

## Canoe Club response

Dated and reviewed [13]/06/20



to protect the health of our members and help to suppress the spread of the COVID-19 virus.

that members continue to follow the government and public health guidelines and to stay at home as much as possible. We advise that if you or anyone within your household has coronavirus symptoms, you should continue to self-isolate.

It is decided that the committee should be the body that develops and implements the club's Covid-19 response, under the leadership of the club's committee. The intention is to regularly monitor the latest Government guidelines and advice and the British Canoeing advice and within that framework to ensure that as possible members can return to paddling if it is safe to do so.

This document should be read as subject to and part of our normal club risk assessments and standard operating procedures.

## Considerations and Controls

	Controls
	<ul style="list-style-type: none"><li>• Members to follow social distancing at all times except if there is risk to life or of serious injury, in which event im safety is paramount.</li><li>• Until further notice, members should use their own equipment or ask to borrow club equipment on a long term b (subject to the discretion of the committee). Equipment should not be stored in the club compound except where necessary (again at the discretion of the committee).</li></ul>
k	<ul style="list-style-type: none"><li>• Members should follow government advice if they have C-19 symptoms or have been in contact with someone v symptoms.</li><li>• Members should follow good hygiene practices including:<ul style="list-style-type: none"><li>○ Regular hand washing</li><li>○ Cover mouth when sneezing or coughing, avoid touching face, nose and eyes</li><li>○ Keep your distance at all times</li></ul></li></ul>
	<ul style="list-style-type: none"><li>• Because of space restrictions, the club compound is not to be used at present, other than under the supervision committee member who should ensure sanitisation of touch points, surfaces and equipment that are likely to be by multiple people.</li><li>• Since the club has no facilities for members to wash, members should ensure they have their own hand sanitise appropriate.<ul style="list-style-type: none"><li>○</li></ul></li></ul>
	<ul style="list-style-type: none"><li>• Members should follow social distancing when launching and landing, and when waiting on landing stages, pont slipways.</li><li>• Where assistance with equipment will be required this needs to be provided by members of the same household. Hence single members who require assistance with equipment or launching or landing cannot paddle until social distancing rules have been relaxed.</li></ul>
	<ul style="list-style-type: none"><li>• Paddling on the Stour in groups of up to six experienced members who do not require assistance with equipment</li></ul>

permitted.

- Members should use discretion in ensuring they do not give the impression of paddling in larger groups.
- Members who are not experienced and/or who may require assistance in paddling or are likely to require rescuing should paddle with other members of their household with the ability to assist. They should not rely on members of their household for assistance. Members outside their household should only assist in an emergency when hein danger to life or of serious injury.
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- Any briefings should be conducted with respect to physical distancing guidelines
- Before members who have been off the water for a prolonged period commence paddling again, they should have a briefing from an experienced paddler or coach on the risks and ways to mitigate them (e.g. what to do in event of a capsized, right equipment to carry, bear in mind what may have seemed physically easy 3 months ago may not be now, etc).
- Members to within the limits of your ability.
- When deciding to paddle, think about: Weather forecast, temperature, wind speed, direction, etc
- Members are reminded about the importance of having a plan, letting someone know what you are doing, and being clear communication.
- Paddlers and coaches to stay in their own boats and maintain social distancing afloat

- Members to follow public health advice – new phases may include advice about contact tracing.
- Make sure everyone's contact numbers and emergency contact details are up to date.
- Anyone who displays or develops symptoms of Covid-19 should be sent home.