



COVID SAFE EVENT PLAN FOR ROWING SA REGATTAS

VERSION 1

Updated 15th October, 2020

CONTENTS

1. INTRODUCTION & SCOPE 3

2. COMMUNICATION & REVIEW 3

3. NON-COMPLIANCE & PENALTIES 3

4. ATTENDANCE AT ROWING SA REGATTAS & REGATTA VENUES 4

Prior to Attending the Event 4

Come, Row, Go 4

Athletes 5

Coaches 6

Essential Staff 6

Additional Support Staff 6

5. REGATTA SERVICES & OPERATIONS 6

Regatta Control, Substitutions, and Scratchings 6

Bow Numbers 7

Judges Tower and Commentary Area 7

Indoor Rowing Room 7

6. TEAM TENTS & SERVICES 7

Catering & Fundraising 7

Tents & Marquees 7

7. REGATTA SITE PLAN 7

8. GENERAL HYGEINE & DISTANCING MEASURES 8

Hygiene - Venue 8

Participating Clubs/Schools 8

Individuals 8

General Behaviour 8

9. GOVERNMENT GUIDELINES & RESOURCES 9

1. INTRODUCTION & SCOPE

This COVID Safe Event Plan has been developed with the safety of all participants in mind and to ensure Rowing SA Regattas can run for the benefit of all competitors and in accordance with all SA Health recommendations and guidelines.

This COVID Safe Event Plan will focus on the following areas:

- Limitations on attendees at Rowing SA Regattas and addition of registration/contact tracing requirements for coaches, essential staff and support staff.
- Implementation of 'come, row, go' principle for Rowing SA Regattas, including alterations to regatta scheduling and event availability.
- Alterations to the regatta site to maximise space and allow for appropriate distancing and hygiene requirements.
- Alterations to regatta services, operations, and processes to minimise unnecessary interactions and limit contact with shared surfaces.
- Addition of penalties for non-compliance with this COVID Safe Event Plan.

Rowing SA is responsible for:

- Approving the Plan and overseeing the implementation of the arrangements in the Plan; and
- Revising the Plan as required, ensuring it reflects up to date information from government and public health officials.

Rowing SA will utilise COVID Marshals and Rowing SA Staff, Officials, and Volunteers to implement and monitor this plan.

Rowing SA expects all members, participants, coaches, officials, administrative staff, volunteers, and supporters to:

- Comply with the health directions of government and public health authorities as issued from time to time;
- Comply with all directions issued by designated COVID Marshals, Rowing SA Staff, Officials, and Volunteers.
- Understand and act in accordance with this Plan as amended from time to time;
- Comply with any screening and precautionary measures implemented.
- Act with honesty and integrity regarding the state of their personal health and any potential symptoms; and
- Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.

2. COMMUNICATION & REVIEW

This plan will be reviewed weekly in accordance with the latest advice from SA Health and any changes will be communicated to all clubs and schools.

Rowing SA will distribute reminders of COVID Safe practices to all members prior to all Rowing SA Events via its social media channels.

Rowing SA will notify and remind clubs and schools of requirements in accordance with this document prior to all Rowing SA Events.

Signage will be installed throughout the venue with additional reminders of COVID Safe practices.

3. NON-COMPLIANCE & PENALTIES

For the purpose of non-compliance and penalties no distinction will be made between athletes, coaches, essential staff and support staff attending the regatta and the club/school they are entered by (in the case of athletes and coaches) or registered by (in the case of essential ad support staff).

In the first instance individuals and clubs that breach the guidelines contained within this COVID Safe Event Plan will be asked to immediately rectify the practice or behaviour.

For breaches that are not rectified, repeat breaches by one club/school, or serious breaches, the following steps will apply for each additional incident:

1. Individuals involved in the offending practice or behaviour will be asked to leave the site. A warning will be issued to the individuals Club/School.
2. Athletes/Crews belonging to the school/club of the offending practice/behaviour will be removed from further racing on that day.
3. School/Club of the offending practice/behaviour will be barred from entering Rowing SA Regattas in the subsequent week.
4. School/Club of the offending practice/behaviour will have affiliation temporary suspended for 1 week.

4. ATTENDANCE AT ROWING SA REGATTAS & REGATTA VENUES

Attendance at Rowing SA regattas and events is strictly limited to athletes, coaches (at the rate of 1 coach per 5 athletes), and essential staff. In addition to this each club/school will be permitted 2 support staff per event or session of racing to assist during the regatta.

Spectators are not permitted at any Rowing SA Event. This includes parents/caregivers that are waiting for their children to finish their racing or training commitments. During regattas a drop off/pick up zone will be established on Military Road in the parking bay out the front of the boatsheds. For other regattas instructions regarding drop off/pick up arrangements will be communicated prior to the event.

All athletes, coaches, essential staff, and support staff must be registered with Rowing SA in advance of the event.

