

5 June 2020

Guidance For A Return To Outrigger Training

The government is increasing people's access to physical activity in order to maintain health and wellbeing. This document provides guidance to outrigger clubs and paddlers so that they can prepare to safely return to outrigger paddling.

It is the responsibility of all GB Outrigger Ohana to take active precautions to prevent inadvertently spreading COVID-19. Asymptomatic transmission is a real and serious concern. All paddlers need to be aware that there is the risk that a club or facility could become a local infection site if suitable precautions are not taken.

*If you are COVID-19 symptomatic, living in a household with someone infected or if you are classified as extremely vulnerable on health grounds, the guidance is that you **remain at home.***

If you have been asked to isolate by NHS Test and Trace because you are a contact of a known COVID-19 case, do not exercise outside your own home or garden and do not exercise with others; you can spread the virus to others even if you don't have symptoms.

Who Can Go Outrigger Paddling?

Members of different households

- Members of different households cannot paddle in crew boats.
- It is possible to paddle V1/OC1, with up to 5 other people. You must keep 2 metres apart at all times.
- It is possible to receive one-to-one coaching. You must keep 2 metres apart at all times.

Members of the same household

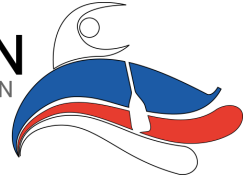
- In addition to paddling V1/OC1 with up to 5 people from other households, members of the same household can also paddle in a V6/OC6, V3 and OC2 together.

Athletes on Elite Pathways

The government has published [high level guidance for elite athletes and professional sportsmen and women](#), in order to allow them to resume performance training under new guidance at official training venues. Any GB Outrigger paddler on an elite pathway should contact the GB Outrigger Secretary for specific guidance.

Where Can I Paddle?

To adhere to the spirit of "staying local" please paddle at your normal club or training area, rather than travelling to an usual place to paddle.



It is essential you check with the local water authority to be sure that access to your watercourse is permitted.

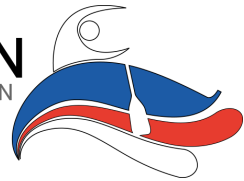
Indoor facilities such as clubhouses should be kept closed, apart from toilets and throughways, where paddlers may need access to equipment or boats.

Please note that each facility is different and your facility is likely to have specific restrictions (for instance, your facility may have limits on the number of paddlers who can access the facility at a time).

Paddler Guidance

To prepare for getting back on the water, we recommend that you:

- Check in advance if the facilities you use have reopened. Please be aware that some facilities will not have toilet access.
- Check your club's/facility's timetable. Do you need to book your paddle in advance?
- Ensure you are familiar with your club's risk assessment, particularly any new risks around COVID-19.
- Make yourself aware of the risks associated with paddling during the pandemic, and if you are not part of a club, carry out an appropriate risk assessment for the area you will be paddling in and put into place appropriate control measures.
- Please review the basic safety guidance at the end of this document. We advise that you only paddle in sheltered waterways.
- Only go out on the water if you are experienced and it is safe to do so (you should not be a novice paddler).
- Paddle only if you have completed appropriate safety checks (boat, weather, environmental) and are using appropriate safety equipment.
- Plan your route in advance. You should avoid public transport when travelling to your club. You should not share a private vehicle with anyone outside your own household and you should follow social distancing guidelines when encountering others.
- Bring what you need to paddle along with you. We suggest you bring the following basic items with you in addition to your paddling equipment:
 - Bag for transporting any rubbish you might generate (don't rely on your club to have rubbish facilities)
 - Water bottle filled with water
 - Appropriate paddling clothes and protection for the weather
 - A change of clothes for after paddling
 - Hand sanitiser
- Plan how you are going to maintain social distancing at your club and think in particular about how you are going to handle any "choke points", e.g. tight corners or corridors where social distancing will be a challenge.
- Avoid the use of indoor storage. GB Outrigger recommends you take your paddle and life jacket home with you, if possible.
- Know where your club's cleaning materials are stored.
- Wash PFDs, paddles, leashes and all boats with soapy water BEFORE and AFTER use.



- Plan your route back home and once you are back home, wash your hands.

*If you are COVID-19 symptomatic, living in a household with someone infected or if you are classified as extremely vulnerable on health grounds, the guidance is that you **remain at home**.*

Clinically vulnerable people (such as people aged 70 and over)

Government advice, if you are in a clinically vulnerable group, is to stay at home as much as possible and, if you do go out, to take particular care to minimise contact with others outside your household. This does allow you to travel alone and paddle V1 if this can be done with minimal, socially spaced contact with other people.

If you are living in a household with a possible COVID-19 infection or if you are classified as extremely vulnerable on health grounds, the guidance is that you should remain and exercise at home.

