



**SCOTTISH  
ROWING**

# COVID-19: Guidance for Indoor Rowing in Schools

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**sportscotland**

The following guidance does not supersede any guidance issued by your school, local authority, **sportscotland** or the Scottish Government. This should serve as a supplement to other guidance that provides further information specific to indoor rowing. Where there is conflict, you should follow the most restrictive guidance until you can seek clarification.

The following should be considered in your activity plan & risk assessment:

1. **Indoor sports facilities can open from the 31<sup>st</sup> August:**
  - a. Follow your school and local authority guidance on the opening and use of indoor facilities.
  - b. Rowing machines are generally robust pieces of equipment and can be safely moved and used outdoors in dry weather.
  - c. Concept2 rowing machines can split into two sections for easier transport. Consult the Concept2 user manuals for instructions:
    - i. [Model C and older Model D \(page 6\)](#)
    - ii. [New Model D and Model E \(page 3\)](#)
2. While **under 18s do not need to physically distance during sporting activity** rowing machines can be set up with sufficient spacing so that participants do not come into close contact.
3. **Good hygiene should be kept up at all times:**
  - a. Participants should wash their hands before and after activity.
  - b. Equipment should be disinfected before and after a session. Particular focus should be given to contact points such as the seat, slide, handle and performance monitor.
  - c. Equipment can be shared but it should be disinfected between each user.
4. **Coaching:**
  - a. Adults should remain 2m physically distant from each other.
  - b. Adults coaching children can come within 2m provided mitigations are in place, for example:
    - i. The close contact is fleeting, such as helping a participant strap their feet into a rowing machine or helping them program their monitor.
    - ii. PPE such as masks and gloves is worn.
  - c. Coached groups should not exceed 30 participants.