

Ryde R. C. Rowing Sub-Committee.

“Rules/Restrictions” on use of Clubhouse Training Area.

Club gyms and indoor training facilities from 7th December, can be opened subject to mitigations to be COVID-19 Secure.

- 1) Restricted to designated members only.
- 2) Those attending MUST advise Steve Bull - by Email/Text – so we can list those in attendance and comply with "Track & Trace" procedures.
- 3) Training times to be agreed by the Rowing sub-committee before commencement.
- 4) Current social distancing measures to be adhered to, i.e... 1m+ between exercises.
- 5) Hand sanitisers to be used on entry to the boathouse – with the Hand Sanitizer provided.
- 6) Attending members can wear masks if they want.
- 7) A maximum of 7 people + coach at a time.
- 8) Clubhouse doors to be open whilst training is in progress.
- 9) No shower/changing facilities – members to arrive and leave in kit. Can use toilets and wash basins.
- 10) Use of Ergo's to be limited to 7 at a time, promote running as an alternative.
- 11) All equipment MUST be thoroughly cleaned after use – with anti-bacterial spray provided, any sign of this not being done means closure of gym.
- 12) All equipment MUST be put away after use, again non conformity means gym closure.
- 13) Training slots to be a maximum of 1.5 hours with 15 mins gap between sessions.
- 14) No more than 2 people per activity where weights are used, i.e. 1 exercising and 1 spotting if required.
- 15) Hand washing to be done before and after training.
- 16) Users agree that the gym and equipment are used at the athletes own risk and they have agreed to this. Email or text should suffice.
- 17) No weights exercises are to be done on the blue mats.
- 18) Gym “layout” must remain unchanged.
- 19) You should use the Forehead Thermometer provided to take your temperature before entering the Lounge. If you record a temperature of 37.8c/100f or higher or the fever alarm is set-off you should leave immediately and not return until your temperature has fallen below this level.
- 20). No one who feels ill or has Covid-19 symptoms should attempt to enter the Clubhouse.