

# **Safety Report for NRC Executive July 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**

Since we have been allowed out in singles, there have been a number of Incident Reports in the region, mostly simple capsizes. Incident Reports should not be a public platform for blaming others, but rather a forum for learning from mistakes to avoid their repetition.

In another region, a sculler slipped on steps to the water and broke a leg. Because we have restricted access to our clubs due to Covid-19, all scullers will have to pay more attention to the conditions as there are unlikely to be people cleaning steps for you.

## **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.

The pace of our return to rowing will be dictated by the Government with guidance on the interpretation of their rules provided by British Rowing. You will still need to do your own risk assessments to suit your club's local conditions.

## **Events**

When we are eventually allowed to run events, they may have to be run very differently to those in the past. 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.

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