



NEWARK HEAD 2021

PLEASE READ CAREFULLY – COVID GUIDELINES

These instructions:

- Relate only to COVID-19 measures;
- Incorporate the provisions of the British Rowing Managing Covid-19 Advice for the rowing community version 14, 20th July, 2021;

It is the responsibility of all competitors, coaches, support workers, officials and volunteers to follow current government and British Rowing guidance.

The organising committee strongly encourages all competitors, coaches, support workers, officials and volunteers to take a rapid covid test before travelling to the competition.

The COVID-19 officer for this event is Andrea Woodhead 07702 550937

Risk assessment

The organising committee has carried out a Covid risk assessment and identified actions to mitigate the covid risk.

Competing clubs should carry out their own covid risk assessment before making the decision to travel to the competition.

Any one who:

- has COVID-19 symptoms;
- has been advised to self isolate;
- is in a household with someone who has developed symptoms;
- has tested positive;

should notify the COVID-19 officer immediately and not come to the competition.

If a participant develops symptoms on the day they, and all members of their household, should leave immediately and inform the COVID-19 officer.

Anyone who develops symptoms within 7 days of the competition, or is in a household with someone who develops symptoms within 7 days of the competition, should inform the COVID-19 officer.

Participants are reminded to:

- bring hand sanitiser;
- wearing a face mask, this is not compulsory but recommended especially in indoor areas.
- social distance at all times unless in a boat;
- wash hands frequently;
- clean mobile 'phones frequently;
- coxes may wish to wear a face mask, and in stern loaders, goggles, glasses or a visor.

Competitors must arrive in their rowing kit, and upon returning home should immediately shower and wash all their kit.

Boating

The guiding principle for all participants must be self - sufficiency, the ability to get on and off the water with minimal assistance, if assistance is required this must be provided by the crews own club

Ensure you boat in good time, in accordance with the suggested boating times.

Make sure your boat is rigged, gearing adjusted etc before you come to the boating area.

Hand washing – cleaning

There will be hand sanitiser available at “touch-points” around the competition venue. Please use it. Competitors, coaches, support workers and volunteers should bring their own hand sanitiser and use it frequently, particularly before and after using the toilet, and before and after eating.

Competing clubs are responsible for providing all materials required for cleaning their own equipment.

Refreshments

Refreshments will be available from the clubhouse.

Toilets, changing rooms and showers

There are toilets near the entrance gates but try and use these to a minimal. If these are to be used please adhere to social distancing as much as possible.

Access to changing rooms is severely restricted, competitors wishing to change should do so in their own vehicles.

A shower is available for emergency use only, access will be given by the Competition Controller if justified.

Newark Head Committee