



Rowing SA Update – 19 January 2022

COVID-19 Compliance Measures

Due to the ongoing changes and updates to regulations please refer to the SA Health website for all up-to-date information and requirements.

Training:

- Club sport training is currently allowed.
- School sport training is a school-by-school decision.
- All boat class types are currently allowed to train.
- Density requirements of **1 person per 7m² must be adhered to within boatsheds, gym and fitness areas**, which is calculated based on useable space, not total space.
- Density requirements of 1 person per 2m² must be adhered to in outdoor areas.
- **QR check-in (using each club's Covid Safe Plan) by all attendees** is required at every training session.
- **Masks are required while not exercising, eating or drinking in shared indoor areas, e.g. inside boatsheds, changerooms and bathrooms. At Rowing SA's West Lakes facility, masks will be required to be worn by everyone once on the property and can only be removed when:**
 - **On the water (keep them in a Ziplock bag in the boat)**
 - **Exercising**
 - **Eating**
 - **Drinking**
 - **Once off the property**
- **Masks for indoor fitness/gym areas are required (except while exercising).**
- **Come, row and go** – limit your time at your club.
- **A COVID Marshal from your club is required to be present and visible when operating.**

Competition:

- Club competition is currently allowed.
- School competition is not currently allowed until week 4 of Term 1 2022.
- All boat class types are currently allowed to compete.
- Density requirements of **1 person per 7m² must be adhered to within boatsheds, gym and fitness areas**, which is calculated based on useable space, not total space.
- Density requirements of 1 person per 2m² must be adhered to in outdoor areas.
- **QR check-in** by all attendees is required.
- **Masks are required while not exercising, eating or drinking in shared indoor areas, e.g. inside boatsheds, changerooms and bathrooms. At Rowing SA's West Lakes facility, masks will be required to be worn by everyone (spectators included) once on the property and can only be removed when:**
 - **On the water (keep them in a Ziplock bag in the boat)**
 - **Exercising**
 - **Eating**
 - **Drinking**
 - **Once off the property**

- A **COVID Marshal from your club is required to be present** and visible when operating.
- **Spectator numbers will vary between regattas.** This will be updated and communicated in the lead up to each regatta.
- **Come, row and go** – limit your time at the regatta.
- All clubs may provide individual catering to their own members only (no on-site sales).
- All catering operations must adhere to Council and Safe Food Handling practices. Permits for the sale of food on Oarsman Reserve will not be available for the remainder of the 2021/22 season.
- Site maps will be provided for all Rowing SA Regattas. It is each club/school's responsibility to review the site map and ensure their equipment is placed accordingly.
- Tents must be positioned with a 2m gap between the tents of different clubs/school

Rowing SA Indoor Rowing Room (West Lakes):

- Only available to bookings. To book visit <https://www.picktime.com/rowingsaindoorrowingroom>
- Please do not enter if you have not booked.
- Ensure that:
 - **only 5 people** are in the room at any one time (including coach/staff)
 - you **maintain a record** of who accessed the room during your booking
 - everyone uses the **QR Check-In**
 - you **clean your machine and all touchable areas** before using the room, and before exiting
 - you **take with you all rubbish** and wipes and place them in a bin outside

Prevention & Protection:

- **If you have symptoms, even if mild, get tested immediately (and stay home while you wait for your results).**
- **Wash/sanitise your hands regularly - soap & water minimum 20 seconds regularly.**
- **Keep your hands away from your face.**
- **Keep 1.5m distance from others wherever possible.**
- **Use QR Check-In.**
- **Clean frequently touched surfaces.**

SA Health

GET COVID-READY

What happens when you test positive for COVID-19



IF YOU HAVE WORSENING SYMPTOMS SUCH AS DIFFICULTY BREATHING OR CHEST PAIN OR IN ANY OTHER EMERGENCY, CALL 000 (TRIPLE ZERO) AND TELL THEM YOU ARE COVID-19 POSITIVE