

Durham University Canoe Club Covid-19 Risk Assessment & Plan

Weekly Timetable

| Normality | Weak social distancing restrictions | Partial social distancing restrictions | Full lockdown |
|---|---|---|---|
| | <p><i>Sessions limited by some social distancing restrictions eg. groups of 6, use of hand san etc.</i></p> <ul style="list-style-type: none"> - Pools open & transport by car is possible. - Barrage is open. - Competitions are running. - Trips are achievable (paddlers can be rescued and transport by car is possible). | <ul style="list-style-type: none"> - Pools are shut and/or we cannot get to them. - Barrage shut and/or we cannot get there. - Competitions not possible. - Trips unachievable. | <ul style="list-style-type: none"> - All events virtual. - Potentially some paddling by experienced members within their own household. |
| Recreational pool session (mon evening) | Recreational pool session <i>within social distancing guidelines</i> (mon eve if pool can have us) | <p><u>Early morning</u> (fitness?) river session (mon & thurs morning)</p> <p>Get new members to experience rolling at the end of river sessions rather than in pools.</p> | See above |
| <u>Socials</u> | <u>Socials</u> <i>within social distancing guidelines.</i> | <u>Socials</u> <i>within stricter social distancing guidelines.</i> | See above |
| Recreational river session (weds aft) | Recreational river session <i>within social distancing guidelines</i> (weds aft) | Recreational river sessions <i>within stricter social distancing guidelines eg. small groups</i> (weds aft) | See above |
| Strength and conditioning (weds aft) | S&C run by TD <i>within social distancing guidelines.</i> | Our own off-the-water fitness sessions <i>within stricter social distancing guidelines.</i> | See above |
| Barrage session (weds eve) | Barrage <i>within social distancing guidelines</i> (weds eve) | Individual, experienced members (with minimal need to be rescued) can paddle rivers but not in large groups. | See above |
| Polo pool session (thurs eve) | Thurs pool <i>within social distancing guidelines</i> (thurs eve if pool can have us) | <p><u>Early morning</u> (fitness?) river session (mon & thurs morning)</p> <p><u>River polo session</u> (NOT SURE WHEN- whenever Mark is free?)</p> | See above |
| <u>Trips</u> (weekends) | <u>Trips</u> <i>within social distancing guidelines</i> (weekends & holidays) | Individual, experienced members (with minimal need to be rescued) can paddle rivers but not in large groups (weekends & holidays) | See above |
| <u>Competitions</u> (weekends) | <u>Competitions</u> <i>within social distancing guidelines</i> (weekends & holidays) | <p>Run small competitions with other clubs or internally eg. friendly polo with Newcastle (weekend)</p> <p><u>One-off trips to Stockton</u> (weekend)</p> | See above |
| <u>Spontaneous paddles</u> organised within exec (whenever) | <u>Spontaneous paddles</u> allowed subject to club protocols and <i>within social distancing guidelines</i> (whenever) | <u>Spontaneous paddles</u> allowed subject to club protocols eg. always ask covid officer in advance and maintain <i>stricter social distancing guidelines</i> (whenever) | See above |
| <u>Freshers taster sessions</u> (first two weeks of term) | <u>Taster sessions</u> <i>within social distancing guidelines</i> (first two weeks of term) | <u>Taster sessions</u> <i>within stricter social distancing guidelines</i> (first two weeks of term) | See above |
| | Current situation is somewhere between these two scenarios | | |

Risk Assessments and Plans (as per current guidelines 19/09/2020):

