



Some hints and tips and instruction

- There will be single use blue roll going into the gym this week to be used to wipe down all gym equipment
- New signage to remind everyone to wipe down equipment
- Bring your own hand sanitiser gel if we cannot source.
- Plenty of hot water and soap in the clubhouse to wash your hands

1. If you feel unwell, please follow government guidelines and contact 111.

2. Inform your captain or trustees and do not come down to the gym/rowing club etc.

Finally, please read and follow the below guidelines.

Best practise for keeping safe with covid-19

Symptoms of coronavirus:

The symptoms of coronavirus are: a cough, high temperature and shortness of breath, tiredness, and muscle pain. But these symptoms do not necessarily mean you have the illness. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

How coronavirus is spread:

Covid-19 spreads through droplets when an infected person coughs or sneezes and by touching contaminated surfaces. Symptoms develop 2-14 days after coming in contact with the virus.

Some tips to follow

DO NOT touch your eyes, nose or mouth if your hands are not clean

DO cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze

DO put used tissues in the bin immediately

DO wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available

DO try to avoid close contact with people who are unwell

DO have your own water bottles.

DO clean all gym and water equipment after use.

DO open the doors in the gym to get fresh air in.

DO attend training, meals, travel and meetings with clean and dry clothing. Rooms should be ventilated regularly.

DO carry small bottles of disinfectant.

DO eat a varied, vitamin-rich diet with enough fruit and vegetables helps prevent infections.

DO drink enough water to keep mucous membranes moist.

DO clean blade or scull handles after use including the blades for the tank

For more information you can check out the NHS website below:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/guidance-for-employers-and-businesses-on-covid-19>

<https://www.concept2.com/news/how-to-clean-concept2-equipment>