



Rowing Australia Fact Sheet on Coronavirus

As of 17 April 2020

The **NOVEL CORONAVIRUS 2019 (COVID-19)** which originated from Hubei Province, China is causing worldwide concern and has been declared a pandemic by the WHO. Rowing Australia (RA), who maintain a strong health and safety policy, have collated relevant information for clubs and rowing participants in keeping with the current advice from the Australian Government.

The situation is changing on a daily 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.

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. As of 16 March 2020, the Federal Government has advised that non-essential gatherings of 500 people or more should not proceed. In addition, as of 29 March, the National Cabinet agreed to further limit most indoor and outdoor non-essential gathering to two (2) people. Rules on essential gatherings are also in place and can be [viewed here](#). It is our view that all events or large gatherings should be reconsidered in light of this outbreak.

Below we have listed important advice for all rowing participants – athletes, coaches, parents, and volunteers. This list is a guide and is by no means exhaustive of all preventative measures. Readers should keep abreast of the most up to date information via the Health and AIS websites listed above.

In keeping with current government advice and with the recommendations from AIS, AOC and Paralympics Australia, that all non-essential services be closed from 24 March, Rowing Australia has closed its National Training Centres on 23 March, and we recommend that clubs close until further notice.

Clubs and coaching staff should consider the best way to continue to support high performance and recreational athletes and encourage members who are well to train from home on ergometers or through other home-based cross training. Where possible remote coaching and athlete engagement should be continued with the use of videoconferencing tools.

Whilst at home, hygiene especially respiratory and hand hygiene should be practiced.

Hand Hygiene

Everyone **must** practise good hygiene, this is critical to help protect against infections. Good hygiene includes:

- washing your hands often with soap and water, for 20 seconds, or using an alcohol-based hand rub
- using a tissue and cover your mouth when you cough or sneeze
- Avoid touching your face and hair unless you have just washed/sanitised your hands.

Social distancing

- Stay at home and only go out if absolutely essential
- Maintain at least 1.5m between yourself and others
- Avoid physical greeting such as handshaking, hugs, kisses
- Avoid public gatherings or crowded areas

The Australian Government's social distancing information page can be found using the link below which outlines important advice for social distancing in public, in the household, and at work.

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/social-distancing-for-coronavirus-covid-19>

Staying connected during the COVID-19 pandemic

Keeping in touch with friend and family, including those in your clubs and training groups is an important way of looking after your mental health and caring for each other and Rowing Australia strongly encourages use of videochats, conference calls and online group chats to allow you to stay connected whilst practising social distancing.

A number of resources are available to help support good mental health, which is especially important during this period of isolation. The following websites have good tips for maintaining good mental health and finding support:

[Head to Health](#)

[Headspace](#)

[Beyond Blue](#)

[Lifeline](#)

[Australian Psychological Society](#)

[Black Dog Institute](#)

If you feel you need some support please don't hesitate to seek help through your local GP.

International travel

As of 18 March 2020, the Smart Traveller has issued upgraded travel advice to include Australians to not travel overseas travel at this time. Except for returning back to Australia, there should be no international travel for sport or training purposes. If you have travelled overseas or been exposed to a case you **must isolate for a period of 14 days as directed by the Federal Government.**

Useful links:

[AIS click here](#)

[Federal Health Website click here](#)