



Aalborg Roklub

Søsportsvej 8, 9000 Aalborg, Tlf. 98126719 - *Stiftet 28. august 1886*

Information about opening Aalborg Rowing Club

PLEASE READ THE IMPORTANT INFORMATION BELOW CAREFULLY !

1. A maximum of 10 rowers can be present at the same time (for example, in the boat hall) - and must be at a suitable distance. Occupancy in the boathouse should be restricted. Be outside as much as possible.
2. It is allowed to row in all boat types - except eights.
3. It is **NOT** allowed to swap places during the row trip.
4. There shall only be crew for one boat at a time on the boat bridge.
5. Efforts should be made to exercise in regular groups. Priority should be given to permanent rowing partners.
6. After rowing, the boat and oars must be thoroughly cleaned in water and soap (detergent which is fat-soluble).
7. The use of the club's bathing facilities is **not permitted**. You have to be dressed from home. After rowing, bathing and dressing should be done in the home (external to the rowing club). This also applies to our girls' use of the bath facilities in ADR,
8. A distance to other rowers must be kept at least 2 meters away.
9. Stay in groups (2 or more) must not take place in the club room.
10. Use hand disinfectant frequently before and after rowing. Dispensers are set up around the rowing club.
11. You should stay home if you have symptoms such as fever, cough, muscle soreness - and go home immediately even with mild symptoms.
12. UNI rowers must also comply with Bjarne's 10 commandments.
13. Club life jackets should be worn by one person as far as possible unless cleaned (washed with soapy water) after use
14. It is still **NOT** allowed to use our indoor training facilities.
15. Any toilet visit should be made to the toilets on the first floor. The toilet **MUST** be cleaned / sprayed thoroughly after the visit.

The above is valid until 10th of May or until other notice is given.

Should the above give rise to questions, you are of course welcome to contact a board member.

REMEMBER: All guidelines are given so that we take care of each other.