Coloured wrist bands will be provided to all registered coaches, essential staff, and support staff for each event (or session of racing). A representative of each Club/School will be required to pick these up prior to each session of racing or event.

Prior to Attending the Event

Rowing SA recommends all attendees download the COVID Safe Ap.

Participants should not attend events if in the past 14 days they have:

- been unwell or had any flu-like symptoms, or
- been in contact with a known or suspected case of COVID-19, or
- any sudden loss of smell or loss of taste.

Participants that are considered high risk from a health perspective, including the elderly and those with pre-existing medical health conditions should consider their attendance at Rowing SA Regattas and take additional precautions if attending.

Come, Row, Go

All Rowing SA Regattas and Events will be run using the principle 'come, row, go'. All attendees are permitted at the venue for their events only and must leave immediately after. This includes all coaches, athletes, essential and support staff.

- Athletes/Coaches are not permitted at a regatta venue more than 90 minutes prior to the start time of their first race.
- There will be a 60 minute grace period following the start time of the athlete/coaches last race for that individual to exit the venue.

- Athletes should arrive in their racing uniform prior to competing, leave in their racing uniform after competing, and limit their need to use the changing/shower facilities

Training sessions that are conducted on regatta days must be scheduled to limit cross over time with the operation of the regatta. Athletes may train prior to the regatta, or following the regatta but may not wait at the regatta venue between sessions. There will be a 15 minute grace period from the start time of the first race of the day for athletes and coaches involved in training prior to the regatta to exit the venue.

Regatta schedules have been altered to allow for athletes to complete reasonable pairings of events within a single session of racing, and lunch breaks, or breaks between regattas occurring on the same day, have been increased to allow participants from the first session to leave the venue prior to the next group arriving. As a result there will be a slight reduction in event availability.

On some occasions participants in a morning session/event will not be permitted to compete in the afternoon session/event and vice versa. These restrictions will be in place as follows:

Date	Events	Participant Limitations
October 17 th	1.9km Time Trial Regatta	No limitations
October 24 th	Indoor Rowing Championships	No limitations
October 31 st	4.8km Time Trial Regatta AND Junior Regatta #1	Participants may only compete in one of these regattas
November 7 th	Head of the Port AND Port Adelaide Regatta	No limitations
November 14 th	Round the Island Regatta AND Junior Regatta #2	Participants may only compete in one of these regattas
November 21 st	West Lakes Regatta (Morning Session) AND West Lakes Regatta (Afternoon Session)	Where possible participants should only compete in one session of racing (Masters competing immediately prior to the lunch break are excluded from this requirement)
November 28 th	School Premiership Series #1	Participants may only compete in one session of racing

Athletes

As per usual Rowing SA Rules, all athletes must be registered on Rowing Manager prior to their entry into a Rowing SA Regatta. Registration must include a valid email address.

Rowing Manager will serve as a contract tracing service for all athletes and basic contact details may be provided to SA Health should an outbreak be identified.

Athletes will not be required to wear a wristband but may be asked to provide their name and their event to COVID Marshals, Regatta Officials, or Rowing SA Staff.

Coaches, essential staff, and support staff will require additional contact tracing and registration measures and will be allocated a coloured wristband for each regatta/session of racing that must be worn at the venue. Individuals that do not comply with these additional measures will not be permitted on site during any Rowing SA Event. Information collected as part of these registration processes may be provided to SA Health should an outbreak be identified. Contact tracing and registration measures will be as follows:

Coaches

Schools/Clubs are permitted to have 1 coach per 5 athletes in attendance at a regatta venue.

Coaches must be registered on Rowing Manager with the following information – Name, date of birth, email address – and must have a Coach/Official Membership (\$0) applied to their profile (or an active competitive membership for those coaches that are also athletes).

When completing entries each club/school must assign the coach to their crew. Coaches may only be present at the venue for the time required for their crew to compete.

The profile on rowing manager and entries into rowing manager will serve as a contact tracing record for coaches.

Based on this record coaches will be allocated a wrist band that must be worn whilst at the venue.

Essential Staff

Essential staff include School Rowing Directors, Teachers in Charge, Head Coaches and any other individual necessary to meet duty of care requirements. An individual who manages maintenance and upkeep of equipment on regatta days may also be considered an essential staff member.

All clubs and schools will need to register essential staff via a surveymonkey link that will be distributed to school directors and club captains of competing schools/clubs prior to the regatta.

This link will require a name, email address, phone number, club/school affiliation, and details about which session the individual will be in attendance for.

Information collected as part of this registration process will be destroyed after 8 weeks.

Based on this record essential staff will be allocated a wrist band that must be worn whilst at the venue.

Additional Support Staff

All Clubs/Schools will be permitted to have 2 additional individuals operating as support staff per session or per event. These people can change from one session to the next but each school/club is only permitted 2 on site at any one time.

All clubs and schools will need to register additional support staff via a surveymonkey link that will be distributed to school directors and club captains of competing schools/clubs prior to the regatta.

