



Carlisle Canoe Club Covid –19 Action plan

In promoting a return to paddling, British Canoeing strongly recommends the following which will closely follow 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 approaches, Club members wishing to paddle this year are invited to register their interest by signing on to Carlisle Canoe Clubs COVID action plan.

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. The sessions will take place on the basis of "Peer Paddles".

All paddlers who are competent and confident paddling on the Sands rapid are welcome to attend and will be required to fill in a consent form before paddling which will be located in the club house and can be asked for an emailed copy, Everyone who was in one of the groups set up in July 2020 meets that standard, and a significant number of those who have not yet returned to paddling would do so; if you are at all unsure as to whether you meet the required standard, please contact either Norrie Brown or John Storr.

Under 18 paddlers meeting the above criteria 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 in line with British Canoeing and Government advice is based on the following:

Paddlers are asked to arrive at the riverbank between 5:00pm – 5:45pm ready to paddle, and remain socially distant on the bank, both before and after paddling.

Paddlers to be divided into groups of no more than 6 based on experience, ability and paddling objectives. To enable this to work it is essential that members intending to paddle arrive no later than 5:45pm. In the event that the maximum permitted number of 30 attendees is reached, any further arrivals will be turned away.

Paddling groups 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 people to use this is in line with the [British Canoeing Action Plan](#), which can be found using the link. We also ask that everyone uses their own kit when paddling however you will still be able to sign kit out for the long term. if you have to enter the club house for any reason then **masks are to be wore at all times.**

If any paddler, experiences covid-type symptoms, or tests positive for covid or a member of their household/bubble 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 check the Club facebook page prior to setting off for the sessions in case of cancellations and to keep up to date with current government guidance.

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

Welfare Officer

Ben McAllister