

SUDBURY CANOE CLUB

AFFILIATED TO THE BRITISH CANOE UNION



Sudbury Canoe Club response

Dated and reviewed 01/04/21

Overall objective

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

We recommend that members continue to follow the government and public health guidelines.

Covid-19 team

The club has decided that the committee should be the body that develops and implements the club's Covid-19 response, under the leadership of the club chair. The intention is to regularly monitor the latest Government guidelines and advice and the British Canoeing advice and within that framework ensure that so far as possible members paddle when it is safe to do so and in a manner that protects their health and the health of others.

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

Step 1 - Considerations and Controls

Areas	Controls
General	<ul style="list-style-type: none"> ● Members to follow social distancing guidance except if there is risk to life or of serious injury, in which event immediate safety is paramount. ● Until further notice, members should where possible use own equipment or ask to borrow club equipment on a long term basis (subject to the discretion of the committee). Equipment should not be stored in the club compound except where strictly necessary (again at the discretion of the committee). ● Informal paddling outside the Club's supervision can continue outdoors in groups of six (the rule of 6) or two households. ● Members should minimise travel.
Reducing the risk of transmission	<ul style="list-style-type: none"> ● Members should follow government advice if they have C-19 symptoms or have been in contact with someone with symptoms. ● Members should follow good hygiene practices including: <ul style="list-style-type: none"> ○ Regular hand washing ○ Cover mouth when sneezing or coughing, avoid touching face, nose and eyes ○ Keep your distance
Arrival/departure/ safety briefings etc	<ul style="list-style-type: none"> ● Members to be reminded to practice social distancing in safety briefing at start of sessions. ● Paddlers to adjust kit and launch independently where possible. ● Avoid activities that come into close proximity, e.g. sitting in eddy at Cornard Weir, gathering on the bank at start or end of session or at Cornard at half way stage. ● Leader of sessions to consider size of group and possible split into sub groups of 6 to reduce group size, depending on appropriate supervision available from more experience paddlers.
Facilities - including club grounds, buildings, indoor facilities and changing	<ul style="list-style-type: none"> ● Because of space restrictions, the club compound is not to be used at present, other than under the supervision of a committee member who should ensure sanitisation of touch points, surfaces and equipment that are likely to be touched by multiple people. ● Since the club has no facilities for members to wash, members should ensure they have their own hand sanitiser where appropriate.

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rooms / toilets	
Launching Facilities, Landing stages, Slipways, Pontoons,	<ul style="list-style-type: none"> • Members should follow social distancing when launching and landing, and when waiting on landing stages, pontoons or slipways. • Where assistance with equipment will be required ideally this should be provided by members of the same household group. Where that is not possible, those providing assistance should practise social distancing as far as possible
Activity	<ul style="list-style-type: none"> • Paddling on the Stour as part of an organised session (e.g. Saturday morning) under supervision of qualified coach/instructor is permitted. • New/very inexperienced paddlers should not paddle at this time. Less experienced paddlers should paddle within the level of their competence and ideally with members of their own household. • Members should avoid activity likely to require rescuing. In the event of capsize, self rescue should be encouraged. Follow FSRT principles of Self - Team - Victim - Equipment & Shout - Reach - Throw - Row - Go. • All paddlers to wear personal buoyancy • Members outside their household should only assist in an emergency when there is danger to life or of serious injury.
On the Water Safety	<ul style="list-style-type: none"> • 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 capsize, right equipment to carry, bear in mind what may have seemed physically easy when you last paddled may not be now, etc). • Members to paddle within the limits of their 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 in communication. • Paddlers and coaches to stay in their own boats and maintain social distancing afloat wherever possible
Responding to a potential Covid-19	<ul style="list-style-type: none"> • Members to follow public health advice – new phases may include additional restrictions or relaxations. • 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.

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exposure at the club	
High risk groups	<ul style="list-style-type: none">• Safety briefing to encourage those at high risk to take extra precautions appropriate to their risk (Age, Gender, Ethnicity, etc.)

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