

COVID-19 – ST GEORGES ROWING CLUB PROCEDURES FOR LEVEL 2

Due to the current Covid-19 situation, the following measures and protocols to keep all members and visitors healthy, are being implemented within the club environment.

As we move between alert levels the measures and protocols may need to change and so this should be considered a working document.
We're all in this together.

IF YOU ARE SICK OR UNWELL STAY AT HOME.

DO **NOT** ROW OR ATTEND FUNCTIONS OF ANY SIZE

- IF UNWELL
- ANYONE IS SELF-ISOLATING

AT ALL TIMES MAINTAIN SOCIAL DISTANCING - 1 MTR AWAY FROM OTHERS

LEVEL 2 RESTRICTIONS – AUCKLAND ONLY

- Gatherings of ten people only are permissible whilst at Level 2.
- Rowing squads/crews need to be organized into groups of ten and rowing times for each group should be staggered.
- Make up of crews should be determined prior to arrival at club rooms. On arrival, stay within your group of ten.
- Once training completed, please leave premises as soon as possible. DO NOT linger and socialise.
- Observe social distancing at all times.

ON ARRIVAL & DEPARTURE

- On arrival all rowers must scan the Govt QR code to your mobile phone. This is for contact tracing purposes.
- Please use hand sanitizer on shelf under white board prior to proceeding into shed.
- On departure, wash/sanitise your hands prior to leaving club facility.

EQUIPMENT

At the conclusion of every row/erg the following cleaning procedures are to be followed:

Boats

Wash with soap and water, rinse and put away on rack.

Oars

Handles to be washed in hot soapy water with brushes provided and dried with paper towel prior to replacing on rack.

Ergs

On conclusion of erg use, please use sanitizing wipes provided to wipe handle and display screen.

KITCHEN/LOUNGE

- Door into kitchen is to remain open at all times.
- Members are to maintain social distancing of 1m whilst using lounge area.
- Tables and chairs to be separated and positioned to ensure social distancing.
- Kitchen area is not to be used in any capacity.
- Furniture may not be moved or added to.

BATHROOMS/SHOWERS

- Only one person allowed in the bathroom at a time.
- One person out - one person in.
- Wash hands thoroughly for 20 seconds.
- Maintain social distance of 1m when waiting to use the bathroom/shower areas.
- External bathroom/shower doors to be left open at all times.
- Ensure shower rooms are left free of clothing and debris.

CLEANING/SANITISING

Whilst our cleaners clean kitchen and bathrooms fortnightly, the following areas will be sanitized regularly throughout the week.

Kitchen/Lounge

As the kitchen area is not in use, this area will be cleaned and sanitized on a regular basis.

The following surfaces will be sanitized most days:

- Rubbish bins
- Door handles and locks
- Kitchen/lounge tables and wooden sides of chairs
- All switches and window latches

Bathrooms/Showers

- Toilets and flush buttons
- Door handles
- Rubbish bins
- Sink and taps
- Shower taps
- Soap/hand sanitizer dispensers and soap containers

Individual Personal Responsibilities:

The following are the Ministry of Health Guidelines surrounding individuals:

- Cover coughs, sneezes with disposable tissues or cough/sneeze into your elbow.
- Dispose of tissues appropriately in a bin.
- Wash hands for at least 20 secs with soap and water, then dry thoroughly before:
 - eating or handling food
 - after using the toilet
 - after coughing, sneezing or blowing your nose
 - after touching public surfaces. Alternatively, hand sanitizer can be used.

- Keep 2 mtrs away from people who are unwell.

If you have a fever or flu-like symptoms, call the following:

- COVID-19 Hotline: 0800 358 5453
- Healthline NZ: 0800 611 116 or your local GP