| OVERALL RISK ASSESSMENT AND USE OF THE BOATHOUSE ** applicable to every session | | | | | | |
|---|---|---|---|--|--|--|
| Hazards | Who might be harmed? | Controls Required | Additional Controls & actions | Action by who? | Action by when? | |
| Covid-19 infection | <p>Staff, club members, volunteers, paddlers and visitors to your cub.</p> <p>Vulnerable groups eg. elderly, pregnant workers, those with existing underlying health conditions.</p> <p>Anyone else who physically comes in contact with other people in relation the club.</p> | <u>Anybody displaying covid symptoms should follow government guidance and neither paddle or visit the boathouse</u> | | | | |
| | | <u>Paddlers should strictly limit the time spent congregating at a venue before activity begins and after activity has commenced</u> | | | | |
| | | <u>Implement a covid officer</u> Duties are listed at the end of this document | | Club captain | Before term starts | |
| | | <u>Hand Washing</u> <ul style="list-style-type: none"> Gel sanitisers to be available in any area where washing facilities are not readily available/accessible. | Bins provided in the boathouse and hands sanitised before and after emptying. | Covid team | When bins full | |
| | | | Treasurers to ensure that they use hand sanitiser or gloves when handling cash and also encourage use of online payment where possible (particularly when freshers week is over) | Treasurers | During term | |
| | | | A bottle of hand san should be located near the entrance to the boathouse, light switch & lock (as these are 'pinch points'). | Covid team | Before term then topped up during term | |
| | | | Members are verbally reminded on a regular basis to wash their hands. At a minimum, this must be done on entry to and exit from the boathouse. | Exec committee Session leaders | During sessions | |
| | | | Signs in the boathouse and other communication (eg. covid acceptance form, website page, Facebook page, weekly emails etc.) to remind members to sanitise when entering and leaving the boathouse and when coming on/off the water. | Covid team | Before term then topped up during term | |
| | | | Members should bring their own hand san to sessions to avoid use of limited club resources and ensure regular application. | All members & paddlers | During sessions | |
| | | <u>Cleaning & Collecting equipment</u> <ul style="list-style-type: none"> Facilities and kit (boats, clothing etc.) should be cleaned regularly. Facilities, particularly locks and light switches should be cleaned regularly. The number of people touching each item should be minimised | Encourage club members to use their own equipment & clothing where possible | Covid team Session leader | Before & during sessions | |
| | | | Individuals collecting their own equipment to minimise the number of people touching individual items | Individuals Session leader | During sessions | |
| | | | Buy paper towels and cleaning product 'milton' and fill black bin with cleaning solution | Covid team | Before term then topped up during term | |
| | | | Clean boat and paddles with Milton cleaning product before paddling. Also clean ALL equipment including wetsuit, BA, spray deck, helmets, boots etc. after paddling. | Individuals Session leaders to check this has been done | After sessions | |
| | | | Wipe padlock and light switches at the end of each session | Session leaders Covid team | At the end of sessions | |

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| | | | Where possible, equipment should be rotated so that equipment which has been used recently is avoided | Session leaders Individual paddlers | During sessions | |
| | | <u>Track and trace</u> <ul style="list-style-type: none"> If one member of the club becomes infected, others must be informed. So that they can self-isolate for 2 weeks. | Sign-ups for weekly sessions must be created on the website in advance of term commencing. | Volunteer from exec committee | If/when a member shows symptoms. | |
| | | | All sessions required sign up on website in advance, allowing the Covid team to track who has been in contact with who. Covid team can pass this information onto University trackers and tracers. | Covid team | If/when a member shows symptoms. | |
| | | | On positive test <ul style="list-style-type: none"> Individual to get appropriate medical advice Inform appropriate University authorities Other users and coaches who may have been in contact to be identified Individual to self-Isolate and seek appropriate medical assistance | Individual Covid team | | |
| | | <u>Information</u> <ul style="list-style-type: none"> An efficient system of notifying members of the systems and protocols in place and what is expected of them, must be in place prior to reopening the club facilities. | Briefing will be provided online to all exec members before term. Briefings will also be held at the beginning of each session for all other members. | Covid team Club captain Session leader | Before term starts and before sessions | |
| | | | Covid form must be signed by all members when they first sign up to the website | Covid team Website designers | Before term | |
| | | | Posters/signs to be created & displayed in boathouse | Covid team | Before term then updated during term | |
| | | | Weekly emails sent out | Covid team Captain | Weekly during term | |
| | | | Social media posts | Covid team Media sec | During term | |
| | | | An information page on our website | Covid team Website designers | Updated during term | |
| | | | An explanatory video | | | |
| | | <u>Social Distancing</u> <ul style="list-style-type: none"> Maintain 2m distance where possible or 1m+ gap where more realistic. Max x3 people in the boathouse at one time | Clear communication of rules to paddlers via website, distribution of RA, signs in boathouse, social media, weekly emails, verbal communications etc. as outlined above | Covid team Individuals Session leaders | During sessions | |
| | | <u>Mask wearing</u> <ul style="list-style-type: none"> Masks must be worn inside of the boathouse and inside any vehicle | | Session leaders Everyone in the boathouse | | |
| | | <u>Changing in the Boathouse</u> | | Session leaders | During sessions | |

