

NEWARK CANOE CLUB - COVID 19 OPERATING PROCEDURES

The following procedures are designed to provide clear guidance on the operation of the Club at open sessions whilst Covid 19 restrictions are in operation. All members and visitors acknowledge the application of the procedures for official club activity and agree to abide by them to protect themselves and others from the spread of Covid 19.

You must not access the club if you have suspected Covid-19 symptoms – if you have these you should be following government guidance and self-isolating at home.

The Club Committee will complete and maintain a Covid 19 Risk Assessment to assist the management of all Club activities to ensure the safety of members and visitors.

Covid 19 Paddling Protocols

1. Individuals or family groups are to comply with the Social Distancing requirements when attending club activities:

- a. Remain 2m apart unless from the same family group. Where it is impossible to remain 2m apart individuals are to comply with government mitigation procedures (face coverings, face to face contact, etc)
- b. Stay in groups of no more than 6 people when on the water and not interact with other groups.
- c. Use the hand gels and cleaning materials provide on a regular basis to ensure personal protection and surfaces are cleansed after touching.
- d. Those that hire club kit will be required to fit the kit for themselves and use it for the session, after which it will be stored away for at least 72 hours before further use.
- e. When signing on the water provide a contact mobile telephone number in case of a Covid 19 outbreak requiring track and trace.
- f. Follow signage instructions for launching and getting off the water applying appropriate social distance requirements for your situation.
- g. Do not share equipment unless it is with people from your own household.
- h. Handle your own equipment without the aid of others from outside of your family group.
- i. Change into and out of paddling equipment close to your own car, ensuring social distances regulations are applied.
- j. When using toilets, wear face mask and clean all surfaces and use hand get when finished. When passing others inside the building pass back to back and not face to face.
- k. Return used club equipment to the area in front of the containers, where club committee members will move to store.

Rescues and Emergencies

2. Individuals should paddle to their own ability levels and avoid any activity likely to require rescue support. Where individuals do go into the water, in the first instance they are to self-rescue themselves and their equipment supported with verbal instructions from club competent paddlers and coaches. As an alternative and where self-rescue is difficult, the use of tow ropes and throw lines can be used to assist appropriate social distancing. Where a towing rescue is required to support those unable to help themselves, the person in the water should be brought in on the back of the rescuers boat/SUP.

In genuine cases of emergency, protocols will be waived and safety staff will apply rescue methods.

3. There is an emergency telephone held in the Club House should outside emergency services be required.

Club and Site Management Protocols

- a. Until further notice, the Club will open only essential facilities to support club activity so there are no changing rooms in use and the club house access is restricted to essential Committee members only.
- b. The Club is authorised to exceed the max gathering number of 30 as a result of safe operating practises.
- c. Members running Club sessions will be responsible for the cleaning of surfaces throughout the session using appropriate disinfectants provided. Club equipment that has been used during the sessions is to be stored safely away using appropriate social distancing procedures and left untouched for 72 hours before using again.
- d. To avoid Club members and visitors accessing the containers, the equipment is to be placed out in front of the containers in advance of the session taking place.
- e. The Club will keep a record of the volunteers managing each session to support Track and Trace if required.
- f. A contactless payment system will be in operation to aid the avoidance of contact between volunteers and those attending the session.
- g. There will be no games that encourage the transfer of playing equipment between individuals that might lead to transfer of the virus.
- h. Taster Sessions are authorised subject to application of the protocols above.