



3					Lifechanging Illness/Death	5	A	Moderate	back in operation and to stick to outing times. Webmaster to put link onto return to rowing webpage	possible. If more than 12 people arrive at the boathouse at one time, later arrivals MUST step back and wait by the trailers until crews have boated or left.  Mixed-household 4x-, 4x+, 4+ and 8+ outings are permitted from 29 March 2021								
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**Travel to the Club**

4	Travel to the club by public transport	Exposure to SARS-Cov-2	Club member on public transport. Club members secondarily exposed. member of the public	Club member (rower, cox, coach) becomes infected with COVID-19	Minor Illness	3	D	Substantial	Club members advised against using public transport to travel to the club		x		x	x		Boatman
5					Severe Illness	4	C	Substantial								
6					Lifechanging Illness/Death	5	B	Substantial								
7	Travel to the club in a private car with someone from a different household	Exposure to SARS-Cov-2	Club members in car, Club members secondarily exposed	Club member (rower, cox, coach) becomes infected with COVID-19	Minor Illness	3	D	Substantial	Club members advised not to share private cars in line with UK government advice		x		x	x		Boatman
8					Severe Illness	4	C	Substantial								
9					Lifechanging Illness/Death	5	B	Substantial								
10	Travel to the club in a private car members of your own household	Exposure to SARS-Cov-2	Club member(s) in car	Club member (rower, cox, coach) becomes infected with COVID-19	Minor Illness	3	A	Low	Club members reminded to follow UK government advice on travel		x		x	x		Boatman
11					Severe Illness	4	A	Low								
12					Lifechanging Illness/Death	5	A	Moderate								
13	Travel to club on foot or by bicycle	Exposure to SARS-Cov-2	Club member(s)	Club member (rower, cox, coach) becomes infected with COVID-19	Minor Illness	3	A	Low	Club members reminded to follow UK government advice on travel		x		x	x		Boatman
14					Severe Illness	4	A	Low								
15					Lifechanging Illness/Death	5	A	Moderate								

**Arriving at the boathouse**

16					Minor Illness	3	C	Moderate		Crews must assemble in groups of no more than 12 OUTSIDE the boathouse and maintain 2m distance. wear a face covering.  No more than 12 people are permitted to be at the boathouse at one time. Outings must be organised to ensure this is possible. If more than 12 people arrive at the boathouse at one time, later arrivals MUST step back and wait by the trailers until crews have boated or left.  For each crew, the nominated boat organiser must confirm with EACH member of the crew and the coach that they are fit and able to row. This includes asking if they are experiencing symptoms of COVID19 or if they have been exposed to someone with symptoms or who has tested positive in the last 14 days. This information is to be confirmed in the boat booking system as soon as practicably possible.  The cox and coach are not permitted to enter the boat bay								
17	Assembling the crew	Exposure to SARS-Cov-2 if person shedding the virus has been inside the boathouse in the last 3 days	Members of Champs, Clare BC, Members of Clare Hall BC; Boatman	Club members of champs Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	B	Moderate			x	x	x	x			Boatman	
18					Lifechanging Illness/Death	5	A	Moderate										