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|---|--|--|----------------------------------|--|--|
| | | <ul style="list-style-type: none"> • Where possible, arrive at session ready to paddle and leave in your kit • If this is not possible, then these rules apply when changing in the boathouse... <ol style="list-style-type: none"> 1)Place your belongings on the floor, not on chairs 2)Change as quickly as possible 3)Hand sanitise before and after 4)Max x3 people in the boathouse at once <p>Masks must be worn</p> | Anyone changing in the boathouse | | |
| Plan <ul style="list-style-type: none"> • Create boathouse signage • Buy cleaning solution and equipment ready for freshers week | | | | | |

| RECREATIONAL RIVER SESSIONS & EARLY MORNING ON-THE-WATER FITNESS SESSION | | | | | | |
|--|--|--|---|----------------|-----------------|--|
| Hazards | Who might be harmed? | Controls Required | Additional Controls & actions | Action by who? | Action by when? | |
| Covid-19 infection | Staff, club members, volunteers, paddlers and visitors to your cub. Vulnerable groups eg. elderly, pregnant workers, those with existing underlying health conditions. Anyone else who physically comes in contact with other people in relation the club. | <u>Reducing the risk of capsiz</u> <u>and requirement to rescue</u> | Assess river levels before session. If high enough that the risk of capsiz is significant, session should not go ahead. | Session leader | Before session | |
| | | | Verbally explain to paddlers how to self-rescue, including swimming to the side of the river | Session leader | Before session | |
| | | | Avoid games or activities which increase the likelihood of capsiz | Session leader | During session | |
| | | <u>Group size</u> - Based on NGB guidance, at least one FSRT trained (or equivalent) coach per session. Preferably with another experienced co-leader (who may not necessarily be FSRT trained but can still assist in rescues). - Max x6 inexperienced paddlers. - This means there should be max x8 paddlers per group. - This ensures easy control of social distancing and tailors session to abilities of participants to minimise the likelihood of capsiz. | “You can continue to take part in organised sporting or licensed physical activity in groups of more than 6. This can be in any public place – indoors or outdoors – or a private outdoor space like a garden. These activities either need to be organised by a national governing body, club, registered instructor/coach, business or charity; and/or involve someone who has received an official licence to use equipment relevant to the activity. In all cases, the organiser must conduct a risk assessment and ensure compliance with COVID-19 Secure guidance.” “From Monday 14 September, informal recreational paddles are limited to a group of 6. Up to two households in groups of more than 6 people will no longer be permitted. Formal club, centre or provider activity are part of the exceptions and can continue to be delivered if organised by a qualified coach or instructor, club, company or charity... Club 'activity' is defined as any activity that has been assessed as part of the club’s safety framework and promoted on the club calendar, website or noticeboard.” https://www.britishcanoeing.org.uk/news/2020/latest-guidance-for-paddling-in-england?fbclid=IwAR0iTZraKTuOZblqqwDSa6nWpJxVno8CJkZ_jBQW-X83oZybXkCFFuuetbw | Session leader | During session | |
| | | <u>Hand sanitiser</u> Bring bottles out onto the water with you: there is a supply of clip-on hand san bottles in the boathouse but should only be used by session leaders (we don’t want them all getting lost). | Session leader | During session | | |
| Plan | | | | | | |

