

12 August 2020

Dear Parents

Rowing Camp

Borlase Rowing is now in a position to run our annual Year 8 Rowing Camp. This is as a result of the Government's position about returning to Sport. The school has also introduced the necessary guidelines and protocols to ensure we can provide sporting opportunities for students. The Year 8 Rowing Camp has been invaluable in previous years for giving students the rowing knowledge and skills as they take their first 'steps' on to the water.

This year's camp will be three days, including two water sessions per day plus some land based sessions, centred around equipment handling, function, technique and some rowing basics. The students will get to try a mix of single sculling, quadruple sculls and octuples.

We will be running four different camps and will be limited to 16 children per camp:

- Monday 24, Tuesday 25, Wednesday 26 (8:00 to 12:30) - Camp 1
- Monday 24, Tuesday 25, Wednesday 26 (12:30 to 17:00) - Camp 2
- Thursday 27, Friday 28, Saturday 29 (8:00 to 12:30) - Camp 3
- Thursday 27, Friday 28, Saturday 29 (12:30 to 17:00) - Camp 4

The cost of the camp will be **£150** for the three days. If you would like your child to attend then please complete this [Borlase Rowing Camp 2020 \(Google form\)](#) by **TUESDAY 18 August**, by signing up this includes acknowledging that your **child can swim**. There will be 16 spaces available on each camp so please state an order of preference if you would be available for more than one of the dates depending on demand.

In addition, you must read the attached COVID 19 Return to Water Policy and complete and return the attached consent form to Mr Gray. If the form is not complete, then you cannot row. If your child is unable to swim they will not be able to participate. Please bring this completed form on the first day your son / daughter attends the camp

To pay for the camp, this will be through Parent Pay (which will be set up once attendance has been confirmed). If for any reason we are unable to go on the water there would be a partial refund depending on the impact on the camp.

Please do not hesitate to contact me if you have any further questions.

Yours faithfully

Mr Gray
Director of Rowing
pgray@swbgs.com

It is very important that you read these rules with your child as they are designed to protect their safety, the safety of staff and the safety of everyone's wider families by reducing any risk of spreading the virus.

If you wish for your child to attend the rowing camp; both on water and land based, please read the following protocols below along with the more comprehensive safety document 'COVID-19 Return to Water Policy' that has been attached. Once you have read and understood all of the protocols please sign and return the form.

- 1) Students should not attend any session if they feel at all unwell or have any of the COVID 19 symptoms - a higher than normal temperature, a new cough, loss of taste/smell. If your child feels unwell at a session you will be contacted to collect them as soon as possible. They should not attend any session if they are shielding or someone in their household is shielding.
- 2) Please avoid public transport and travel by bicycle, car or walk. Students can be dropped off at the Longridge Car Park / Dropoff Point (as mentioned in the 'COVID-19 Return to Water Policy') for water sessions.
- 3) Please arrive at your sessions at the correct time as per the timetable.
- 4) Bring all food and refreshments for the session.
- 5) There will be hand sanitizer available however we recommend students bring their own.
- 6) At Longridge there will not be access to the toilets and taps for regular handwashing, it is therefore advised that hands are washed before and after the session at home and a personal bottle of hand sanitizer is highly recommended.
- 7) Students must observe the social distancing rules at all times at Longridge, on the river and at the school site. There will be coaches supporting them and guiding them but they must also take responsibility for adhering to the rules. Everyone needs to be sensible, observing rules, and sticking to the additional safety measures put in place.
- 8) Where one-way systems are in place, students need to follow these. They will be guided.
- 9) When off the water, strictly observe social distancing Rules.
- 10) Outside students may wear masks if they wish, but must stay a minimum of 2m apart. If they need to be 1m apart at any point to move equipment, they should wear a mask (1m + mitigation)



- 11) We require students not to leave litter for others to pick up, but to use the bins provided.
- 12) All other rules, including school rules and British Rowing river rules must apply as usual.
- 13) By signing this form you are confirming that your child is a confident swimmer and can swim in light clothing.
- 14) Any deliberate flouting of these rules will be followed up by a senior member of the coaching team with the possibility of being removed from further rowing sessions. We are looking for people to support our safe Return to the Water / land Training by cooperating.

All used rowing equipment is being regularly cleaned and we are using an antiviral disinfectant in all areas which is recommended for managing COVID 19. Any high risk areas (such as the blade shed and changing rooms) will be off limits to students. There is soap and paper towels in the toilets on the school site however not at Longridge. There will be hand sanitizer available on the school site as well as Longridge and we ask rowers to carry a personal bottle.

Despite the coaching team and school taking measures to make the environment as safe as possible, there is still, as there is anywhere, risk. Students therefore need to BE ALERT and take their own personal measures to support hygiene.

Please do not come to a rowing session if you have any COVID symptoms or if you feel unwell. You should also not attend a rowing session if anyone in your family falls into the vulnerable “shielded group”.

Please ensure you have read and understood the more comprehensive COVID-19 Return to Water Policy before signing this form.

Name of Student.....

I have read and understood the guidelines on returning to rowing training and will follow the agreed protocols. I also confirm my child can swim.

Parent / Carer's Name

Signed.....

