

27 October 2020

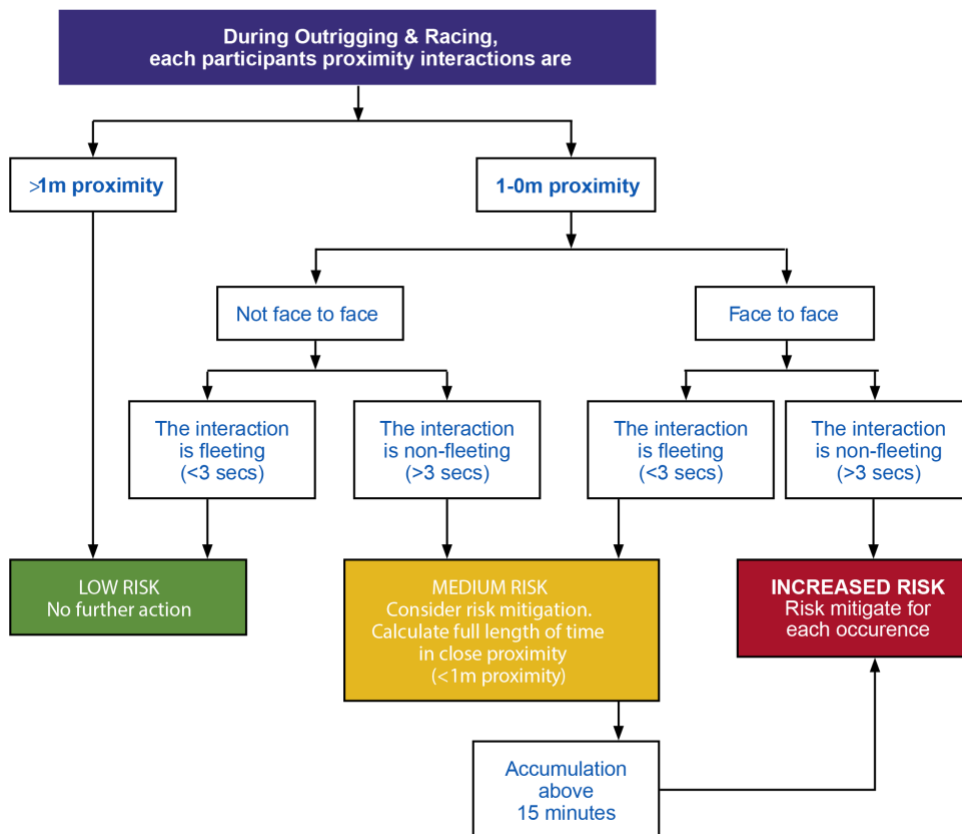
## A Return to Outrigger Teamsport: OC2, V3, OC4, V6 and V12

We are pleased to let you know that the [Department for Culture Media and Sport \(DCMS\)](#) has approved our [Return to Outrigger Teamsport submission](#). The submission is based on this [risk assessment](#).

This means that with risk mitigation in place to control the risk and with all individual participants understanding the risk of paddling in an increased COVID-19 risk environment, team paddling in OC2, V3, OC4, V6 and V12 can resume.

The flow diagram below can help you understand the risk level of proximity interactions.

Please note that in most OC6s/ V6s the distance between seats 1 & 2 and seats 5 & 6 is less than 1 metre. (You will need to measure seat distances in your boat.)



### What this Means

An outrigger water session longer than 15 minutes means that people sitting in seats that are less than 1m apart (normally seats 1 & 2 and seats 5 & 6 in a V6) will be in the “increased risk” category and controls needs to be put in place to mitigate risk.

Putting in place control measures does not eliminate risk. You are putting the measures in place to manage risk. All control measures are subject to water and weather conditions. If

water or weather conditions mean the control measures you put into place won't be effective, you should not go out.