| TASTER SESSIONS | | | | | | |
|--------------------|--|---|---|---------------------------|-----------------|--|
| Hazards | Who might be harmed? | Controls Required | Additional Controls & actions | Action by who? | Action by when? | |
| Covid-19 infection | Staff, club members, volunteers, paddlers and visitors to your cub. | <u>Rescues</u> | Activities should be designed in order to reduce the likelihood of capsize. | Session leader | During session | |
| | Vulnerable groups eg. elderly, pregnant workers, those with existing underlying health conditions. | | Paddlers should be given verbal instructions as to what to do should they capsize: <ul style="list-style-type: none"> - If possible, swim to the bank unaided. Ensure to avoid trees. If this is not possible, hold onto the back fellow paddler's boat (preferable to the back as individuals are therefore not facing one another). - Session leaders will collect paddle and boat and bring these to the bank. - Hand sanitiser should be applied after any rescue. | Session leader Swimmer | During session | |
| | | <u>Group size</u> | <ul style="list-style-type: none"> - Based on NGB guidance, at least one FSRT trained (or equivalent) coach per session. Preferably with another experienced co-leader (who may not necessarily be FSRT trained but can still assist in rescues). - Max x6 inexperienced paddlers. - This means there should be max x8 paddlers per group (x1 coach x1 co-leader, x6 other paddlers). This ensures easy control of social distancing and tailors session to abilities of participants to minimise the likelihood of capsize. | Session leader | During session | |
| | Anyone else who physically comes in contact with other people in relation the club. | <u>Leaders to collect equipment in boathouse and pass out for new paddlers</u> | | | | |
| | | <ul style="list-style-type: none"> - Reduces time spent in boathouse - Ensure to hand sanitise regularly including upon entry and exit of boathouse | | | | |
| | | <u>Minimal equipment usage</u> | | Session leader | During session | |
| | | <u>Hand sanitiser</u> | | | | |
| | | Bring bottles out onto the water with you: there is a supply of clip-on hand san bottles in the boathouse but should only be used by session leaders (we don't want them all getting lost). | | | | |

| SPONTANEOUS PADDLES | | | | | |
|---------------------|---|---|-------------------------------|----------------|-----------------|
| Hazards | Who might be harmed? | Controls Required | Additional Controls & actions | Action by who? | Action by when? |
| Covid-19 infection | Staff, club members, volunteers, paddlers and visitors to your cub. | <u>Log all sessions on the website</u> Events should always be created on the website, even for spontaneous paddles, to allow for a track and trace register. | | Individuals | Before session |
| | Vulnerable groups eg. elderly, pregnant workers, those with existing underlying health conditions. Anyone else who physically comes in contact with other people in relation the club. | <u>Group size</u> These sessions do not count as activity 'organised' by the club hence local restrictions apply including the 'rule of six' (it is illegal to be in groups of larger than 6) and the advice not to meet other households. | | | |

Plan

- Group size will be increased once local lockdown measures eased

| RIVER POLO SESSIONS | | | | | | |
|---|---|---|--|-------------------------------------|---------------------------|--|
| Hazards | Who might be harmed? | Controls Required | Additional Controls & actions | Action by who? | Action by when? | |
| Covid-19 infection | Staff, club members, volunteers, paddlers and visitors to your cub. | <u>Hand washing</u> Hand sanitiser should be used... | ... at all breaks in activity | Session leader | During session | |
| | | | ... prior to consuming any food or drinks | | | |
| | | | ... at the beginning and end of sessions and on entry and exit from the boathouse. | | | |
| | | | ... during half time (especially if a player has hand tackled an opponent) | | | |
| | Vulnerable groups eg. elderly, pregnant workers, those with existing underlying health conditions. Anyone else who physically comes in contact with other people in relation the club. | <u>Shouting</u> Shouting should be minimised during games and training | | Individuals Coach/session leader | During session | |
| | | <u>Individuals should not be pressurised into returning to play</u> | | Individuals | Before & during sessions | |
| | | <u>Goal celebrations should be avoided</u> | | Individuals | During sessions | |
| | | <u>Game structure</u> Ensure maximum of 10min halves, enforce the minimum break of 3 mins. During this time players must sanitise hands. | | Coach/session leader/referee | During sessions | |
| | | <u>Flexible plastic on face guard</u> We shall investigate the use of these faceguards | | Covid officer | Before sessions | |
| | | <u>Ball should be sanitised before and after use and games</u> | | Session leader | Before and after sessions | |
| <u>Substitutes</u> Teams will be restricted to 2 substitutes one in each area | | Coach/session leader | During sessions | | | |
| | <u>Injuries</u> Injuries during play should still be treated as participant wellbeing is utmost. | The best way to protect yourself and others is through rigorous cleaning. Face coverings are advisable when undertaking treatment. Physios/coaches or their equivalent, should keep a record of each participant they have come into contact with for track and trace purposes. After contact with an injured participant, clean your hands thoroughly at the earliest opportunity. Avoid touching your mouth, eyes and nose. | | Session leader/first aider | During sessions | |
| <u>Plan</u> • | | | | | | |

