

# **Safety Report for NRC Executive April 2020**

## **Introduction**

Everything we had planned for this year has been overwhelmed by Covid-19. The biggest danger facing us (particularly older Masters) is one we cannot see. For the foreseeable future we must follow the government's guidelines to keep ourselves and the country's essential workers safe.

## **Safety Audits**

All Clubs have completed their Safety Audits. Some have answered "to address" to some of the questions; please use this enforced break to be able to answer "yes" honestly to these questions this year.

## **Incident Reports**

Unsurprisingly, there have been no incidents since we locked down. Once we get back to our clubs, please restart raising incident reports when necessary. Incident Reports should not be a public platform for blaming others, but rather a forum for learning from mistakes to avoid their repetition.

## **Covid-19**

During the lockdown, try to exercise safely. You should do your own risk assessment of your home environment. If you are in one of the higher-risk groups on grounds of age or underlying illness, it might be best to avoid very hard exercise as that can temporarily weaken our immunity to illness. If you are in any doubt, please contact your doctor (by email or phone) to check what you can do.

It is very unlikely that we will all suddenly be allowed out at some date in the near future. We will eventually be allowed out a bit more often for a few more reasons; mass participation sports won't be allowed for some time. Sports clubs are likely to follow schools in reopening, possibly with restrictions on numbers attending at any one time.

## **Events**

When we are eventually allowed to run events, they may have to be run very differently to those in the past. We are more likely to be allowed to run head races for single sculls than side-by-side races for eights. Competitors may not be allowed to enter club buildings and we may not be able to provide food or drinks. We will have to follow government and British Rowing guidelines, and they may change day to day.

If you want further information on any of the above, please contact me.

John Mulholland  
Regional Rowing Safety Advisor  
British Rowing Northern Region  
e-mail: [john.rrsa@jdmulholland.plus.com](mailto:john.rrsa@jdmulholland.plus.com)