

Introduction

ICC Covid19 guidance is based upon Scottish Canoe Association (SCA) Paddlesport guidance www.canoescotland.org

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 / review date
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. 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. On booking paddlers will confirm they have read this covid risk assessment</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 and soap in their PFD. A buff should be worn on top of a dry suit/jacket. This is only needed to cover mouth & nose if rescuing a paddler who then ends up coughing water close to the rescuers face. All Paddlers should have their own First Aid Kits.</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: See ICC Equipment risk assessment</p> <p>Cleaning Personal Kit The medical advice is that the Covid19 virus prefers cold, damp, dark environments. Paddlers should dry their kit as quickly as possible. Sunlight is recommended if possible.</p>		

		<p>Social Distancing</p> <p>Parking: Allow distance between vehicles so that boats can be unloaded/ loaded with 2m distancing.</p> <p>Pre-launch & post paddle 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. Assistance within 2m e.g. spray decks cannot be provided, the exception being a rescue situation.</p> <p>Kit sharing is not available.</p> <p>Shuttles: Shuttles are not undertaken at this time.</p> <p>'In the field' 2m distancing is over ridden for safety reasons, see below.</p>		
		<p>Breaks:</p> <p>2m distancing should be maintained 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>Rescues are avoided if possible however any incident will be dynamically assessed by the Trip Leader/Coach. Concerns for a person's welfare, cold shock, hypothermia, first aid, panic attack, drowning, entanglement, entrapment, ensnarement.... are a priority where life or injury is at risk. This overrides Covid distancing measures. In 'the field' support will be given.</p> <p>The Trip Leader/ Coach will act in accordance to ICC best practice as governed by SQA policy, previous experiences and at all times within the remit of their qualifications and own judgment.</p> <p>Self-rescue under the direction of the Trip Leader/Coach should be attempted followed by an assisted rescue preferably by someone in the same household.</p> <p>If necessary, the Trip Leader/Coach will complete the rescue or delegate to a second Leader or experienced paddler.</p> <p>River paddlers should keep hold of kit and swim to the riverbank.</p> <p>Supported Tows: Paddlers should have their own Tow Line. If possible tows take place between members of the same household. 'In the field' tows for safety will be the nearest competent person or person identified by the Trip Leader.</p> <p>A buff is only needed to cover mouth & nose if rescuing a paddler who then ends up coughing water close to the rescuers face.</p> <p>Rescue practice to promote safety on the water rescue practice can take place in Level 2 with the following additions: Activities are outside</p>		
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		<p>Information: Members will be notified of ICC Covid19 systems and what is expected of them. Members will be familiar with the ICC Paddlesport Risk Assessment and Management.</p>	Members will receive information in advance of club activities to enable them to prepare adequately	