



## Covid-19 Guidance

### General Guidance

My priority remains to protect my health, that of my clients and the wider community and help to suppress the spread of the COVID-19 virus. I will continue to do everything I can not to increase the burden on the NHS and emergency services.

### Guidance for Paddle Sports

Anyone taking part in coached, led, guided, or other organised activity can expect suitable measures put in place that will reduce the likelihood of COVID-19 transmission, in line with Scottish Canoe Association guidance. I ask that participants comply as requested.

It must be acknowledged, however, that I cannot eliminate the risk of COVID-19 transmission entirely.

### Safety Measures

#### - COVID-19 Symptoms

If anyone in your group displays symptoms, has been diagnosed with Coronavirus, or has been in contact with anyone with symptoms/diagnosed with Coronavirus you **MUST** contact me as soon as possible on 07818 861517 and **NO ONE** should turn up for your trip. Your trip will be cancelled and you will be given a full refund. You must follow the Government advise and self isolate for 14 days.

#### - Equipment

All equipment provided will either have been left for 72 hours or thoroughly cleaned and disinfected between uses by other clients.

#### - Meeting location

To support physical distancing your trip may start from the designated start location chosen by me (your coach) instead of at a base. This could be a layby, or other parking area. This is to limit different groups meeting in one location at any one time. I will be in touch nearer your trip with meeting instructions.

#### - Getting ready

Regardless of our meeting location, we will be getting ready outside, so please arrive in the clothes you want to wear for the day - there will be no changing facilities. I recommend thermals, or fleecy layers such as leggings or quick drying walking trousers, long sleeved tops or sports wear with fleece tops etc, **NOT** jeans, or anything cotton as it won't dry out if wet.

Be prepared to do everything out of doors - this includes getting changed and going to the toilet. Bring a towel big enough to cover you if you're getting out of wet clothes. There are perfectly acceptable substitutes for toilet paper in the outdoors, but if you're not comfortable with that and intend to use a tissue or wet wipe, make sure you also have a bag to take it away with you.

Hand sanitiser will available should you need.

#### - Social distancing

A 2 meter distance will be maintained between me (your coach) and clients throughout the day. This must be adhered to by both parties. If at any point I feel that this isn't being respected, I reserve the right to terminate the trip.

While your trip will only involve your group and me (your coach) it is possible that we may encounter other people on our trip either on the water, or when we stop for lunch. It is essential that we maintain a 2 meter distance from anyone else we encounter.

- Trip safety

I will be taking extra precautions to ensure your safety at all times, this means that the location of your trip will be considered in more detail, to reduce risk. This includes considerations such as group experience, weather and tide, and the associated risk of anyone capsizing.

Although we have socially distanced rescuing methods in place, a capsizing by anyone increases the risk of needing to breach these rules should events out of our control unfold (injury etc). In case of emergency, the need to act quickly with everyone's safety in mind may override the smaller risk of Covid19 transmission.

**Cancellation**

If your trip has to be cancelled for any reason surrounding Coronavirus either by Government restrictions, yourself or me, you will receive a full refund or the option to rearrange for an alternative date.

- Weather

If the weather is looking unfavourable for your trip, I may contact you to rearrange the day or cancel. In an effort to keep everything as safe as possible I am trying to reduce the risk involved and the strain on the emergency services. If we are unable to rearrange your trip you will receive a full refund. I reserve the right to make judgement on the weather for your trip until the day of it, and to cancel if it is the safest option. A full refund will be given.