



PARTICIPANTS

COVID SAFE RETURN TO ROWING GUIDELINES



Rowing Victoria has developed the following guidelines to assist the safe return to rowing training during the COVID-19 pandemic.

These guidelines are aimed at limiting the spread of COVID-19 and ensuring participant and community safety as we return to rowing. These guidelines must be read in conjunction with the current directives and guidelines of the Victorian Government and the relevant local council.

In returning to rowing, Rowing Victoria's priority is the preservation of public health and minimising the risk of community transmission to enable a safe and gradual return to sport for all. From participants to volunteers, to coaches, parents, spectators and staff, the entire rowing community has an important role to play in helping to slow the spread of COVID-19.

We encourage everyone to download the federal governments COVIDSafe app.

This guidance is current as at 12 October 2020

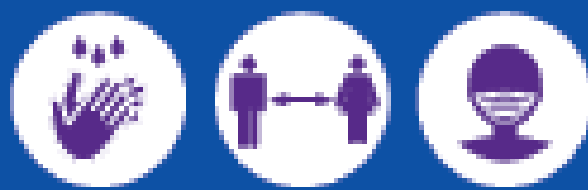




To help minimise the risk of contracting or transmitting COVID-19 as we return to rowing, participants must adhere to the following:

- ✓ Do not attend training if you are unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.
- ✓ Do not attend training if, in the last 14 days, you have been unwell or had close contact with a known or suspected case of COVID-19.
- ✓ Any participant who is unwell should see a doctor in accordance with local Public Health Authority guidelines.
- ✓ Participants should gradually return to training and competition to reduce the risk of injury, particularly if participants have had a period of inactivity.
- ✓ Consider vulnerable participants as they may be at increased risk.
- ✓ Participants must wear a fitted face mask or buff at all times in line with guidance by the Victorian Government. Participants can remove face masks once inside the boat and rowing has commenced.
- ✓ Avoid sharing items with others. Bring your own drink bottles, towels and equipment (where possible) to training, including tool kits for rigging.
- ✓ Shower at home with soap before and after all activity (where possible)
- ✓ Participants should arrive ready to train. Warm-up and cool down routines should be undertaken alone or in very small groups where possible adhering to social distancing.
 - 'Get in, train and get out' approach – Athletes to be prepared for training prior to arrival at venue (drop bags outside in boatshed /designated area and go).
- ✓ Avoid unnecessary body contact, for example no hand shaking or high fives.
- ✓ Plan for a quick departure and avoid gathering with others for prolonged periods before or after activity.
- ✓ Adhere to group number and activity restrictions in accordance with the Victorian Government guidelines
- ✓ Wipe down equipment and any other shared surfaces before and after use.
 - All equipment surfaces (inside and outside of boats and oars)
 - Trestles, boat racking, other boat shed surfaces, and doors
- ✓ Practice good personal hygiene including, for example, washing your hands with soap regularly, using a hand sanitiser and coughing into your elbow.



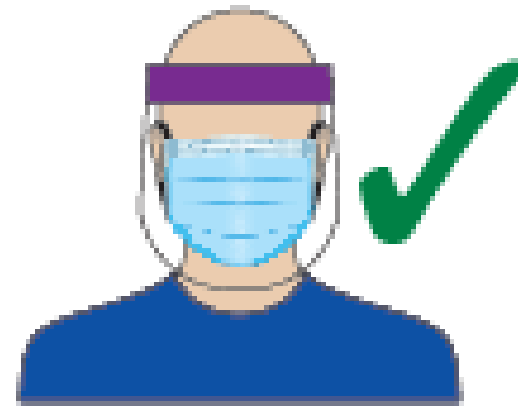


Face masks

What you can and cannot wear



A fitted mask needs to be worn covering both your nose and mouth.



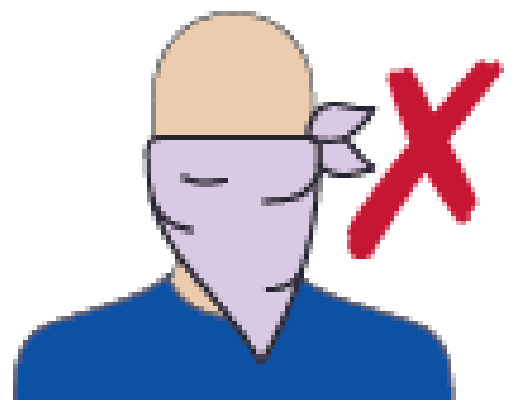
You can wear a face shield with a fitted face mask.



