



ULRC Safety Statement

Club Name: University of Limerick Rowing Club

Title: ULRC Safety Statement

Version: 1.1

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The Head Coach, Club Committee and Club President at UL Rowing Club have closely studied Rowing Ireland's Return to Rowing Protocol (https://www.rowingireland.ie/wpcontent/uploads/2020/06/Protocol-for-the-Return-to-Rowing-updated-17_7_2020.pdf).

All club members are asked to comply with these new measures to allow a safe training environment. Athletes will be briefed regularly on any COVID related updates by the designated ULRC COVID officer, and this document will be updated on a regular basis in line with any new additions to the Rowing Ireland Return to Rowing Protocol.

1. COVID - Training schedule

- a) A strict training schedule will be made out each week by the Head Coach/COVID officer to ensure each training group has no more than 15 athletes at each training.
- b) Each training group will be allowed enough time to arrive/leave before the next group is scheduled to arrive to minimise contact between groups.
- c) The Head Coach/COVID officer will keep a record of who attends training every day and who is in which training group for the purposes of contact tracing.
- d) The athletes in each training group are set and will not change to minimise contact between different groups.

2. COVID - Prior to the training session

- a) Any athlete or coach with any symptoms is instructed to stay away from training and all other athletes. In the event of someone getting symptoms their training group will be suspended from training immediately until it is confirmed that it is not COVID related.
- b) All athletes are required to bring hand sanitiser in their cars.
- c) Upon arrival at the boathouse/gym all athletes will sanitise their hands.
- d) Where possible athletes will be assigned a boat and set of oars in advance of the training session to avoid sharing equipment.
- e) Car-pooling is limited to those who live together only.
- f) Athletes are expected to arrive "ready to train".

- g) Bathroom facilities are available provided there are no gatherings inside, hands are sanitized and face masks are worn.

3. COVID - During the training session

- a) Athletes can be assisted when lifting a boat if the 2m rule is adhered to.
- b) Crew boats can only be formed with people in your training group. When taking the boat out athletes will stand at 2m intervals along the shell.
- c) Each crew member will lift the boat from their respective seat on alternating sides of the boat to ensure 2m distance.
- d) Each crew member is responsible for their own oar(s) no one is to handle someone else's oars.
- e) Each athlete should have their own 10/13mm spanner to prevent the sharing of tools.
- f) If additional tools are needed the coach can provide them some provided, they are Sanitized after use.
- g) The coach is the only person allowed to handle the launch engine/ petrol tank and other equipment in the launch. If the coach requires assistance in bringing in/out the launch an athlete can assist. The athlete and coach must be on opposite sides of the launch to keep the 2m distance.
- h) The coach is responsible for disinfecting any surfaces in the launch.
- i) Use of changing rooms or gym area is not permitted. Warm-ups can be done in the boat yard while adhering to the 2m social distance.
- j) In the event of a capsized the coach will assess the situation. If the person/persons in the water are visibly ok then the coach can proceed in instructing them from a distance how to get back into the boat (Athletes should be aware of how to perform this maneuver on their own anyway due to previous capsized training).
- k) In exceptional circumstances such as an athlete clearly in distress the coach can break the 2m rule to save the athlete.

4. COVID - After the training session

- a) Hands must be sanitized before any disinfecting of equipment is done.
- b) All oars and oar handles are to be disinfected along with oar locks, shoes, seats and gunnels.
- c) All ergs/gym equipment are to be disinfected.
- d) On leaving training all athletes and coaches must hand sanitise again.
- e) There is no "hanging around" after training when the session is done.