**Accessing equipment in the Boathouse and returning the equipment after use**

19					Minor Illness	3	C	Moderate	No more than 2 people are permitted to enter the boat bays to retrieve blades from inside storage. Those persons must maintain 2m social distancing unless they are from the same household.  Keep the boathouse well ventilated (open all doors) whilst people at the site.  Keep the boathouse well ventilated (open all doors) whilst people at the site.	In mixed-household crews, rowers MUST carry their own blade(s) and disinfect with their own materials. For an 8+, this means blades must be brought out in 4 batches of 2 people at a time in the boat bay.  Buckets and sponges are to be used for cleaning boats and blades. On completion of cleaning, sponges are to be left in dilute bleach in the bucket and the outer surfaces of the bucket wiped down as per all other touch points.									
20	Entry to the internal areas of the boathouse to access equipment/facilities	Exposure to SARS-Cov-2 if person shedding the virus has been inside the boathouse in the last 3 days	Champs member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Champs members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	B	Moderate	No club member permitted to access changing facilities at Clare BH. Toilets may be used in case of urgent need.  Ensure that anyone who has been exposed does not visit the boathouse in line with government guidance to self-isolate for 14 days post exposure.  Equipment cleaning agreed to by all club members using equipment stored inside or outside of the BH.	Crews may wish to bring their own cleaning materials. These must be disposable and brought to the boathouse by each crew member and disposed of on returning home (bagged disposal).  Coxes and coaches are not permitted to enter the boat bay as no equipment is held inside that they need.	x	x	x	x					Boatman
21					Lifecchanging Illness/Death	5	A	Moderate	Wash/sanitise hands thoroughly at the start of each outing and before leaving to travel home  At the start and end of each visit (which includes before you leave the hard in a boat), disinfect all surfaces (doors, locks, taps etc) that will or have been touched.  Keep the boathouse well	If shielding re-introduced, shielding members of Champs not permitted to visit the boathouse or train using equipment stored at Clare BH									
22					Minor Illness	3	C	Moderate		Ensure that anyone who has been exposed does not visit the boathouse.									
23	Touching surfaces (doors, combination locks etc) to enter or equipment or other surfaces once within the boathouse	Exposure to SARS-Cov-2 if person shedding the virus has been inside the boathouse in the last 3 days	Champs members; Members of Clare BC, Members of Clare Hall BC; Boatman	Champs members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	B	Moderate	Equipment cleaning, before and after outing  Wash/sanitise hands thoroughly at the start of each outing and before leaving to travel home	At the start and end of each visit, disinfect all surfaces (doors, locks, taps etc) that will be or have been touched.  Nominated person in crew responsible for opening and closing boathouse to ensure only 1 person touches doors, combination locks and lightswitches. This nominated person is responsible for disinfecting these before and after.	x	x	x	x					Boatman
24					Lifecchanging Illness/Death	5	A	Moderate											
25					Minor Illness	3	C	Moderate	Posters placed to remind everyone to maintain social distancing (>2m) whilst at the boathouse.										
26	Touching surfaces of equipment stored outside of the boathouse on scaffold racks	Exposure to SARS-Cov-2 if person shedding the virus has touched equipment stored outside	Champs member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Champs members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	B	Moderate	Equipment cleaning agreed to by all club members using equipment stored outside of the BH.  Wash/sanitise hands		x	x	x	x					boatman

27					Lifechanging Illness/Death	5	A	Moderate	wash/sanitise hands thoroughly at the start of each outing and before leaving to travel home										
<b>Going afloat or Landing</b>																			
28					Minor Illness	3	C	Moderate		Limit the number of people by the scaffold racks to 1 crew or a single sculler plus a helper. If another boat is being moved, wait in front of the boathouse until the crew has moved away from the side of the boathouse.									
29	Putting the boat on the water, or returning boat to exterior racks: 1x, 2x, 4x-	Exposure to SARS-Cov-2 if person shedding the virus has touched equipment stored outside	Champs member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Champs member, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	B	Moderate	Boats allocated to known list of users All rowers instructed in boat and blade sanitising List of permitted scullers maintained by sculling captain	Mixed household crews must attempt to maintain 2m distance between one another when lifting the boat from the racks to the water and in return. This may mean adjusting lifting positions closer to stern and bows than normal. Boats to be marked with lifting positions to give visual cues to maintain distancing	x	x	x	x				Boatman	
30					Lifechanging Illness/Death	5	A	Moderate		Mixed household crews are not required to wear face coverings but can if they chose to whilst lifting the boat. 1x, 2x and 4x- can maintain 2m distance through lifting at 2m intervals. Mixed household crews: rowers responsible for cleaning their own section of the boat and associated rigger(s) and blade(s) Following cleaning before launching, rowers to wash/sanitise hands.									
31					Minor Illness	3	C	Moderate		Limit the number of people by the scaffold racks to 1 crew. If another boat is being moved, wait in front of the boathouse maintaining social distancing from crewmates until the crew has moved away from the side of the boathouse. Maximum number of people for each boat type: 4x+: 5 4+: 5 8+: 9									