This link will require a name, email address, phone number, club/school affiliation, and details about which session the individual will be in attendance for.

Information collected as part of this registration process will be destroyed after 8 weeks.

Based on this record additional support staff will be allocated a wrist band that must be worn whilst at the venue.

5. REGATTA SERVICES & OPERATIONS**Regatta Control, Substitutions, and Scratchings**

Substitutions & Scratchings will be undertaken electronically (via Rowing Manager) on a trial basis throughout October and, if successful, continued throughout November.

Clubs/Schools may wish to increase their number of Rowing Manager Administrators that have access to entries and substitutions and ensure an individual with this type of access is on site at all times.

All penalties (excluding the DNS penalty) will be waived for crews/athletes withdrawing due to illness.

Any athlete withdrawn or substituted due to illness must leave the regatta venue immediately and will not be permitted to compete again that day.

Paper programs, programme booklets, and the plastic display sheet will not be available. All attendees are advised to either print the information at home, or access this information via www.sa.rowingmanager.com on their phone at the regatta.

Bow Numbers

Where possible bow numbers will be distributed in bulk lots. Where this is not possible, bow numbers should be collected and returned by a single representative of a club/school.

Bow numbers will be sanitised upon return and prior to being redistributed.

Weather permitting, bow numbers will be located outside.

Judges Tower and Commentary Area

This area will be closed to all attendees excluding Rowing SA Officials and Volunteers.

There will be no thoroughfare through this area.

Indoor Rowing Room

The indoor rowing room will be closed for the duration of any regatta held at West Lakes.

Where required the room will be used for First Aid purposes.

6. TEAM TENTS & SERVICES

Catering & Fundraising

On site catering services are not permitted.

Clubs/Schools may provide individually packed food and drink that is made and packed off site to their members.

Tents & Marquees

Team tents will be permitted in the designated areas.

There must be a minimum of 2m between tents belonging to different clubs/schools.

Where required tent sites may be allocated for particular regattas.

7. REGATTA SITE PLAN

Updated regatta site plans will be provided prior to each regatta with any altered or additional venue measures (e.g. tent site allocations, drop off/pick up zones, wash down areas) highlighted.

8. GENERAL HYGIENE & DISTANCING MEASURES

Hygiene - Venue

To assist in mitigating the risk of spreading the COVID-19 virus, Rowing SA will do the following:

- Print posters on good hygiene and hand washing practices to display around the venue.
- Provide hand sanitising stations at high traffic areas around the venue.
- Provide Officials and Volunteers with appropriate sanitisation products and implement cleaning of work areas.
- Provide instruction and amenities for personal hygiene and infection control.
- Provide personal protective equipment (PPE) where necessary and in accordance with SA State and National guidelines.
- Identify and create a cleaning roster for high traffic areas and shared surfaces.
- Seek the support of all attendees in maintaining a clean, hygienic and safe venue.

In addition to the conditions outlined above, it is recommended that everyone involved in the events continue to practise good hygiene by implementing the following measures:

Participating Clubs/Schools

- Ensure spaces at each club tent/area, surfaces and objects are regularly cleaned with disinfectant.
- Provide hand washing guidance to all participants and volunteers.
- Promote regular and thorough hand washing by volunteers and participants.
- Provide sanitising hand rub to your participants and volunteers
- Limit the number of people in common areas. All marquees, tents and similar infrastructure should have strict maximum occupancy numbers displayed on the door/wall/pole of each area, which must be adhered to.

Individuals

- Attendees should carry hand sanitiser on their person to enable good personal hygiene.
- If using tissues, place them directly in the bins provided.
- Seek to avoid the use of toilets and changeroom facilities, however if necessary, ensure hands are washed thoroughly.
- Each participant should have their own drink bottle that is clearly labelled and is only used by that individual. No sharing of drink bottles.
- No sharing of pens, documents, clip boards, etc.
- Wash your hands frequently with soap and water, before and after eating, and after going to the toilet.

General Behaviour

- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- Wash hands with soap and water often.
- Use hand sanitiser gel if soap and water are not available
- Do not touch your eyes, nose or mouth if your hands are not clean.
- No spitting at any time.
- Wipe down all surfaces and objects with appropriate anti-bacterial/disinfectant wipes or soap, particularly those frequently touched. This includes door handles, light switches, kitchen surfaces, bathroom surface, phones, remote controls and any other high touch areas.
- Do not share drink bottles.
- Practice social distancing at all times – 1.5m distance between individuals.

9. GOVERNMENT GUIDELINES & RESOURCES

SA Health

<https://www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/>

Australian Government Department of Health

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

World Health Organisation

<https://www.who.int/>

Australian Institute of Sport

https://www.ais.gov.au/health-wellbeing/covid-19#ais_framework_for_rebooting_sport

Office of Recreation, Sport & Racing (SA)

https://www.orsr.sa.gov.au/home/return-to-sport/_nocache