

Introduction

ICC Covid19 guidance is based upon Scottish Canoe Association (SCA) Paddlesport guidance for Phase 3 of the Scottish Government COVID-19 Route Map (21 August 2020)

<https://irp-cdn.multiscreensite.com/b9315d6a/files/uploaded/SCA%20Phase%203%20Guidance%20-%2025.08.2020.pdf>

The risk assessment supplements the ICC Paddlesport Risk Assessment and Management Document

HAZARD	WHO MIGHT BE HARMED?	HOW MAY THE RISK BE ADEQUATELY CONTROLLED?	WHAT FURTHER ACTION MAY BE REQUIRED?	Review comments
Spread of Covid19 Coronavirus	All Paddlers Vulnerable groups: elderly, pregnant, existing underlying health conditions.	<p>People who are symptomatic should self-isolate for 10 days; household members for 14 days as per NHS guidance.</p> <p>Self-declaration Anyone booking on/attending a club activity should not in the previous 14 days: had any Covid19 symptoms, been in contact with any confirmed/suspected Covid19 case, travelled internationally to countries requiring quarantine. Leaders/Coaches should screen all paddlers prior to each activity.</p> <p>Named bookings will be administered through WebCollect. Coaches and Leaders will inform the Membership Officer if a person does not attend so there are accurate records should track and trace be required.</p>		Review in line with SCA guidance

	<p>Hand Washing: https://www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/. Soap and water are more efficient on wet hands. Biodegradable soap and soap specific to sea water is available and can be carried in a small container in a PFD. If a paddler has dry hands or cannot access soap/water, then sanitiser is used.</p> <p>Personal Kit: All paddlers should carry Gel sanitiser in their PFD. A buff should be worn on top of a dry suit/jacket to cover mouth & nose as needed.</p> <p>All Paddlers should have their own First Aid Kits that include gloves. Leaders/Coaches should also have eye protection e.g. goggles.</p>	<p>Paddlers reminded on a regular basis to wash/gel hands. Coughs or sneezes to be caught in a tissue, bagged and taken home.</p>	
	<p>Cleaning Club Equipment ICC equipment is accessed via the designated key code holder +1 emergency keycode holder. Individuals accessing the store is restricted and anyone accessing with the designated keyholder e.g. to remove or return a kayak will require sanitise their hands prior to entry and wear a face mask. Items returned should be date labelled. A period of 72hrs is allowed between hires. In the event of 72hrs quarantine being breached the kit will be washed as per Covid19 guidance.</p> <p>Cleaning Personal Kit The medical advice is that the Covid19 virus prefers cold, damp, dark environments. The variation in Covid19 being on surfaces can be up to 9 days Paddlers should dry their kit as quickly and if possible, in sunlight</p>		

		<p>Social Distancing</p> <p>Parking: Allow a sea kayak length between vehicles for moving boats on/off, loading etc</p> <p>Pre-launch briefing: all paddlers should respect 2 metre distancing.</p> <p>Handling Boats/Kit: If a paddler needs help moving and handling a boat this should be done by individuals in the same household. If this is not an option, a 'buddy' for the trip can assist. They should gel their hands before and after handling the boat and maintain social distance at all times.</p> <p>Assistance within 2m e.g. spray decks cannot be provided, the exception being a rescue situation.</p> <p>Kit sharing will not be available.</p> <p>Shuttles: Shuttles should not be undertaken at this time other than in e.g. a minibus were 2m distancing can be maintained.</p>		
		<p>Breaks: 2m distancing should be maintained while paddling and during breaks other than same household paddlers.</p> <p>Refreshments cannot be shared.</p> <p>Toilet facilities: not all facilities are open. ICC operate a leave no trace approach. Paddlers are responsible for bringing their own kit.</p> <p>Rafting up is avoided other than same household paddlers.</p>		

		<p>Rescue: The need to rescue a paddler is best avoided. Club activities should therefore be well within the competence and confidence of all paddlers participating. Rescue practicing should not take place at this time. The pre-launch brief should include self-rescue, so all paddlers are aware.</p> <p><i>'In the field' accepts that 2m distancing is not always possible when paddling. Giving a person support to avoid an incident developing is understandable.</i></p> <p>Any incident should be dynamically assessed by the trip Leader. Self rescue under the direction of the trip Leader should be attempted followed by an assisted rescue preferably by someone in the same household.</p> <p>If necessary, the trip Leader should complete the rescue or delegate to an experienced paddler.</p> <p>River paddlers should keep hold of kit and swim to the riverbank.</p> <p><i>If possible</i> 2m distancing should be maintained during rescues, masks/buff worn, and hands cleaned after the rescue.</p> <p>Supported Tows: Non-Coach led/Peer Paddlers should carry a tow line. Supported tows should be between members of the same household if possible.</p>		
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		<p>Information: Members will be notified of ICC Covid19 systems and what is expected of them.</p> <p>Members will be familiar with the ICC Paddlesport Risk Assessment and Management.</p>	<p>Members will receive information in advance of club activities to enable them to prepare adequately</p>	