

# ROWING NZ ADVICE TO CLUBS DURING COVID-19 ALERT LEVELS

13 May 2020

## Updated 13 May 2020

Under Alert Level 2 the [NZ Government has announced](#) that subject to the range of public health measures, play, active recreation, and sport can resume. [Sport NZ have advised](#) this includes close contact team sports and physical activities (e.g. crew boats) **only** if fewer than 10 people are participating, good contact tracing is possible and hygiene measures, particularly washing and drying of hands, and regular sanitising of equipment and surfaces are in place.

Rowing NZ knows you will all be keen to get out on the water, but we along with Sport NZ are asking clubs to take a considered and measured approach to opening your doors. Clubs will not be able to function as they have done prior to Covid-19, there are provisions you will need to ensure are in place before welcoming your members back. Please ensure you thoroughly understand the public health measures and create detailed and robust plans before restarting slowly.

Rowing NZ and Sport NZ advise all clubs to complete the [Worksafe NZ Safety Plan](#) prior to opening. Everyone's health and safety is paramount to establishing a long-term return to rowing and life at level 2.

When working through whether you can reopen safely at level 2 clubs should consider how they will handle the following:

- **Contact Tracing** – how will you collect who is coming and going from your club, how is that data being stored and accessed (consider privacy), is it easily available for the MOH. There are numerous apps available (Rowing NZ is using ImHere™) but a simple paper version is also fine, it is just whatever will work well.
- **Sanitation and promoting good hygiene** – how regularly are your facilities cleaned, are there enough products available for members to use regularly. Participants hands should be washed and dried or sanitised before and after their sessions - how will you advise and promote this.
- **Limits on public gatherings** – what sort of numbers will your facility be able to house while maintaining physical distancing, 10 people is the limit in any one indoor or outdoor facility for now but for smaller venues a lower maximum number may be more appropriate to maintain physical distancing.
- **Encouraging physical distancing/limiting interactions** - People may participate in a team sport, including where physical distance cannot be maintained (e.g. rowing in a crew boat) if all other public health measures are observed. But when finished undertaking the activity physical distancing must resume. Care must also be taken to avoid interacting at communal points such as entries and car parks. Your club may like to consider only rowing in singles or offering staggered/phased training sessions to allow for people to pass through areas of you club safely.
- **Sanitation of equipment which is shared** – what provisions are available for cleaning of boats, oars, life jackets and cox boxes (although these electronic items may need to be designated so they are not damaged during cleaning) and how are you promoting and ensuring this happens (posters or inductions etc).
- **Water Safety** - Rowing NZ also remind clubs that any training will still need to be conducted within the guidelines of the Rowing NZ [Water Safety Code](#).

Please ensure you can fulfil the public health requirements prior to opening your clubs, **detailed resources to assist can be found below:**

[Sport NZ Detailed Alert Level Information at Alert Level 2](#)

[Posters](#) to educate and encourage good hygiene practices

[Worksafe NZ template](#) to develop your safety plans

[Contact Tracing](#) – advice to sports facilities

NZ Government [detailed Alert Level Table](#)

[Hygiene and Sanitation Guidance](#) – for protecting staff and your members

**Disclaimer:** This document has been developed to assist the New Zealand domestic rowing community by informing them of what Rowing NZ consider the best course of action at each Alert Level. The [New Zealand Government](#) and [Ministry of Health - Manatū Hauora](#) directives, guidelines and information supersede any information provided by Rowing NZ. All domestic rowing clubs need to consider their own situations at any given time. A club's decision on whether to allow training needs to be based on the situation in your local area at the time. The following information may assist with determining what rowing club activity may be possible under each Alert Level, but Rowing NZ reiterate it is up to individual clubs to make decisions, based upon their own circumstances and applicable Government directives.

