



Sligo Kayak Club

Protocol for Return to Paddling

Introduction

This document outlines the protocol which must be followed by all Sligo Kayak Club members partaking in club activities during the ongoing Covid-19 Pandemic. The protocol was developed in line with guidance provided by the Irish Government and Canoeing Ireland and following completion of a risk assessment based on SKC's specific circumstances. The protocol is intended to ensure the safety of all members and must be followed by all members at all times. Members must return a signed copy of the protocol (pages 3-5) prior to participation in any club activities.

Failure to comply with the instructions within this document will result in members being disallowed from taking (part) in club activities.

Return to Paddling Roadmap

The following roadmap summarises the guidance provided by the Government's Phased plan for relaxation of Covid-19 restrictions and the corresponding guidance provided by Canoeing Ireland.

This roadmap is subject to change at short notice, as the situation evolves. Changes will be notified to members via the club Whatsapp group.



Phase	Effective Date	Government Guidance	CI Guidance	Group Size	Club Activities
<u>1</u>	18-May	Social distancing applies. No travel over 5km from home No contact with other people	- Strict social distancing - Equipment sterilization to be implemented - Club facilities and shared equipment may not be used until Phase 3, and then only under strict distancing and hygiene protocols	Max 4	Peer paddles; no instruction Self rescues only; no assisted rescues No sharing of equipment Flatwater only
<u>2</u>	08-Jun	Social distancing applies. No travel over 20km from home No contact with other people	- Outdoor training in small socially distanced groups, increasing in line with Phases - Travel restrictions must be adhered to	Max 8 (15) Normal ratios	Peer paddles; instruction allowed Self rescues only; no assisted rescues No sharing of equipment Flatwater only
<u>3</u>	29-Jun	Social distancing applies No travel over 20km from home	- Consideration required for underlying health conditions, ability to maintain distancing measures and requirements of accompanying family/carers	No max Normal ratios	Peer paddles; instruction allowed Assisted rescues allowed Sharing of equipment allowed Flatwater & moving water
<u>4</u>	20-Jul	Social distancing applies Travel over 20km from home	- Skills training can take place by following guidelines and making adaptations to rescues	No max Normal ratios	Peer paddles; instruction allowed Assisted rescues allowed Sharing of equipment allowed Flatwater & moving water Beginner courses allowed
<u>5</u>	10-Aug	Social distancing applies Travel over 20km from home		No max Normal ratios	Peer paddles; instruction allowed Assisted rescues allowed Sharing of equipment allowed Flatwater & moving water Beginner courses allowed

**** Roadmap subject to change at minimal notice ****



Protocol

Please read the guidelines documented below and confirm your understanding by ticking the box to the right for each item.

Control Area: Session Attendance	I have read & understood guidance (tick)
All members must reserve their slot in advance of coming by purchasing a ticket on Eventbrite. If you haven't booked in advance you can't paddle. Slots are available in limited numbers based on phases: - Phase 2: from 09 Jun 20 - 8 people / from 23 June 20 - 15 people - Phase 3+: No limit. Normal 1:6 instructor:student ratios apply	
Each night a group leader is assigned, whose instructions must be followed at all times.	
The group leader is responsible for signing all members in and ensuring members follow the required safety protocols.	
Attendance in Phase 2 & 3 is limited to L2s and up, adults only. Additionally, attendance is limited to those with an ability to self-rescue during Phases 1 & 2.	

Control Area: Container Opening & Gear Removal/Storage	I have read & understood guidance (tick)
Only two people are allowed in the container at any one time, briefly and must try to maintain social distancing while inside.	
Members must maintain social distancing at all times while in the vicinity of the clubhouse or car park.	
Any members of the public who approach the clubhouse or club members must be informed by members of the need to maintain social distancing.	
No keys should be left in container due to the risk of cross contamination. If members are in need then they can use key hanger on the door. Members should touch only their own keys.	

Control Area: Gear Use & Cleaning	I have read & understood guidance (tick)
Members borrowing club equipment are responsible for the safe removal, cleaning and return of the equipment.	
The boat and gear (paddle, PFD, helmet, spray deck) must be wiped down with Milton then sprayed down with fresh water using the sprayer provided before placing the gear back in the container.	



Control Area: Use of Personal Protection Equipment	I have read & understood guidance (tick)
All members are required to bring their own sanitizer or can avail of the club's Milton fluid. Note: Milton is being used for equipment cleaning and is a potential skin irritant at concentrated levels. Members should carry sanitizer while on the water.	
Gloves and masks are available for use if required but are not mandatory.	
Regular sanitizer use, before, during and at end of session is mandatory.	

Control Area: Sessions/Peer Paddles	I have read & understood guidance (tick)
All attendees must have read and signed the protocol document before attending any sessions and have familiarized themselves with relevant safety signage (see below).	
Only flatwater paddles are allowed until further notice.	
Members must maintain social distancing at all times on the water.	
Paddle routes for peer paddles should follow normal assessment of risk to ensure members remain in their comfort zone.	

Signage

The following signage has been placed at the clubhouse. Please ensure you review and understand these signs as they provide important safety guidance.

Coronavirus COVID-19
Staying safe on the water is all our responsibility.




Max two people allowed enter.



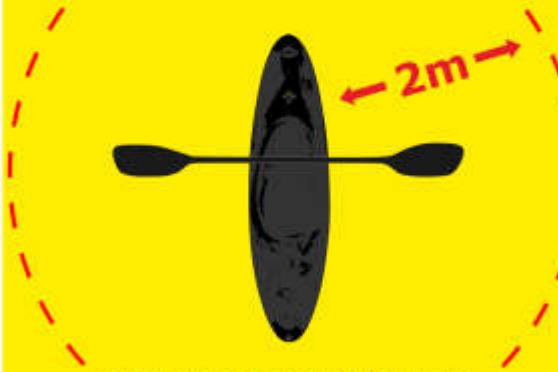
A maximum of two people are allowed to enter the container at any one time and only for a brief period of time. They must also make every effort to maintain a 2m distance apart at all times.

© 2020/2021, Big Kayak Club

Coronavirus COVID-19
Staying safe on the water is all our responsibility.



Distancing on the water.



Social distancing rules apply on the water too. Keep at least 2m between yourself and the nearest paddler at all times.

© 2020/2021, Big Kayak Club



Coronavirus **COVID-19**

Staying safe on the water is all our responsibility.



Wash hands frequently.



Wash your hands or use sanitizer frequently and thoroughly especially after touching contact surfaces. Do not put your hands to your face at any time.

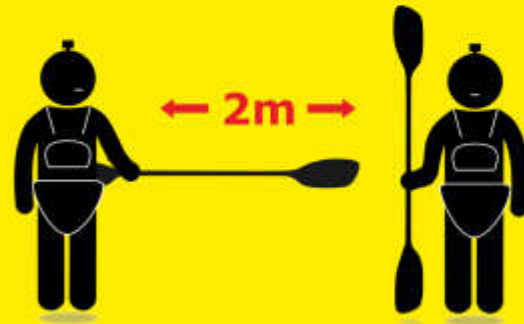
©) DMGuinness, Sign Kayak Club

Coronavirus **COVID-19**

Staying safe on the water is all our responsibility.



Maintain social distancing.



A typical kayak paddle is 6 feet (2m) long. If you can touch the person beside you with your paddle you are too close. Maintain physical distancing at all times.

©) DMGuinness, Sign Kayak Club

Confirmation

I confirm that I have read, understood and will adhere to the requirements outlined above.

Sign _____

Date _____

Print _____