



PRINCIPAL PARTNER

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5 March 2020

## Rowing Australia Fact Sheet on Coronavirus

The **NOVEL CORONAVIRUS 2019 (COVID-19)** which originated from Hubei Province, China is causing worldwide concern with cases now occurring in many countries. Rowing Australia (RA), who maintain a strong health and safety policy, wish to provide up to date information for all the Australian rowing community, and specifically those competing in regattas, including the 2020 Aon Sydney International Rowing Regatta from 23 to 29 March 2020.

The situation is changing on a daily basis, and it is important that the community follows current Australian Government advice. [Click here for further details](#). The website also contains general advice regarding COVID-19.

The AIS website is regularly updated with advice on the impact of coronavirus and sporting activity. This important page can be viewed by [clicking here](#).

RA are keeping abreast of advice provided by the World Health Organisation, the Australian Government & the AIS in regards to the conduct of events under these circumstances.

Below we have listed important advice for all athletes, coaches, support staff, workforce and spectators in regards to preventative measures to remain healthy at SIRR 2020. This list is a guide and is by no means exhaustive of all preventative measures. Readers should keep abreast of the most up to date information via the Health and AIS websites listed above.

### **Hand Hygiene**

Everyone **must** practise good hygiene, this is critical to help protect against infections. Good hygiene includes:

- washing your hands often with soap and water, for 20 seconds, or using an alcohol-based hand rub
- using a tissue and cover your mouth when you cough or sneeze
- avoiding close contact with others including personal greetings, such as touching, handshakes, kisses, and hugs. Fist bumps are appropriate.

RA will ensure the venue is well stocked with sanitiser and hand soap in all dispensers. We also advise individuals to have their own anti-bacterial wipes for wiping down communal surfaces after use.

**Athletes, Coaches, Support Staff and spectators are strongly recommended to bring their own personal hand sanitiser for use throughout the week**

### **Bathrooms**

The bathrooms at SIRC will be regularly cleaned to ensure good hygiene standards are maintained. It is important to remember you **must** wash your hands with soap and water thoroughly after going to the bathroom and maintain good hygiene practices throughout the week when using both toilets and showers at SIRC.

### **Cleaning of Ergos**

RA and its partner, Sykes, provide ergos for all competitors to utilise at the regatta, while many clubs and schools bring their own ergos to use in their team tents or at their accommodation.

**Anti-bacterial wipes and sprays must be used every time an individual concludes their session on an ergo.** We strongly advise schools and clubs to bring their own cleaning products for their ergos, while RA will provide cleaning products for the ergos provided by RA and Sykes at the venue.



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### **Cleaning of Oars and Boats**

We know that oars and boats are shared by many schools and clubs throughout the regatta. It is important that all oars and boats are thoroughly washed with appropriate soap and water (**not just water**) to ensure hygiene standards are maintained.

### **Food Consumption and food preparation**

We know that athletes, coaches and spectators will be preparing and consuming food and drink throughout the week of the regatta. It is extremely important to maintain strong hygiene standards both when preparing and consuming food.

This includes, but is not limited to, sanitising hands prior to and after preparing food, wearing gloves (on sanitised hands) when preparing food for others' consumption, ensuring hands and surfaces are all well sanitised prior to preparation and consumption and also post consumption and preparation. Water bottles should be cleaned daily with hot, soapy water. Athletes should not be sharing water bottles, i.e. one bottle per athlete.

### **Spectators**

Spectators will be asked not to attend the regatta if they have recently visited any higher risk countries, since Sunday 8 March (14 days prior to the commencement of the regatta - as listed below or on the Health website) or are feeling unwell.

### **Compulsory Participant and Workforce Declarations**

RA will circulate a form that will ask each club and school to sign as a confirmation that their athletes, coaches or support staff have not visited any of the following countries since Sunday 8 March (14 days prior to the commencement of the regatta). Both professional and volunteer workforce for this event will also be required to sign this declaration.

Higher risk countries as of 5 March 2020:

China	Cambodia
Iran	Hong Kong
South Korea	Indonesia
Japan	Singapore
Thailand	Mongolia
Italy	

**Any athletes, coaches, support staff, spectators that have been in any of these countries (or any countries that become 'higher risk countries' during this period) are asked not to attend the regatta if they are outside of the 14 day quarantine window.** Please note the Federal Government is regularly updating the 'higher risk' countries list, the link to the Health website is both below and on the RA website.

### **Useful links:**

AIS: <https://ais.gov.au/health-wellbeing/covid-19>

Federal Health Website: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

### **Contact Us:**

If you have any further queries please email [info@rowingaustralia.com.au](mailto:info@rowingaustralia.com.au)