SOCIALS

| Hazards | Who might be harmed? | Controls Required | Additional Controls & actions | Action by who? | Action by when? |
|--|--|---|-------------------------------|---|------------------------|
| Covid-19 infection | Staff, club members, volunteers, paddlers and visitors to your cub. Vulnerable groups eg. elderly, pregnant workers, those with existing underlying health conditions. Anyone else who physically comes in contact with other people in relation the club. | <u>Government rules & restrictions apply</u> Current rules state that households cannot mix | | Social sec Session leader Individuals | Before & during social |
| <u>Plan</u> <ul style="list-style-type: none"> Virtual socials! Treasure hunt style socials when restrictions lifted to 6 members | | | | | |

BARRAGE TRIPS

| Hazards | Who might be harmed? | Controls Required | Additional Controls & actions | Action by who? | Action by when? | | |
|--------------------|--|--|--|------------------------|-----------------------|--|--|
| Covid-19 infection | Staff, club members, volunteers, paddlers and visitors to your cub. Vulnerable groups eg. elderly, pregnant workers, those with existing underlying health conditions. Anyone else who physically comes in contact with other people in relation the club. | <u>Abide by barrage RA</u> | | All visitors | During session | | |
| | | <u>Transport if by public transport</u> | Abide by rules of transport company & government | Passengers | During transport | | |
| | | | Wear face mask | Passengers | During transport | | |
| | | | Pay by contactless or online where possible | Passengers | During transport | | |
| | | | Hand sanitise before, during and after travel | Passengers | During transport | | |
| | | <u>Transport if by car</u> | All passengers must wear face masks in vehicles | Driver Passengers | During transport | | |
| | | | Drivers should not be pressured into driving if uncomfortable doing so | Drivers Individuals | Before transport | | |
| | | | No passengers to occupy the middle seat in cars | Driver Passengers | During transport | | |
| | | | Car windows to be open for ventilation | Driver Passengers | During transport | | |
| | | | Cars to be cleaned before and after sessions | Driver | Before/after sessions | | |
| | | <u>Experienced paddlers only</u> Necessary to avoid close-contact rescues | | Individuals | During session | | |
| | | <u>Plan</u> | | | | | |

RIVER TRIPS

| Hazards | Who might be harmed? | Controls Required | Additional Controls & actions | Action by who? | Action by when? | Done |
|--------------------|---|--|--|-----------------------------------|-----------------------|------|
| Covid-19 infection | <p>Staff, club members, volunteers, paddlers and visitors to your cub.</p> <p>Vulnerable groups eg. elderly, pregnant workers, those with existing underlying health conditions.</p> <p>Anyone else who physically comes in contact with other people in relation the club.</p> | <u>Transport if by public transport</u> | Abide by rules of transport company & government | All visitors Passengers | During transport | |
| | | | Wear face mask | Passengers | During transport | |
| | | | Pay by contactless or online where possible | Passengers | During transport | |
| | | | Hand sanitise before, during and after travel | Passengers | During transport | |
| | | <u>Transport if by car</u> | All passengers must wear face masks in vehicles | Driver Passengers | During transport | |
| | | | Drivers should not be pressured into driving if uncomfortable doing so | Drivers Individuals | Before transport | |
| | | | No passengers to occupy the middle seat in cars | Driver Passengers | During transport | |
| | | | Car windows to be open for ventilation | Driver Passengers | During transport | |
| | | | Cars to be cleaned before and after sessions | Driver | Before/after sessions | |
| | | <u>Avoiding rescues</u> | Rivers should be chosen dependent on paddlers' experience so that the risk of capsize is as low as possible. | Session leader | Before session | |
| | | | Paddlers verbally instructed how to self-rescue if possible | Session leader | Before session | |
| | | | If rescue is imperative to avoid serious harm or fatalities: "rescue ... may be required due to the situation, and although this may increase the risk it would be deemed necessary to save a life or prevent the situation from getting worse such as physically helping someone back into/onto their craft, an unconscious casualty, a rafted tow to support an injured person." https://www.britishcanoeing.org.uk/news/2020/covid-19-update-updated-guidance-for-paddlesport-clubs-centres-and-hire-providers | Session leader or fellow paddlers | During session | |

[illegible]