If you have children with you

It's important that children have as many chances to be as active as possible. Please remember that if you have children with you, you are responsible for supervising them at all times and in line with social distancing guidelines.

Club Guidance

Planning for reopening

Each venue, including council-owned facilities, will make their own decisions about when their facilities are ready to open and can be operated safely.

Your club should discuss a plan for safe operation and provide members with a document which outlines operating procedures. Planning will help you coordinate with other clubs/users who might train out of your facility. Your operating procedures document does not need to be arduous. See the example at the end of this document.

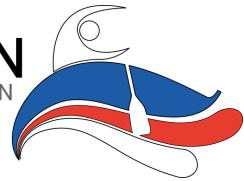
When planning you should update your training risk assessment with safety measures for COVID-19.

Sharing equipment

GB Outrigger recommends that your club members avoid sharing equipment.

Where sharing is necessary, it is essential to provide materials for club members to wash, with soapy water, PFDs, paddles, leashes and boats ideally BEFORE and AFTER each person trains.

Consider giving paddlers guidance on how to wash boats, reminding them to pay particular attention to areas of the boat in and around where the paddler sits (e.g. gunwales, seat, footwells, cockpit and deck). It is also important to carefully wash areas that paddlers make contact with while lifting and carrying the boat.



It is also advised that equipment be disinfected at the start and end of each period of use (i.e. BEFORE and AFTER each person uses the equipment). Disinfectant can consist of a dilute solution of bleach in water. Wear protective gloves when using disinfectant.

Remind paddlers to wash hands in soapy water following the recommended NHS technique and display NHS handwashing posters in your facility.

You can consider providing hand sanitiser to club members, but it may be more practical to advise members to carry their own hand sanitiser.

Create a training log

If you don't already do so, we recommend you keep a simple sign in/sign out log for all paddlers going out on the water. The log should include the paddler's name, the time they go out on the water and the time they returned from their water session.

If your facility requires you to create a schedule for when your club members will paddle, be sure to build in time for washing boats and equipment.

Coaching

One-to-one coaching is permitted if outside and remaining a minimum of 2 metres apart.

Coaches, like all paddlers, should be familiar with the club's risk assessment and in particular any risks arising from COVID-19.

Safety

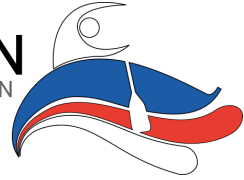
If paddle outings normally require on-water safety cover, please risk assess your activities in light of the fact that rescues and social distancing are incompatible.

Mental health

Research shows that physical activity is a fantastic way to support mental health, and getting on the water will be a positive thing for many people. Be mindful, though, that others may not feel ready to paddle yet. Take care not to put pressure on yourself, your club or your members to return to paddling.

It is important to prioritise your wellbeing. It can be hard to know what exactly that means. UK Coaching and Mind have put together a free webinar that explores the ways in which you can – and should – prioritise your wellbeing, and identify the support available. It is called Prioritising Your Well-being: Strategies to Take Away and Try. You will need to create a UK Coaching account to access it. You can find it here: <https://www.ukcoaching.org/resources/topics/webinars/prioritising-your-well-being-strategies-to-take-aw>

You might also find that you would like to develop skills to better understand and support people experiencing mental health problems. UK Coaching's course Mental Health Awareness for Sport and Physical Activity is free until August: <https://www.ukcoaching.org/courses/learn-at-home/mental-health-awareness-for-sport-and-physical-act>



Safety Precautions

We advise that:

- You only paddle in sheltered waterways.
- You only go out on the water if you are experienced and it is safe to do so (you should not be a novice paddler).
- You have completed appropriate safety checks (boat, weather, environmental) and are using appropriate safety equipment.

Usual safety precautions should be adhered to at all times:

- **Tell someone you are going paddling and when you are likely to be back.**
- You should have at minimum the following safety equipment:
 - Life jacket/PFD
 - Have on your 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 you know how to use this equipment!
 - Spare paddle
 - Leg leash
- Please consider the 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 capability. You do not want to put yourself at any risk of requiring rescue at any time.
- Be extra careful transporting your boat as it may not be possible for you to ask anyone for help, whether lifting the boat on and off your car or carrying your boat to and from the water. Be careful and avoid any unnecessary injuries at this 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.

We also suggest you adhere to the spirit of “staying local”. By doing so you are supporting the entire paddling ohana, many of whom work for the NHS, emergency, police, fire services, the military and key workers.

Remember:

- Protect yourself
- Protect your club
- Prevent the virus spreading

A hui hou, mālama pono.

Kindest regards,

GBOCA Outrigger Executive

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