

HANDS – FACE – SPACE

Covid Instructions to Competitors, Coaches and Supporting Volunteers attending Evesham Junior
Head 9th October 2021

IT IS THE RESPONSIBILITY OF EVERYONE INCLUDING ATHLETES, OFFICIALS AND SPECTATORS TO ADHERE TO BRITISH ROWING AND GOVERNMENT GUIDELINES WITH REGARDS TO CONRONAVIRUS WHEN ON SITE

Could all clubs please read these instructions before attending the event

- **All clubs** must provide a **Covid Officers** contact details prior to or at registration and that Covid Officer must have a list of contacts of all attendees of the event including any spectators from their club. Any details we receive will be destroyed 21 days after the Head takes place.
- Please conduct a Covid **self-assessment**, including a Lateral Flow test for all attendees, within 48 hours of the event. DO NOT attend if in any doubt. Keep spectators to a minimum.
- Should **symptoms** develop during the regatta, please leave **immediately** and advise the Head Covid Officer (see below) by PHONE.
- **One** club representative to **register** crews and declare any crew changes – please wear a face covering when doing so
- Hand sanitizers and wipes will be provided at registration desks and wipeable pens will be available. Sanitizer will also be available at other relevant locations – please use regularly
- Please **avoid sharing equipment** where possible but if it is necessary to share, clean and sanitize any equipment before re-use with your own sanitizer
- Bring **face coverings** and wear when in close contact with larger groups particularly when indoors. Also consider social distancing & remain in your own group/bubble where practically possible
- Be sensible and avoid bottlenecks when at control, boating, food ordering & buying, toilet usage & Prize Giving. **Results** will be posted on the windows in the Club Car Park and **Prize Giving** will take place nearby
- Ensure there are **adequate personnel** to assist crews & scullers at Boat Check, Boats On & Off & return to trailers – there will be limited event helpers provided
- Please adhere to the **one-way system** which will be in place and clearly signposted. Access to the clubhouse for toilets, Tea. Coffee and Cakes will be via the Club Main Entrance in the Car Park
- Changing Rooms and Showers will NOT be available except in emergency. Squash & tennis courts are out of bounds to event attendees.
- A Covid Secure Risk Assessment is published on the Boat Club website <http://erc.club/rowing>
- Further Covid Safety information can be found in **British Rowing Managing Covid-19, version 14, 20 July 2021**
- Finally , should anyone attending **contract Covid-19 within 5 days** of attending the event please advise our Covid Officer asap:

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Version 1.2 22.09.2021