



## Carlisle Canoe Club Covid –19 Action plan (May 2021)

In promoting a return to paddling, British Canoeing strongly recommends the following which closely follows all advice from the Government and Public Health England in relation to Coronavirus.

During these strange and difficult times, we as a club have put this plan in place to ensure a safe return to getting back on to the water.

As the paddling season is now underway Club members wishing to paddle are invited to agree to abide by the Carlisle Canoe Club COVID action plan by signing the COVID consent form, copies of which can be downloaded for the Club website, the Facebook page or found in the Club house.

The club sessions will generally take place, as usual, on the Sands rapid and the upstream section of the Eden on Tuesdays and Thursday evenings, on the water for 6:00pm.

Beginner sessions will be coached.

Non beginners sessions will be coached where possible (ratio of 8 paddlers to 1 coach).

Where coach cover is not available sessions will take place on the basis of "Peer Paddles".

Under 18 paddlers are also welcome to paddle as long as a parent or guardian either paddles with them (if competent) or remains in attendance on the river bank during the session.

The Club COVID action plan, which is broadly in line with British Canoeing and Government advice is based on the following:

Paddlers are asked to arrive at the riverbank ready to paddle, and remain socially distant on the bank, both before and after paddling.

Paddlers will divide into groups of no more than 8 plus coach or groups of 6 based on experience, ability and paddling objectives. In the event that a maximum permitted number of 30 attendees is reached, any further arrivals will be turned away.

Paddling groups are to remain separate where possible during the session with group members remaining socially distant from other group members unless involved in a rescue.

Club Secretary (or other nominated person) to record attendees and any instances where social distancing was not possible eg during a rescue and forward to Club welfare officer; Before leaving the session any member who has been involved in a rescue or been unable to remain socially

distanced from all other paddlers at all times for any other reason must inform the Club Secretary or other nominated person of this.

The COVID committee has decided that the changing room **WILL NOT** be open for use at this time.

Paddlers should use their own boats and kit where possible however Club boats and kit may be used but must be disinfected after use.

Masks must be worn in the Club and boat house and whenever social distancing cannot be maintained such as when fitting people into boats.

If any paddler, experiences covid-type symptoms, or tests positive for covid or is in contact with anyone who tests positive or is instructed by the authorities to self-isolate, they must immediately inform the Club Secretary or Welfare officer of this and agree to this information being shared with any other member who might be affected.

Members are reminded to keep up to date with current government guidance and to check the Club Facebook page prior to setting off for Club sessions in case of cancellations.

If you have any question in relation to this plan please do not hesitate to ask

Welfare Officer

Ben McAllister