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DRAFT Risk Assessments (not currently in use):

| COMPETITIONS | | | | | | |
|---|--|--|--|------------------------|-----------------------|--|
| Hazards | Who might be harmed? | Controls Required | Additional Controls & actions | Action by who? | Action by when? | |
| Covid-19 infection | Staff, club members, volunteers, paddlers and visitors to your cub. | <u>Abide by the RA of the event organisers</u> | | All visitors | During session | |
| | | <u>Transport if by public transport</u> | Abide by rules of transport company & government | Passengers | During transport | |
| | | | Wear face mask | Passengers | During transport | |
| | Pay by contactless or online where possible | | Passengers | During transport | | |
| | Hand sanitise before, during and after travel | | Passengers | During transport | | |
| | Vulnerable groups eg. elderly, pregnant workers, those with existing underlying health conditions. | <u>Transport if by car</u> | All passengers must wear face masks in vehicles | Driver Passengers | During transport | |
| | | | Drivers should not be pressured into driving if uncomfortable doing so | Drivers Individuals | Before transport | |
| | | | No passengers to occupy the middle seat in cars | Driver Passengers | During transport | |
| | | | Car windows to be open for ventilation | Driver Passengers | During transport | |
| | | | Cars to be cleaned before and after sessions | Driver | Before/after sessions | |
| Anyone else who physically comes in contact with other people in relation the club. | | | | | | |
| <u>Plan</u> | | | | | | |
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RECREATIONAL POOL SESSION – DRAFT IN PROGRESS

| Hazards | Who might be harmed? | Controls Required | Additional Controls & actions | Action by who? | Action by when? | |
|--------------------|---|---|---|---|-----------------------|--|
| Covid-19 infection | Staff, club members, volunteers, paddlers and visitors to your cub. Vulnerable groups eg. elderly, pregnant workers, those with existing underlying health conditions. | <u>Transport if by car</u> <ul style="list-style-type: none">Drivers should not be pressured into driving if uncomfortable doing so | When loading boats, groups of max 6 total and max 3 inside the boathouse. This may require staggered arrival times. | Session leader All present | Before transport | |
| | | | Sanitiser must be used when strapping on boats as many people will contact the straps | Session leader All present | | |
| | | | All passengers must wear face masks in vehicles | Driver Passengers | During transport | |
| | | | No passengers to occupy the middle seat in cars | Driver Passengers | During transport | |
| | | | Car windows to be open for ventilation | Driver Passengers | During transport | |
| | | | Cars to be cleaned before and after sessions | Driver | Before/after sessions | |
| | | <u>Transport if by public transport</u> | Abide by rules of transport company & government | Passengers | During transport | |
| | | | Wear face mask | Passengers | During transport | |
| | | | Pay by contactless or online where possible | Passengers | During transport | |
| | | | Hand sanitise before, during and after travel | Passengers | During transport | |
| | | | Maintain social distance | Passengers | During transport | |
| | | <u>Read & abide by pool's risk assessments</u> | | Covid team to communicate to members | Once pools booked | |
| | | | Session leader All present | | | |
| | Anyone else who physically comes in contact with other people in relation the club. | <u>Rescues within 1m+ should be avoided</u> <ul style="list-style-type: none">Maintain 1m+ distancing | Teach new members to self-rescue | Session coaches & leaders | During sessions | |
| | | | Only enter 1m zone if there is a significant risk of further harm (eg. life is at risk) | Anybody present | During sessions | |
| | | <u>Hand washing</u> <ul style="list-style-type: none">Hands must be sanitized on exit from the changing rooms both before session and after | | Session leader responsible for transporting hand san All present | During sessions | |
| | | <u>Clean club kit after use</u> <ul style="list-style-type: none">Use cleaning solution to wipe all equipment after use at pool sessions | | Covid officer or responsibility delegated to session leader | After sessions | |

Plan

- Currently no pool session because Darlington won't let us in and transport is complicated and groups of max 6 people
- Ensure enough participants can attend to fund the session ie. more than 6!
- Keep in contact with swimming pools in order to book in advance (covid team)

