

OCKC

Covid-19 Action Plan for the Return to Paddling Safely in 2021 (Revision Nov 2021)



1. Introduction

This document is intended to provide guidance and actions for a safe return to paddling following changes to Government regulations and guidance for the COVID-19 pandemic. It provides information for individual paddlers, leaders, coaches for paddling activities.

Government advice for physical activity differentiates between 'organised and structured' and 'informal or self-organised' sport. In a paddling context, the government definition for organised sport is activity that is being delivered by a 'provider' (OCKC) where they are following British Canoeing guidance and have the appropriate measures in place to offer paddling activities safely.

Covid restrictions, government and British Canoeing guidance can be very dynamic. Therefore OCKC will review this document together with any risk assessments and code of conduct document whenever there is a change in Covid level restriction levels.

2. Transmission of COVID-19 Risks in Paddling.

According to current government evidence, COVID-19 is primarily transmitted through respiratory droplets and contact with contaminated surfaces - usually those that are frequently touched. Airborne transmission is possible in specific settings where certain procedures or sports treatments are performed in close proximity. When assessing the risk of COVID-19, an assessment of the transmission risk based on three key variables should be considered:

- Droplet transmission: The risk associated with each action in an activity based on duration and proximity of participants. Providers can determine the risk of actions in the paddling activity - anything, for example, from accessing and egressing the water, on-the-water activities, etc - which will then determine the overall risk of paddling.
- Fomite transmission: The risk associated with the handling and transfer of equipment in paddling, e.g. shared equipment.

- Population: The number of participants likely to take part in the proposed activity, plus the known risk factors of participants with underlying health conditions or high risk groups who wish to participate.

3. General Guidance

Government guidance in England from 19 July

The government guidance remains that everyone should be cautious whilst managing the risks as cases of COVID-19 remain high.

Most legal restrictions to control COVID-19 have now been lifted. Changes include:

- You will not need to stay 2 metres apart from people you do not live with. There will also be no limits on the number of people you can meet.
- The requirement to wear face coverings in law will be lifted, but the government expects and recommends that people should continue to wear them in crowded and enclosed settings, to protect themselves and others.

In summary

- There are no set restrictions on how many people can take part in sport and physical activity, indoors and outdoors
- All forms of activities can take place without set restrictions
- All sports facilities can open. There are no indoor capacity limits, however, venues may put in place some restrictions and guidance for enclosed areas
- Organised sport participation events can take place outdoors with no capacity caps for participants or spectators
- Providers will have a responsibility to manage risks associated with their activity, and so may still apply some restrictions

4. Practical Advice for Paddlers

Prior to Activity

- Ensure that you complete a self-assessment for symptoms prior to leaving home. Ensure you comply with the latest travel advice and restrictions for your area.
- Personal hygiene measures should be carried out at home before and after activity. Participants should bring their own hand sanitiser and maintain strict and frequent hand hygiene measures whenever possible.
- Where possible, paddlers should arrive changed, and shower at home, in order to minimise use of changing rooms and shower facilities. Changing rooms and shower facilities can be used if they are open.
- All participants (paddlers, coaches and officials) should share their contact details with OCKC in order to allow NHS Test and Trace to contact all participants if required.

During Paddling Activity

- All participants should sanitise their hands prior to the start of the activity. Hand sanitiser should be used at all breaks in activity and prior to consuming any food or drinks.
- Paddlers should refrain from spitting, rinsing out their mouths or shouting/conversing loudly, particularly in close proximity situations and when face-to-face.
- Individuals should bring their own food and drink. Water bottles or other refreshment containers should in no circumstances be shared.
- Whilst social distancing does not have to be maintained during organised activity, it should still be practiced where possible and so unnecessary contact such as handshakes and physical celebrations should be avoided.
- Face coverings have not been considered as a standard mitigation as there may be situations where there is an abundance of water over the deck and where face masks may be ineffective and restrictive.

After Paddling Activity

- Participants should sanitise their hands after the completion of activity.
- Participants should comply with any Test and Trace requests following activity, particularly if resulting from a subsequent positive test result.

OCKC makes you aware that you are choosing to take part in paddling activities that may require COVID-19 mitigations to be put in place. Willingness to comply with these measures is a condition of participation.

5. OCKC Coach and leader guidance

OCKC has a responsibility to put measures in place to limit the transmission of COVID-19. Official guidance provides a number of key principles for OCKC to consider. These are summarised below:

Required Documentation

- OCKC has undertaken a risk assessment. Risk assessments are completed in line with guidance from the Health and Safety Executive (HSE).
- OCKC Covid action plan is on club website for all to read
- OCKC has completed the code of behaviour This states we are fulfilling their requirements.

Symptoms checking and decisions to participate

OCKC will ensure that participants are aware of the requirement to carry out a self-assessment before leaving the house to paddle. Paddlers should also be made aware of any increased risks associated with participating in the activity, based on your risk assessment and strongly advised to comply with public health restrictions and avoid high risk behaviour in everyday life to reduce the risk to their fellow participants when they do attend.

Changing rooms, showers and toilets

Paddlers should be encouraged to where possible, arrive changed and shower at home. However changing and shower facilities are now available. Participants must in all events minimise the time they spend in the changing area.

Toilet facilities are provided for participants. All users must follow Riverside Centre guidance.

Injury Treatment

Injuries will still be treated, as participant safety is of the utmost importance. First aiders, physios and other medical personnel will take care to protect themselves and others through rigorous cleaning and personal hygiene, including increasing the frequency of cleaning and disinfecting equipment and surfaces. Wearing face coverings is recommended for both medics and patients, where this is possible and practical. After contact with an injured participant, medical personnel should clean their hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. First aiders should keep a record of each participant they have come into contact with, for Test and Trace purposes. Records should be kept for 21 days and then destroyed. Those involved should familiarise themselves with the guidance for first responders, in case of emergency situations.

6. Raising Concerns

British Canoeing has a responsibility to ensure compliance with this guidance. If anyone wishes to raise a concern about how OCKC is operating within this guidance, complete the incident report form on the British Canoeing website so that it can be investigated accordingly.