#### **Possible Example Control Measures for Proximity Interactions whilst Outrigging:**

- **All participants wear facing coverings:** Each paddler seated in the boat wears a face covering.
- **Paddlers in seats less than 1m apart wear face coverings:** Seats 1 & 2 and seats 5 & 6 wear face coverings. Both seats need to wear a face covering because face coverings are mainly intended to protect others, not the wearer, from COVID-19. (See this [government guidance](#).)
- **A pair of seats less than 1m apart wears a face covering and distance is created for the other seat by leaving a seat empty:** For example, Seats 1 & 2 wear face coverings and, if water and weather conditions allow, seat 5 is left empty (or vice versa). (We do not recommend leaving two seats empty in a V6).

***Your club will decide which control measures are best for your local situation.***

#### **Where to Begin**

Clubs and individuals wishing to re-introduce team boats should read the [Return to Outrigger Teamsport](#) document and, in particular, the **Essential First Steps** section. Each club will determine the best way to apply the guidance within its local outrigger context.

The return to teamsport guidance should be viewed alongside Great Britain Outrigger's ongoing COVID-19 guidance and the government's [guidance to sport and recreation](#). Clubs should get in touch with Great Britain Outrigger should they have any questions.

Please note that this approval does not signal a requirement for clubs to re-open outrigger teamsport. The timing of when each club decides to re-open outrigger teamsport needs to be made with consideration of location restrictions and always within the wider context of safety.

Care should be taken not to put pressure on any individual or club to engage in teamsport and clubs should recognise that some members may not feel comfortable returning to team boats.

Clubs and participants should make themselves aware of the risks associated with outriggering during the pandemic. It is important that everyone takes personal responsibility for evaluating any potential risks to themselves or others, and those participants who have underlying health conditions should take suitable precautions.

#### **Outrigger Events**

Currently, there are no plans to resume outrigger competition in 2020 between clubs and individuals nationally. However, if the COVID-19 landscape dramatically changes, we will revisit this plan.

## Safety Precautions

As the temperature changes and we move into autumn and winter paddling, be aware of additional safety precautions required.

### Cold Water Shock

It is essential you understand the dangers of cold water shock. You and everyone you are paddling with should know what to do in the case of a huli and understand that cold water shock can affect even very experienced paddlers. Everyone who falls into cold water unexpectedly has the same instinct: to swim hard. But cold water shock can make you gasp uncontrollably and breathe in water.

If you enter the water:

- **Fight your instinct** to thrash about. Try to remain calm.
- **Float to live:** Lean back, extend your arms and legs. Gently move your arms and legs to help you float.
- **Float until you can control your breathing.** This can be 60-90 seconds. Do not swim until your breathing has settled.

Be aware that floating does not come naturally to many people and it is something you should practice. It is a good idea to practice floating in your local pool (or in controlled outdoor space).

Please take the time to watch these videos: [Float to Live](#) and [How to Float](#)

## Safety Recommendations

We advise that:

- Crews paddle in sheltered waterways.
- Crews only go out on the water if they have an experienced steersperson and a competent crew.
- You complete appropriate safety checks (boat, weather, environmental) and are using appropriate safety equipment.
- Crews be aware of and understand huli and recovery procedures and the dangers of cold water shock.
- **You tell someone on land that you are going paddling and when you are likely to be back.**
- **If you are in doubt, please do not go out.**

## Safety Equipment

You should have at minimum the following safety equipment:

- Life jackets/PFDs.
- Two people in the crew have on their person, at least one form of two-way communication (e.g. mobile phone, VHF radio) and one form of one-way communication/signalling device (eg whistle, flare, PLB). Please be sure all crew members know how to use this equipment!

- Spare paddle (usually a steering blade).
- Lights.
- High-vis clothing and reflective tape on paddles.
- Two bailers.
- Warm clothing and appropriate footwear.
- Please consider the water and weather conditions before paddling. Check the tide and check the wind conditions. Do not paddle in weather conditions (e.g. strong wind/ current /swell) that are beyond your crew's capability. You do not want to put yourself at any risk of requiring rescue at any time.
- Shower as soon as possible after paddling and at the very least, after paddling, wash your hands and any parts of your body that have had contact with river, lake or canal water.

A hui hou, mālama pono.

Kindest regards,

Great Britain Outrigger Executive

*The above information is correct at time of circulation but as and when Government advice is updated, we will provide an update.*