



## **Safety measures Covid – 19**

Please take note of the safety measures in place so that you can come and enjoy a RowFit class with a calm and confident mind

### **Stay at home if you experience symptoms**

Are you feeling ill or experiencing symptoms of illness? Stay at home, take the [coronavirus check](#) or call your doctor.

### **Keep your distance**

We will limit the number of people per class in order to respect a safe distance between the rowers and we will not share the rowers.

Sadly, let's avoid shaking hands or high fives.

### **Mask**

We must all wear a mask when we are in the Rowing Club building.

### **Logistics**

Arrive 5 or 10 min before the class; you will carry your rower from the rowing – club to the area just outside.

### **Cancellation**

For outdoors classes: In case of bad weather the class will automatically be moved indoor (where possible) or the class will be cancelled and you will be refunded your RowFit credit in your account.

**THANK YOU FOR YOUR COLLABORATION.  
LOOKING FORWARD TO TRAINING WITH YOU  
SOON!**