5. General gym rules

- a) No member shall train on the club premises or use any of the club's gymnasium equipment unless approval to do so has been obtained from the Head Coach, Club Committee and Club President.
- b) To ventilate the gym area, doors may be opened.
- c) To maintain building security, it is the responsibility of the person that opened the doors to ensure they are closed and locked after use.
- d) After ergo use, particularly the slide, members are to clean down the ergo.
- e) Water bottles, tissues, towels etc are to be removed from the gym or disposed of in the waste bin.
- a) Equipment such as weight discs, barbells, or dumbbells are not to be left in the middle of the floor. Loaded barbells are to be broken down when the gym members have finished with them and not left for someone else to break down.

- b) If equipment is temporarily moved during a training session it should be replaced at the end of that session.
- c) Equipment is not to be removed from the gym.
- d) Gym users should only use free weights that they are able to control.
- e) The floor in the gym is not designed to have heavy weights dropped on to it. Abuse could render the use of the gym as unsafe.
- f) If an athlete is unsure when performing a lift, a spotter is to be used to ensure safety.

6. General rowing rules

- a) All members will be required to register, and remain so registered, with Rowing Ireland according to the rules of Rowing Ireland.
- b) No club member shall compete in any composite crew without the prior authority of the Head Coach, Club Committee and Club President.
- c) Oars-people must respect fellow oars-people and conduct themselves in a manner which promotes their own safety and the safety of others.
- d) All Coxswains must wear a life jacket on top of their outer garment and be trained in its correct checking, wearing and deployment.
- e) Coxswains must be familiar with the safety rules and navigation rules of the river.
- f) Crews in training must at all times wear at least a Rowing Vest i.e. no topless rowing allowed. This also applies in the gym.
- g) Severe disciplinary action will be taken against any member who contravenes the Club code of river conduct and safety.
- h) The General Rule Of the river is that boats must keep to right (starboard side) of the river.
- i) In the absence of a launch there must be a minimum of 3 rowers on the water at any one time moving in the same direction.
- j) All crews and scullers entered for regattas shall wear the Club colours in a manner previously approved by the Head Coach, Club Committee and Club President.
- k) Athletes must perform a swim test and/or capsize drill before participating in any training session on the water.
- l) When training in hot weather, sun crème and a hat is required in order to avoid over heating and the dangers associated.
- m) A Safety Kit is to be brought out in the launch with the Head Coach each session.
- n) Any accidents or “close calls” are to be reported to the IROW Safe reporting system (<https://www.rowingireland.ie/irow-safe/>).

7. General equipment rules

- a) Members shall be responsible for any loss or damage, through wilfulness or neglect, done to any club property while in their charge.
- b) Any damage whatsoever shall be reported to the Head Coach, Club Committee and Club President.
- c) The Head Coach, Club Committee and Club President; if of the opinion that no blame attaches to any member, may excuse them from liability.
- d) Any member or crew having finished with a boat shall be responsible for washing down, drying, and conveying the boat and equipment to their appointed place in the boathouse.

8. General boathouse and grounds rules

- a) No person shall smoke or drink alcohol in the Boathouse.
- b) Every member shall use his best endeavours to leave the boathouse as tidy as possible.
- c) All members shall do all in their power to always preserve the appearance of the Club. The Head Coach, Club Committee and Club President will take all necessary steps to enforce measures it deems reasonable to maintain a presentable Club and Grounds.

9. Novice Water Safety Guidelines:

Before Going out on the Water

- a) Ensure athlete can swim.
- b) Prior to heading out on the water, athlete should be familiarised with the rowing stroke using the rowing ergometer.
- c) A capsize drill should be completed.
- d) Other rowers or coach should aid to carry down boat if in a single scull.
- e) A change of clothes should be brought, in the event of a capsize.

While out on the Water

- a) Coach is required to be always present.
- b) First Aid Kit is needed in the launch.
- c) Suitable clothing is needed while training to avoid catching of the handles. Unsuitable clothing includes hoodies, non-sport specific jackets, etc.

When Coming Off the Water

- a) Stabilize riggers on slip to avoid capsizing when taking oars out.
- b) Other rowers or coach should aid to carry down boat if in a single scull.