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Alert Level	Risk Assessment	Government Measures can be applied locally or nationally	Rowing NZ Measures Undertaken	Rowing NZ Recommendations for Domestic Rowing Clubs
<p><b>Level 2</b></p> <p><b>Reduce</b></p> <p>Disease is contained, but risk of community transmission remains</p>	<ul style="list-style-type: none"> <li>Household transmission could be occurring.</li> <li>Single or isolated cluster outbreaks.</li> </ul>	<ul style="list-style-type: none"> <li>People can reconnect with friends and family, go shopping, or travel domestically, but should follow public health guidance.</li> <li>Physical distancing of two metres from people you don't know when out in public is recommended, with one metre physical distancing in controlled environments like workplaces, unless other measures are in place.</li> <li>A phased approach to gatherings – initially no more than 10 people at any gathering. This applies to funerals, tangihanga, weddings, religious ceremonies and gatherings in private homes. Restrictions reviewed regularly.</li> <li>Sport and recreation activities are allowed, subject to conditions on gatherings and contact tracing requirements, and – where practical – physical distancing.</li> <li>Public venues (museums, libraries, etc.) can open but must comply with public health measures. Gatherings rules do not apply to public venues as long as people are not intermingling.</li> <li>Health and disability care services operate as normally as possible.</li> <li>Most businesses can open to the public, but must follow public health guidance including in relation to physical distancing and contact tracing. Alternative ways of working encouraged where possible (e.g. remote working, shift-based working, physical distancing, staggering meal breaks, flexible leave).</li> <li>It is safe to send your children to schools, early learning services and tertiary education. There will be appropriate measures in place.</li> <li>People at higher-risk of severe illness from COVID-19 (e.g. those with underlying medical conditions, especially if not well-controlled, and seniors) are encouraged to take additional precautions when leaving home. They may work, if they agree with their employer that they can do so safely.</li> </ul>	<ul style="list-style-type: none"> <li>The Rowing NZ office is closed <i>Staff are working from home and any business is being conducted online or by phone</i></li> <li>Elite rowing training is resuming but will initially be staggered daily sessions in small boats or crews of bubbles and with strict hygiene/sanitation and contact tracing (ImHere™) measures. Rowing NZ site restricted to coaches, athletes and health team.</li> <li>RPC training only in singles, staggered sessions with gathering limits, hygiene and contact tracing measures in place.</li> <li>No Rowing regattas are taking place (either cancelled or postponed).</li> <li>Meetings, workshops or events are not taking place (unless an online option can be held).</li> <li>All work related domestic travel is risk assessed and needs to be approved by the CEO.</li> <li>No international travel for Rowing NZ staff and athletes.</li> </ul>	<ul style="list-style-type: none"> <li>All venues and sporting facilities, including clubrooms and gyms, are able to open with limit of 10 people, contact tracing and health measures in place.</li> <li>All venues must have a WorkSafe plan in place for safe operation.</li> <li>To determine how you will conduct training you will need to assess your club's ability to:             <ul style="list-style-type: none"> <li>Enforce no more than 10 people gathering indoors or outdoors.</li> <li>Ensure that high-risk people do not enter the facility.</li> <li>Record the contact information and time of all people accessing the facility.</li> <li>Ensure your facility have extensive signage and information regarding precautions for managing COVID-19.</li> <li>Ensure your facility have an up to date cleaning schedule and adequate provisions to facilitate good hygiene practises. (Especially changing/bathrooms, erg rooms, kitchen facilities and plant especially those shared (boats, oar handles, life jackets, cox boxes etc).</li> <li>Ensure that any staff and members are properly briefed on all information regarding precautions for managing COVID-19.</li> </ul> </li> <li>All club events or regattas should be risk assessed and reviewed to determine if they will proceed. Decisions made on a case by case basis.</li> <li>All workshops, face to face meetings and external activities should be risk assessed and reviewed to determine if they will proceed. Decisions made on a case by case basis.</li> </ul>

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<p><b>Level 1</b></p> <p><b>Prepare</b></p> <p>Disease is contained in New Zealand</p>	<ul style="list-style-type: none"> <li>• COVID-19 is uncontrolled overseas.</li> <li>• Isolated household transmission could be occurring in New Zealand.</li> </ul>	<ul style="list-style-type: none"> <li>• Border entry measures to minimise risk of importing COVID-19 cases.</li> <li>• Intensive testing for COVID-19.</li> <li>• Rapid contact tracing of any positive case.</li> <li>• Self-isolation and quarantine required.</li> <li>• Schools and workplaces open, and must operate safely.</li> <li>• Physical distancing encouraged.</li> <li>• No restrictions on gatherings.</li> <li>• Stay home if you're sick, report flu-like symptoms.</li> <li>• Wash and dry hands, cough into elbow, don't touch your face.</li> <li>• No restrictions on domestic transport – avoid public transport or travel if sick.</li> </ul>	<ul style="list-style-type: none"> <li>• The Rowing NZ office is open. Some staff may still work from home.</li> <li>• All Rowing NZ Elite and RPC training are taking place with health measures in place.</li> <li>• Rowing regattas are risk assessed and reviewed to determine if they will proceed. Decisions made on a case by case basis.</li> <li>• Meetings, workshops or events and external activities are risk assessed and reviewed to determine if they will proceed. Decisions made on a case by case basis</li> <li>• Any International travel for Rowing NZ staff and athletes would comply with border restrictions and be risk assessed.</li> <li>• All domestic travel is risk assessed and needs to be approved by the CEO.</li> </ul>	<ul style="list-style-type: none"> <li>• All venues and sporting facilities, including clubrooms and gyms, are able to open with contact tracing and health measures in place.</li> <li>• All venues must have a WorkSafe plan in place for safe operation.</li> <li>• To determine how you will conduct training you will need to assess your club's ability to:             <ul style="list-style-type: none"> <li>– Enforce any imposed limit on gathering indoors or outdoors.</li> <li>– Ensure that high-risk people do not enter the facility.</li> <li>– Record the contact information and time of all people accessing the facility.</li> <li>– Ensure your facility have extensive signage and information regarding precautions for managing COVID-19.</li> <li>– Ensure your facility have an up to date cleaning schedule and adequate provisions to facilitate good hygiene practises. (Especially changing/bathrooms, erg rooms, kitchen facilities and plant especially those shared (boats, oar handles, life jackets, cox boxes etc).</li> <li>– Ensure that any staff and members are properly briefed on all information regarding precautions for managing COVID-19.</li> </ul> </li> <li>• All club events or regattas should be risk assessed and reviewed to determine if they will proceed. Decisions made on a case by case basis.</li> <li>• All workshops, face to face meetings and external activities should be risk assessed and reviewed to determine if they will proceed. Decisions made on a case by case basis.</li> </ul>