



## Wychavon Kayak and Canoe Club Covid Instructions Pershore River Side Centre

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Due to Covid-19 the way the club operates will be significantly different.

### Before you paddle

- Group sizes will be limited to 6 people (5 members plus coach / lead) NB we will run multiple groups if necessary, but they will be self contained sessions with staggered start time.
- **Members will need to be booked onto a session.** This will be co-ordinated through Facebook. Each Monday a post will be made on Facebook asking for those who want to paddle on the Thursday of that week and you will need to request a place by Wednesday 12 noon.
- Confirmation of groups will be posted out on Wednesday evening with times and the group lead.
- **If you are not booked in (and received confirmation) you will not be able to paddle and asked to leave the site**
- You will need to confirm you have read and understand the operating procedures, risk assessment and process before you are allowed to paddle
- You will need to sign off a Consent form and reconfirm you are not suffering from any of the listed symptoms of Covid-19 prior to attending a session. Please bring the signed form with you – **no form, no paddle.**
- Only those that are able to self rescue will be allowed to paddle. NB self-rescue means that you are able to get yourself and your boat to the shore if you should capsize, it doesn't mean that you need to roll. **Please talk to a coach if you are concerned.**
- As ever the coach / leaders decision is **final** in any decision making about whether you are able to paddle
- Ensure you bring hand sanitiser with you to the session and use it.

### At the session

- You will need to follow the instructions given to you by the leader when you arrive at the venue, park as instructed and follow the social distancing rules (keep 2 meters apart). Please arrive promptly for your time slot and not early as another group may be getting on the water.
- Club equipment will not be available on a session (this will be kept under review)
- Where possible please handle your own equipment. If you do need assistance with moving a boat, please discuss it with the leader first to ensure it is done whilst adhering to social distancing rules.
- The changing room and toilets will not be available at the centre

- Think about social distancing both on and off the water. Follow the leaders instructions to ensure everyone gets on and off the water whilst observing social distancing rules
- Do not share equipment with other paddlers / members.
- Have your own snacks / drinks – you cannot share with others

### **After the session**

- Pack up your equipment, change and leave the site, there will not be the opportunity to socialise after the event at the club.