

ACTION PLAN: INDEPENDENT PADDLING DURING COVID-19

Who can paddle from the club premises?

Current senior club members who are experienced and competent and who hold current BC membership can paddle from the site using their own boats and equipment.

If you meet the criteria above and decide to paddle, you are taking responsibility for your own safety. Read the **BC Kayaking Safety Checklist** at <https://gopaddling.info/kayaking-safety-checklist/>

Booking and Paddling arrangements

To ensure that club members can avoid being at the clubhouse at the same time you must use the **“Lockdown Calendar 2021” on Facebook messenger**. This will show you when others are down and alert other members of your intent. If you are not on Facebook, then please contact Joe F directly on 07825 371434 or Quartermaster@StortfordCanoe.org.uk Please note that **Sunday mornings 9am-1pm** are reserved exclusively for those registered to take part in the Club session.

In addition to following all the [standard social distancing and hygiene regulations](#) which apply everywhere:

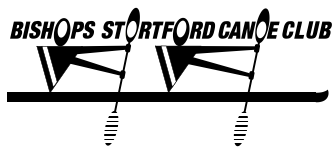
- You must keep at least **2 metres apart** at all times, including when getting on and off the water – this applies to members of your own group, other paddlers, and all those on the towpath and narrowboats. Remember to stay **river-right**.
- Direct face-to-face conversations must be avoided – angle faces away from each other when talking.
- If using **private doubles boats**, make sure you are following [BC advice on use of crew boats](#), such as using face coverings or avoiding face to face behaviour.

Site access

- Bring sanitizer for your hands and to **wipe down** keypads, door handles, light switches etc
- The gates must be kept closed, so you will have to unlock and re-lock both gates – you must **wipe down everything you touch**.
- You can enter the building to use the toilet if needed (Please note that there are no sanitary bins available at present). **Clean everything you have touched**. Those waiting must do so **outside**.
- Proper hand drying is important - please bring and use your **own towel**.
- Toilets may not be used for changing - you will have to **change and shower at home**.
- **No personal property or kit** to be left in the building.
- Proper hand drying is important - please bring and use **your own towel**.
- Please bring your own **first aid kit** with you. Read the advice here for First Aid: <https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>. Report any incidents on club premises to the [Secretary](#) at the earliest opportunity.
- Bring **tissues**.
- Do not leave any **litter** behind, especially discarded gloves/wipes/tissues – bring a **plastic bag** to take yours away and dispose of at home.
- Do not come to the club if you have been **exposed** to COVID-19. If you have been to the club and then develop **symptoms** of the virus, you must let the club know by emailing the Secretary
- Please don't add new boats to the boathouse without checking with Quartermaster Joe first.

Please be aware that this is a fluid situation and guidance may change at any time with short notice.

29/5/2021



ACTION PLAN: CLUB PADDLING DURING COVID-19

Who can participate?

To take part in Club paddling sessions, members and invited guests must make advance arrangements with the lead coach for the session. For Sunday sessions this is Jacque Cayford.

Paddling arrangements

The Sunday morning sessions will run as small groups (at the discretion of the lead coach). Arrival and departure times may be staggered to minimise contact.

1. Paddlers must **arrive promptly** at the agreed time.
2. Paddlers & accompanying parents must **not mix with another group** & must social distance from everyone (other than members of their own household).
3. Paddlers must **only use equipment allocated** to them & must clean before it is returned to the club Quartermaster (not after each usage).
4. Paddlers must **carry their own boats** unless assisted by a household member.
5. Paddlers must **self-rescue** if they capsize. Coaches will only assist if there is a safety issue.
6. Paddlers should **arrive suitably dressed to paddle**. There is currently no access to the clubhouse, changing rooms.
7. The main building is accessible for using the toilets & handwashing. All touchpoints must be **cleaned before leaving**, and no personal property/kit left behind. Those waiting to use facilities must remain **outside the building**. (Please note that there are no sanitary bins available at present).
8. Bring your own **hand sanitiser, towel, tissues**, and a **bag** to take home personal litter.
9. If you know that you are not going to be able to attend a specific session please tell Jacque the previous week, or let her know on 07863 069737.
10. When **refreshments** are made available, they will be entirely prepared by masked volunteers (max 3) in the kitchen. Items will be placed on the **windowsill for collection** and used **cups left on the table** outside. Recipients must not cluster around the serving window (max 8 at any time) and to maintain social distance.

Any paddlers unable to follow requirements will be unable to attend sessions until Covid-19 restrictions are lifted.

In addition to following all the [standard social distancing and hygiene regulations](#) which apply everywhere:

- You must keep at least **2 metres apart** at all times, including when getting on and off the water – this applies to members of your own group, other paddlers, and all those on the towpath and narrowboats.
- Direct face-to-face conversations must be avoided – angle faces away from each other when talking.
- Do not come to the club if you have been **exposed** to Covid-19. If you have been to the club and then develop **symptoms** of the virus, you must let the club know by emailing the [Secretary](#)

Please be aware that this is a fluid situation and guidance may change at any time with short notice.

29/5/2021