-19 pandemic.

Background

- The ACT Government announced that as of noon Friday 19 June, all sports would be allowed to train in groups of up to 100 people, provided there is space for 1 person per 4m² indoors or outdoors.
- This includes facilities such as change rooms and canteens - provided they meet general hygiene and physical distancing requirements.
- A key focus of the ACT Government's guidance is that participants (rowers, coaches and parents) are encouraged to "get in, train/play and get out".

This document will enable MCCRC to comply with the ACT Government's, ACT Rowing and the College's policies in relation to COVID-19. Further information is available at:

- ACT Government - www.covid19.act.gov.au/
- ACT Rowing – www.rowingact.org.au/covid-19-information
- Marist College – http://www.maristrowing.com/site/assets/files/1/marist_college_covid_guidelines_for_return_to_play_stage_3_1.pdf

Key elements of ACT government guidance

- 100 people are allowed indoors or outdoors, provided there is for 1 person per 4m².
- Continue to exercise social distancing.
- Get In, Train, and Get Out.
- Strict adherence to hygiene practices.

MCCRC Implementation

Details of the actions MCCRC is implementing to mitigate the risks associated with COVID-19 are below. We will provide information on the conduct and management of regattas once this is finalised.

- Facilities
 - Distribute and display clear signage for Athlete Return to Play COVID-19 measures that are in place for all entering the facility.
 - No parents/friends allowed around or inside the boatshed or attached facilities.
 - Use of facilities (CGGS and LTRC Rowing Sheds and the College) must adhere to 1 person per 4m².
 - Sanitising products will be available at all facilities.
 - Only cardholders will open and lock the boatshed for training including switching on lights and opening doors.
 - Wipe down doors, handles, switches and locks after use.



- Training
 - Training sessions must be no more than 60 rowers, including coaches.
 - Rowers can only attend their allocated training sessions.
 - Rowers and coaches are NOT permitted to train if they:
 - Feel unwell;
 - Display COVID-19 symptoms;
 - Have travelled internationally in the last 14 days;
 - Have been exposed to someone with COVID-19 in the last 14 days; or
 - considered high risk from a health perspective.
 - Do not share drink bottles, towels and food.
 - Maintain appropriate social distancing and group numbers when moving off and on the water.
 - Coaches will keep a roll of attendance for each training session.
- Equipment
 - Thoroughly wash all equipment with soap (e.g. boats/oars/tinnies) or sanitiser (e.g. oar grips/seats/tinnie engines, seat, life jackets, megaphones, stroke coaches, cox boxes, taps, hoses) after use.
 - Any other equipment such as ergos must be cleaned (sprayed with/wiped down sanitiser) after each use (i.e. before a different person uses it).
- Other
 - Rowing ACT encourages downloading of the COVIDSafe app to assist in identifying members in their environments who have been infected/at risk of infection.
 - Continue to social distance at all times including keeping 1.5 metres apart and avoiding social greetings with contact.
- Rowers
 - Wash hands at the completion of training.

COVID-19 Diagnosis

Should any rower or coach be diagnosed with, or come into contact with someone diagnosed with, COVID-19 they should contact the College and Club President (to enable Rowing ACT, CGGS and LTRC to be informed). They should contact the ACT Health COVID-19 helpline on (02) 6207 7244 for guidance and contact tracing/potential isolation. ACT Health protocols for quarantine and self-isolation will apply.

Communications/Updates

The Club President will provide updates if there are changes to the COVID-19 measures.