



## Return to Rowing Phased Return Caradon Pilot Gig Club

# Caradon Pilot Gig Club

### Phase 1

Provisional 12<sup>th</sup> April

Return to Rowing. Adults Back on the water - Bubble training to commence, 1 x week day session + 1 x Weekend session. Focus on club participation.

Membership confirmation and members only training

### Phase 2

Provisional 17<sup>th</sup> May

Junior rowing in organised bubbles to restart  
Learn to Row Course advertised for non members 4 week programme

Squad bubbles to re start to support training for competition

Learn to row Course starts with introductory sessions

### Phase 3

Provisional 21<sup>st</sup> June

Return to competitive rowing to start.

Training Bubbles and crews selected per regatta as in normal circumstances following CPGA Guidelines and organised events.

Learn to Row course finishes - Development rowing bubbles introduced

Junior rowing embedded with competition

### Phase 4

Provisional October 2021

Back to full competitive rowing with Winter Programme in place.

Commencement of Winter Leagues 2021

Preparation for Three rivers event October

Preparation for Competition season 2022