

Chiswick Amateur Regatta - Coaches COVID Guidance

Before Race Day: Complete a health declaration no later than 2359hrs on the day before you attend the site, available at this [LINK](#). Ensure 1 person per club completes a "[Club Declaration](#)".

Trailers: Preference is for trailers to arrive on Friday so that the site is controlled on the day, you have been asked to email in advance if you plan to bring a trailer to Quintin.

Arriving on site: If you are boating from Quintin please arrive NO MORE than 2 hours before your first race. Please stay near your trailer and with your crew whenever possible. Toilet facilities will be available near the trailers. Check in is to be managed by one person from each club, likely when picking up boat numbers in the gym. Bow should wear race numbers throughout the event to aid in crew identification. Substitutions should be made before the first race using BROE. There is no facility to make substitutions in person.

COVID Security – You should wear a mask in any area you cannot maintain social distancing, this is likely to include moving around the site with others. A mask must be worn at all times when indoors.

Rigging: Encourage your crew to remain with their boat until they are ready to race. Coxswains should weigh in before their first event in accordance with British Rowing Rules of Racing. Masks must be worn in the weigh in area which is in the gym. Control commission checks will be light touch. You should ensure your boat is fit to race focusing on bow balls, heel restrains, single hand release mechanism and coxswains' lifejackets.

Boating your crew: Move your blades in plenty of time before taking your boat to the river. Aim to boat with plenty of time to get to the start. Please help your crew by taking something to collect their shoes in. After your race put your boat straight back in the storage area and Blades should be returned to your trailer or placed under your boats and not left on the shore.

After Races: Once your crew has raced, please encourage them to leave the site as quickly as possible. The draw and results will be published on Twitter and via our website, there will be no notice boards with results. There will be no prizegiving. Winning crews should send one person to collect tankards from the weigh in area. After your final race please leave the site as quickly as possible.

Coaches/Organisers as COVID Officers: Each coach/organiser has a responsibility for the COVID secure behaviour of their clubs members. Coaches/organisers are encouraged to help enforce social distancing amongst their club members and to ensure that they follow the appropriate guidance throughout the regatta.

URGENT UPDATES WILL BE BROADCAST ON OUR WEBSITE AND VIA WHATSAPP. PLEASE JOIN THE GROUP HERE:

