



Hants & Dorset Amateur Rowing Association.

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To all H&D affiliated Clubs, Members & Racing Officials

Lateral Flow Testing for athletes/club members

Many of you will have heard about - or indeed already take part in - lateral flow testing to check for a presence of Covid-19. Lateral flow testing is a quick and easy way for you to check to see if a trace of the Covid-19 virus is present in you in order to protect your family, friends, colleagues and fellow club members. Lateral flow tests are free and can be picked up from local test centres or pharmacies or they can be ordered online and delivered to your home.

As an Association, the H&D welcomes any means in which our members and athletes can train and compete safe in the knowledge that they are not going to potentially spread Covid-19 to their fellow athletes and supporters. We therefore, highly recommend clubs looking into advocating regular lateral flow testing to its members by providing information, clubs can continue the excellent work which they have been undertaking in ensuring the safety and wellbeing of their members and wider local community.

With our regatta season only a few months away and more members getting out on the water and using club facilities, this is an ideal time for clubs to initiate lateral flow testing as part of their Covid-19 good practice. It could also be useful for competing athletes to take a test on the Friday prior to racing to ensure that all those taking part in the regatta are doing so as safely as possible.

Whilst lateral flow testing is not mandatory for any organisation; as an association; we are fully committed to providing our members and clubs with information and advice on the best practise to keep our members and their communities safe whilst helping ensure that our clubs and sport remain open and active.

There will be racing this season, albeit not as many regattas as in a normal season, but with regular testing, we can help provide a safer environment for competitors, coaches, officials and spectators.

We have outlined some basic information on lateral flow testing which may be helpful for messaging out to members and have also provided a poster which may be useful for your club facilities.

Hoping that this information provides useful information for you and your members.

Stay safe and hope to see you all soon on the water,

Steve Bull, President Peter Staddon, Chairman Sue Sothcott, Treasurer Penny Budd, Secretary

The H&D Executive Committee