| POLO POOL SESSIONS - DRAFT IN PROGRESS | | | | | | |
|--|---|--|---|---|--------------------------------|--|
| Hazards | Who might be harmed? | Controls Required | Additional Controls & actions | Action by who? | Action by when? | |
| Covid-19 infection | <p>Staff, club members, volunteers, paddlers and visitors to your cub.</p> <p>Vulnerable groups eg. elderly, pregnant workers, those with existing underlying health conditions.</p> <p>Anyone else who physically comes in contact with other people in relation the club.</p> | <u>Transport if by car</u> Drivers should not be pressured into driving if uncomfortable doing so | When loading boats, groups of max 6 total and max 3 inside the boathouse. This may require staggered arrival times. | Session leader All present | Before transport | |
| | | | Sanitiser must be used when strapping on boats as many people will contact the straps | Session leader All present | | |
| | | | All passengers must wear face masks in vehicles | Driver Passengers | During transport | |
| | | <u>Transport if by public transport</u> | No passengers to occupy the middle seat in cars | Driver Passengers | During transport | |
| | | | Car windows to be open for ventilation | Driver Passengers | During transport | |
| | | | Cars to be cleaned before and after sessions | Driver | Before/after sessions | |
| | | | Abide by rules of transport company & government | Passengers | During transport | |
| | | | Wear face mask | Passengers | During transport | |
| | | | Pay by contactless or online where possible | Passengers | During transport | |
| | | | Hand sanitise before, during and after travel | Passengers | During transport | |
| | | | Maintain social distance | Passengers | During transport | |
| | | <ul style="list-style-type: none"> <u>Read & abide by pool's risk assessments</u> | | Covid team to communicate to members | Once pools booked | |
| | | | Staggered arrival times may be required to ensure 6 person rule maintained | Session leader All present | | |
| | | <u>Rescues within 1m+ should be avoided</u> <ul style="list-style-type: none"> Maintain 1m+ distancing | Teach new members to self-rescue | Session coaches & leaders | During sessions | |
| | | | Only enter 1m zone if there is a significant risk of further harm (eg. life is at risk) | Anybody present | During sessions | |
| | | <u>Hand washing</u> Hands must be sanitized on exit from the changing rooms both before session and after | | Session leader responsible for transporting hand san All present | During sessions | |
| | | <u>Clean club kit after use</u> Use cleaning solution to wipe all equipment after use at pool sessions | | Covid officer or responsibility delegated to session leader | After sessions | |
| | | <u>Polo specific rules</u> | See BCU polo RA | Covid team Individuals Session leaders | Before, during & after session | |

Covid Officer Responsibilities

See covid officer document

| | | |
|-------------------------|--|--|
| Pre-session | | Complete Team Durham training for Covid Officers |
| | | Ensure all players, coaches and officials have read, understood and signed the "Covid-19 Participant Code of Conduct" |
| | | Remind players that they should not attend a session if experiencing one or more of the following COVID symptoms: • New continuous cough • High temperature • A loss or change to your sense of smell or taste |
| | | Read and understand the current BCU guidance and risk assessment and keep up to date with changes |
| | | Understand the schedule for each session |
| Arriving on site | | Ensure max 3 in boathouse |
| | | Remind individuals to sanitise on entry and exit from boathouse |
| | | Ensure only those signed up on our website have attended |
| | | Ensure each participant is maintaining social distancing |
| | | Each participant completes regular cleaning intervals for hand hygiene and equipment if required for the session ie. wipe padlock and light switch and other pinch points |
| During session | | Monitor each session activity is adhering to the NGB's "Return to Play" guidance |
| | | Each session is completed including any required cleaning within the allocated time |
| | | Each participant completes hand hygiene and cleaning of boats and equipment after the session |
| After session | | Report any participants who display symptoms or a positive test to: • coronavirus@durham.ac.uk or by telephoning 0191334000 • Team Durham Covid- 19 Officer: Carol Walker, c.a.walker@durham.ac.uk |
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Covid Officer & Team Responsibilities

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| Actions for kit secs to implement during term <i>Weekly</i> <ul style="list-style-type: none"> • Refilling hand sanitiser • Refilling the equipment cleaning buckets and sprays (every two weeks or so?) • Checking the posters are still hanging where they should be | Actions for session leader/covid officer to implement <u>every session</u> <i>Every session needs an appointed session leader!</i> <ul style="list-style-type: none"> • Wiping down hotspots eg. light switches and padlock • Responsible for ensuring all boats & equipment have been cleaned after use • Responsible for rotating boats & equipment • Remind members to stay apart & wash hands etc. • Only members who signed up in advance can attend sessions |
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Further Information

- Durham local lockdown measures Sept 2020: <http://www.durham.gov.uk/localrestrictions>
- BCU updates: <https://www.britishcanoeing.org.uk/news/coronavirus-updates/>
- British government: <https://www.gov.uk/coronavirus>
- Sporting England: <https://www.sportengland.org/how-we-can-help/coronavirus#latestgovernmentguidance>