



Take part in Lateral flow Testing

Here are some reasons why rowers
and members should take part

Lateral Flow Testing for Members



Supported by the Hants & Dorset Amateur Rowing Association

What does the test involve?

Lateral Flow Tests are a fast and efficient way for detecting the presence of the Covid-19 virus and can produce results within 30 minutes of the test being taken. They require swabs to be taken from the throat and nose.

How do I get a lateral flow testing kit?

Lateral Flow Tests are available to pick up from your local Covid-19 test centre (see Gov.uk to find your local centre) and also some pharmacies. You can also order kits online at gov.uk to be delivered to your home. All kits are free of charge and you will never be charged for them.

How often should I take the lateral flow tests?

Many people who work in schools or organisations take the lateral flow tests on a Sunday and Wednesday to cover them for the whole week. The test will only register the presence of Covid-19 at the time of the test, therefore, if you come into contact with the virus a day after taking the test, by testing mid-week, you eliminate the risk of spreading the virus if you have been in contact with it.

Do I need to take a test before training or competing at a regatta?

As an Association, the H&D advocate all clubs and their members undertake lateral flow testing on a bi-weekly basis. Ideally, if clubs and members engage in regular testing, it would be useful for those competing at regattas in the summer to take a test on the Friday prior to travelling to the regatta to ensure that they are clear of Covid-19. Again, this is purely good practice and will NOT be enforced as part of the H&D regatta entry.

Is taking the test mandatory?

No, the test is not mandatory but through regular testing of the wider population and the vaccination roll-out, we can together stop the spread of the virus and reduce restrictions in daily life. The H&D supports any initiative which helps rowing and our rowing community to stay safe and resume normal activities.