

ROWING WA POSITION STATEMENT ON CORONAVIRUS (COVID-19)

PLEASE NOTE THAT ANY UPDATED GOVERNMENT ADVICE WILL SUPERSEDE THE GUIDANCE PROVIDED WITHIN THIS POSITION STATEMENT

The **NOVEL CORONAVIRUS 2019 (COVID-19)** which originated from Hubei Province, China is causing worldwide concern with cases now occurring in many countries. Rowing Australia (RA), who maintain a strong health and safety policy, continue to provide up to date information for the Australian rowing community and we will keep our members abreast of these updates.

The situation is changing on a daily (sometimes hourly) basis, and it is important that the community follows current Australian Government advice - [Click here for further details](#). The website also contains general advice regarding COVID-19 risk mitigation measures.

The AIS website is regularly updated with advice on the impact of coronavirus and sporting activity. This important page can be viewed by [clicking here](#).

RA are keeping abreast of advice provided by the World Health Organisation, the Australian Government & the AIS in regards to the conduct of events under these circumstances.

Below we have listed important advice for athletes, coaches, support staff, volunteers and spectators in regards to preventative measures to remain healthy. This list is a guide, subject to change and is by no means exhaustive of all preventative measures.

Readers should keep abreast of the most up to date information via the [Federal Health](#), [WA Health](#) and [AIS](#) websites listed above. Rowing WA will provide member specific updates through the Rowing WA [website](#).

General Hygiene

Be as vigilant and hygienic at your rowing club/program as you would be home

Hand Hygiene

Everyone **must** practice good hand hygiene, this is critical to help protect against COVID-19 transmission. Good hygiene includes:

- washing your hands often with soap and water for 20 seconds, or using an alcohol-based hand rub
- when you cough or sneeze, cover your mouth with a tissue or cough into your elbow or upper arm
- avoiding close contact (within 1.5m) with others including personal greetings, such as touching, handshakes, kisses, and hugs.

We advise individuals to carry their own anti-bacterial wipes or hand sanitizer for wiping down communal surfaces after use, in case the club has limited supplies.

Bathrooms

Communal bathrooms should be regularly cleaned to ensure good hygiene standards are maintained. It is important to remember you **must** wash your hands with soap and water thoroughly after going to the bathroom and maintain good hygiene practices when using both toilets and showers.

Cleaning of Ergos

Anti-bacterial wipes and sprays must be used every time an individual concludes an ergo session.

We strongly advise individuals to bring their own cleaning products for cleaning ergos. While your club/program may provide cleaning products for the ergos it may be in limited supply.

If cleaning products are not available to use after your use, then **DO NOT** use the ergo.

Cleaning of Oars and Boats

We know that oars and boats are shared by many club members during training and regattas. It is important that all oars and boats are thoroughly washed with appropriate soap (or disinfectant) and water (**not just water**) to ensure hygiene standards are maintained.

Oar handles must be specifically cleaned with anti-bacterial wipes and sprays every time an individual concludes their session using this equipment.

If cleaning products are not available for you to use after your use, then **DO NOT** use this equipment.

Gyms, Social and Training Spaces

With social distancing measures now recommended, clubs/programs need to consider restricting/staggering access to social and off-water training spaces. Regular cleaning regimes should also be implemented for these areas and notification or updated hygiene requirements poste din these areas.

On-Water Training

We all know that on-water training is the most fulfilling aspect of rowing. However, the changing Government recommendations and regulations related to social distancing and mass gatherings will impact the ability of on-water training. Each individual should make their own decision based on the [Federal Government advice/restrictions](#) regarding whether they continue to row. In response to Government advice and restrictions, it is expected that in time clubs/programs may be required to restrict on-water programs to single sculls (to respond to social distancing requirements) and staggered training times (to respond to mass gathering requirements).

Recent Travel

Federal Government advice on travel restrictions is changing daily. Currently, anyone who has travelled internationally within the last 14 days is required to be in self-isolation and is not permitted to near a club/program-based rowing program.

Coronavirus Diagnosis or Exposure

If you contract the virus, have contact with a confirmed case of the coronavirus, have contact with a suspected case of the coronavirus you must self-isolate and follow [Federal Government](#) guidance to find out what to do next. Please notify your club captain/program coordinator ASAP in the case that other club/program members may be at risk. You are required to get a medical clearance from your doctor prior to returning to your rowing club/program.

Rowing WA Regattas and Events

RWA will has reviewing the future conduct of RWA regattas in line with the relevant health advise provided by Rowing Australia, AIS and Commonwealth/WA Health. This review will be conducted on a regular basis throughout the season and clubs will be consulted throughout this process to understand the potential response to decisions.

With respect to the 2020 regatta season, the Rowing WA Board has made a decision to suspend the commencement of the regatta season until 24 May. For more information please refer to this specific [information release](#).

Mental Wellbeing

We all know that rowing has amazing mental health benefits and through this period of reduced rowing

opportunities, we encourage the rowing family to continue to engage with their rowing networks (within the Government advice/restrictions). Take the time to check in on your crew mates, your club/program members, your coaches, your club/program volunteers. Speak to your club/program coaches about small group or individual training programs (including home-based) or remote training. This [Exercise and Sports Science Australia article](#) outlines the importance of exercise through these uncertain times.

Harassment/bullying

Under the Member Protection Policy (MPP), Rowing WA have zero tolerance toward all forms of harassment and bullying in our sport. We will not tolerate any unacceptable behaviour toward members in our sport. In these uncertain times, every individual has the right to make their own decisions about their health and safety without judgment. Any complaints of this nature will be investigated in line with our MPP.

Useful links:

AIS: <https://ais.gov.au/health-wellbeing/covid-19>

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

WA Health website: https://ww2.health.wa.gov.au/Articles/A_E/Coronavirus

Contact Us:

If you have any further queries please reach out to your club/ program or email Rowing WA CEO Daniel Tackenberg at ceo@rowingwa.asn.au