32	Putting the boat on the water, or returning boat to exterior racks: 4+, 4+ & 8+	Exposure to SARS-Cov-2 if person shedding the virus has touched equipment stored outside	Champs member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Champs member, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	B	Moderate	Boats allocated to known list of users All rowers instructed in boat and blade sanitising List of permitted scullers maintained by captain	List of mixed household crews maintained by sculling captain (for 4x+) or club captain (for 4+ & 8+) Mixed household crews must attempt to maintain 2m distance between one another when lifting the boat from the racks to the water and in return. This may mean adjusting lifting positions closer to stern and bows than normal. Boats to be marked with lifting positions to give visual cues to maintain distancing	x	x	x	x	Boatman
33					Lifecchanging Illness/Death	5	A	Moderate		Mixed household coxed crews MUST wear Face coverings when carrying the boat and when getting into or out of the boat. Mixed household crews: rowers responsible for cleaning their own section of the boat and associated rigger(s) and blade(s) Following cleaning before launching, rowers to wash/sanitise hands.					
34					Minor Illness	3	C	Moderate		Nominated person from each crew responsible for opening and closing boat bay and for disinfecting touch points.					
35	Accessing blades from the interior boat bay: 1x, 2x, 4x-	Exposure to SARS-Cov-2 if person shedding the virus has been inside the boathouse in the last 3 days	Champs member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Champs member, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	B	Moderate	All rowers instructed in boat and blade sanitising	No more than 2 people in the boat bay at 1 time In mixed household crews, all crew members MUST carry their own blades and not carryfor another crew member	x	x	x	x	Boatman
36					Lifecchanging Illness/Death	5	A	Moderate							
37					Minor Illness	3	C	Moderate		Nominated person from each crew responsible for opening and closing boat bay and for disinfecting touch points. No more than 2 people in the boat bay at 1 time					
38	Accessing blades from the interior boat bay: 4x+, 4+, 8+	Exposure to SARS-Cov-2 if person shedding the virus has been inside the boathouse in the last 3 days	champs member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Champs members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	B	Moderate	All rowers instructed in boat and blade sanitising	In mixed household crews, all crew members MUST carry their own blades and not carryfor another crew member 8+ Blades are to be put away in this order: Bow-2-3-4-5-6-7-Stroke. 8+ Blades are to be retrieved in this order: Stroke-7-6-5-4-3-2-Bow 4+ are required to use Stroke-7-6-5 blades and retrieve and put away as per 8+ instructions	x	x	x	x	Boatman
39					Lifecchanging Illness/Death	5	A	Moderate							
40					Minor Illness	3	C	Moderate	Maximum of 12 people on the hard at one time.						
41	Seeking support from others in putting the boat on the water or returning boat and blades to exterior racks: 1x	Exposure to SARS-Cov-2 if person shedding the virus has touched equipment stored outside	Champs member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Champ members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	B	Moderate	Handle single sculls at opposite ends of the boat to maintain a 2m distance		x	x	x	x	Boatman



53	Coxing crew boats (4x+, 4+ & 8+)	Exposure to SARS-Cov-2 if person shedding the virus is in the crew, particularly in the stroke seat	Champs member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Champs member, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	B	Moderate	<p>touching any equipment and again after putting equipment away.</p> <p>If gloves are worn, these must be a clean pair for each outing.</p> <p>Coxes seat, steering wires, cox box and headset must be wiped with a sanitising wipe before and after each outing.</p> <p>Cox issued with their own/small group shared cox box which MUST be used. Shared equipment to be recorded on the boat booking sheet with details of who has used.</p> <p>No coxed outings permitted without a coxbox.</p> <p>Coxes will be issued with their own microphone and headband. These MUST be labelled and left at the boathouse. The microphone must be worn OUTSIDE of the face covering (but not the visor)</p> <p>Coxes are to be issued with their own life jacket which MUST be labelled and left at the boathouse.</p> <p>Cox issued with face visor to be used in addition to covering of nose and mouth - required for stern loading boats to protect the face covering from getting wet</p>	x	x	x	x	Sculling Captain
54					Lifecchanging Illness/Death	5	A	Moderate						
55					Minor Illness	3	C	Moderate	Coaches advised to maintain 2m social distancing as far as reasonably practicable.					
56	Coaching novice crews: 1x, 2x, 4x-, 4x+, 8+	Exposure to SARS-Cov-2 if person shedding the virus is in the crew	Champ member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Champ member, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	B	Moderate	<p>Where closer coaching is required (e.g. holding a rigger while a sculler gets in or holding the blade of a sweep or scull), coaches are required to wear a face covering</p> <p>Coaches are advised to use a loud hailer or other projection system rather than shouting to reduce the likelihood of aerosol generation and projection.</p> <p>In the case of capsiz, coaches can aid in the rescue of rower(s) from the river where they are unable to. Use of throw lines is strongly advised to avoid person to person contact.</p> <p>Coaches of Novice boats MUST be counted within the 12 person rowing bubble</p>	x	x	x	x	Boatman
57					Lifecchanging Illness/Death	5	A	Moderate						
58					Minor Illness	3	C	Moderate	<p>Coaches must maintain social distancing from the crew (2m+) at ALL times</p> <p>Coaches are advised to use a loud</p>					

