

Chiswick Amateur Regatta - Athletes / Coxswains COVID Guidance

Before Race Day: Ensure your club has signed the COVID Declaration found on this [LINK](#) (Only needs to be signed by one person per club). Ensure you bring correct footwear to boat, we suggest flipflops, wellies or sliders. Bring food, water and hand sanitiser to site with you.

Arrival at Quintin: Please arrive at the venue NO MORE than 2 hours before your first race in race kit. Please stay near your trailer and with your crew mates whenever possible. Portaloos will be available, there is to be no use of internal toilets for visitors. Check in is to be managed by one person from each club.

COVID Security – You should wear a mask in any area where you cannot maintain social distancing. A mask must be worn at all times when indoors. You do not need to wear a mask to boat unless required by your club or educational institution.

Preparing to Race: Your numbers will have been collected in a single envelope for each club, to be collected by one person. Your Bow should wear this number throughout the regatta to aid in identifying each crew. Coxswains must weigh in before their first race. Weigh in will be in the gym. You MUST wear a face covering when weighing in. Coxswains will need to bring their own sealed deadweight. No weigh-in certificates will be provided, however we will provide wrist bands for each cox, which must be worn throughout the regatta and when racing. Coxswains will weigh in once for all boat classes and must confirm their boat classes with the weigh in official. Coxswains should be prepared to surrender their deadweight on request.

You are responsible for cleaning your own equipment to avoid any shared surface and contamination by others. Once your boat is rigged you should move your blades to the boating area. Ensure you are wearing footwear suitable for a tideway launch (flipflops, wellies or sliders). Your coach should move your shoes after you boat or you should take them in the boat with you. After your race, your boat should be returned to your storage area and blades should be returned to your trailer or stored under your boat. and not left on the shore.

Regatta races: Ensure you are at the start in good time. Following tideway code as set out in safety documents.

After races: Between races please avoid mixing with others. There will be limited indoor space for you to relax so please think ahead. The draw and results will be published on Twitter and via our website, to avoid gathering there will not be a notice board or display of results. There will be no prizegiving. One person from a winning crew can collect tankards from the weigh in area. After your final race please leave the site as quickly as possible. We look forward to welcoming you back to Chiswick Amateur Regatta for 2021.