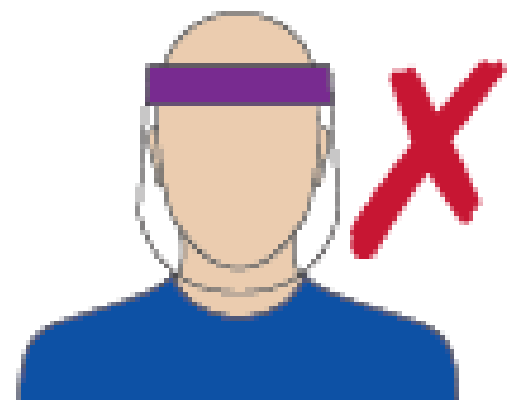
A fitted snood, Buff® or gaiter can be worn covering both your nose and mouth.

There are two types of face masks you can wear: cloth masks and surgical masks.

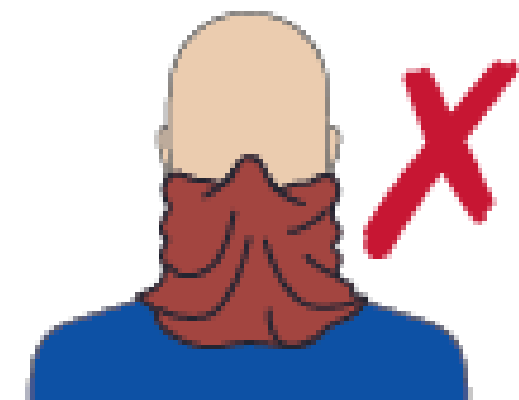
- Cloth masks are made of washable fabric and can be washed and re-used.
- Surgical masks are single-use masks and **cannot** be washed or re-used.



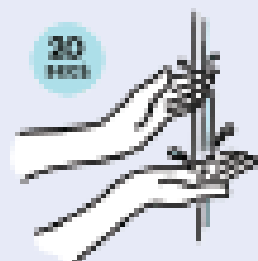
You cannot wear a bandana or scarf on its own.



You cannot wear a face shield on its own.



You cannot wear a loose snood, Buff® or gaiter on its own.



How to put your mask on

Step 1: Wash your hands with soap and water before putting on the mask.



Step 2: Make sure the mask covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.



Do not touch the front of the mask while wearing it.

Step 3: If you do touch the mask, wash your hands with soap and water or sanitise your hands immediately.

Do not allow the mask to hang around your neck.

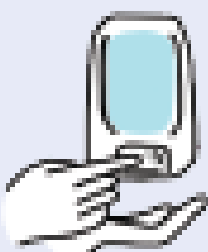


How to take your mask off

Step 1: To remove the mask, wash your hands with soap and water or sanitise your hands first.

Step 2: Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one.

Step 3: If your mask has filters, remove them and throw them away.



Step 4: Fold the mask and put it directly into the laundry or into a disposable or washable bag for laundering. Single-use surgical masks should be disposed of responsibly and not be re-used.

Step 5: Wash your hands with soap and water or sanitise your hands after removing the mask.

To receive this publication in an accessible format email the Department of Health and Human Services <COVID-19@dhhs.vic.gov.au>

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Health
and Human
Services

Before and After Activity

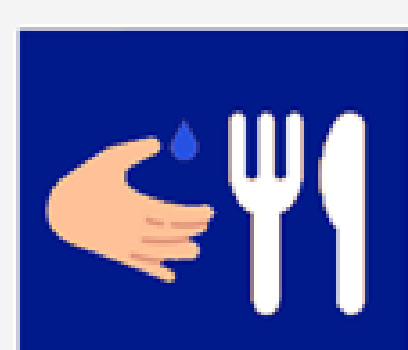


During Activity





Wash your hands often with soap and water for at least 20 seconds.



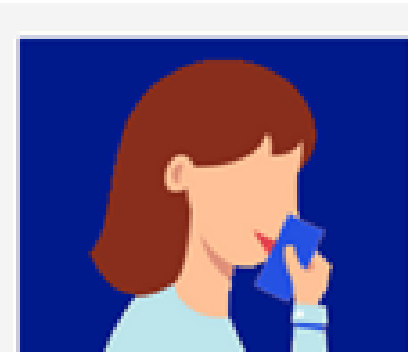
Wash or sanitise your hands before eating



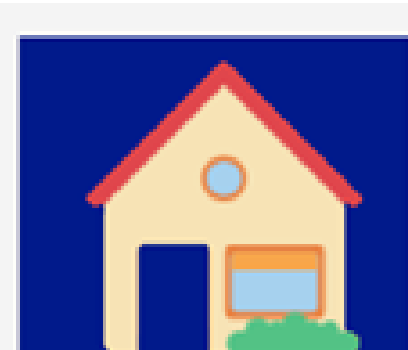
If soap and water are not available, use an alcohol-based hand sanitiser



Avoid touching your eyes, nose or mouth



Cover your mouth to cough or sneeze



Stay home and seek medical treatment when you are sick



Avoid close contact with people who are sick

DO NOT ATTEND
group training, competitions
or events if you exhibit any
of these symptoms:

FEVER

FATIGUE

SORE
THROAT

COUGH

SHORTNESS OF
BREATH

PLEASE SEEK APPROPRIATE
MEDICAL TREATMENT.