59	Coaching experienced crews: 1x, 2x, 4x-, 4x+, 8+	Exposure to SARS-Cov-2 if person shedding the virus is in the crew	Champ member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Champs members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	B	Moderate	hailer or other projection system rather than shouting to reduce the likelihood of aerosol generation and projection.	x	x	x	x	Boatman	
60					Lifechanging Illness/Death	5	A	Moderate							Coaches of experienced crews are exempted from the 12 person rowing bubble assuming they do not breach 2m social distancing. Should 2m be breached, coaches are to be retrospectively included in the bubble
61	Resting/Recovering on the water and taking coaching	Exposure to SARS-Cov-2 if person shedding the virus is in the crew	Champ member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Champs members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Minor Illness	3	C	Moderate	All crew members to rest at backstops (this maintains maximum distance between crew members and stroke and cox)  No water bottle sharing is permitted  No crew member should shout to reduce projected droplet transmission risk. To communicate within the crew, talk to the person in front and pass information through the crew.	x	x	x	x	Boatman	
62					Severe Illness	4	B	Moderate							
63					Lifechanging Illness/Death	5	A	Moderate							
<b>Use of the toilets</b>															
64	Accessing and using toilets in the boathouse	Exposure to SARS-Cov-2 if person shedding the virus has been inside the boathouse in the last 3 days	Champ member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Champs members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Minor Illness	3	D	Substantial	Club members advised to not use toilet facilities if at all possible.	Work with Boatman to ensure all toilets have lids to ensure reduced aerosols produced on flushing	x	x	x	x	Boatman
65					Severe Illness	4	C	Substantial							
66					Lifechanging Illness/Death	5	B	Substantial							
<b>Use of the Gym</b>															
55	Use of weights Area/Gym	Exposure to SARS-Cov-2 if person shedding the virus is in the crew	Champ member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Champs members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Minor Illness	3	C	Moderate	On arrival wear a face covering Only 2 people to use the Gym at any one time (no earlier than 12 April 2021, to be reviewed by Boatman. Place signs to warn people that people are training. Use the hand sanitizer provided before touching anything (including the door) On entrance Sign In with your name, date and time (TRACK AND TRACE) Use anti-viral spray to sanitise the equipment you are about to use and carry out a visual check Place any outer-layers not to be worn during training in a bag at your training station. Open Doors to both Bays. Use anti viral spray to sanitise the equipment and bench.	x	x	x	x	Boatman	
56					Severe Illness	4	B	Moderate							
57					Lifechanging Illness/Death	5	A	Moderate							
<b>Use of Ergos Upstairs.</b>															
55					Minor Illness	3	C	Moderate	On arrival, wear a face covering. Sanitise your hands before you unlock the bottom gate and the main door upstairs. No earlier than 12 April 2021 for personal or households, no earlier than 17 May 2021 for mixed households (to be reviewed by						



56	Use of Ergos Upstairs.	Exposure to SARS-Cov-2 if person shedding the virus is in the crew	Champ member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Champs members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	B	Moderate	<p>Boatman). On entrance Sign In with your name, date and time (TRACK AND TRACE)  Only 5 No people can use the 5 no rowing machines upstairs.  All windows should be opened and machines facing the windows.  Use the cleaning spray and blue roll to clean your machine, slide, seat, handle and in front of the wheel.  Leave any spare kit next to your machine.  After your session clean the machine, slide, seat, handle and in front of the wheel.  Sanitise your hands and exit, clean the locks and your hands again once you have locked the bottom gate.</p>	x	x	x	x	Boatman
57					Lifechanging Illness/Death	5	A			Moderate				