

# **Canoeing** Ireland

## **Return to Paddling Guidelines**



**Stay Clear**

**Stay Clean**

**Stay Safe**



# Key Considerations to get back on the water



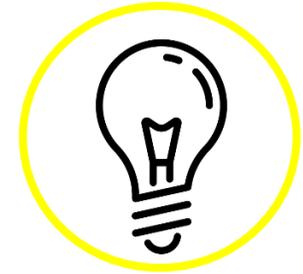
**Follow government and HSE advice and make responsible decisions**



**Maintain Social Distancing where possible**



**Observe hygiene rules**



**If in doubt – Don't go out**

# Return to Paddlesports: June Update



### Outdoor Activity

Organised outdoor paddling activity including contact sport can resume for **all**.  
Events for 100-200 depending on venue



### Travel

You can travel between counties in Ireland.



### Competition

Events with 100 attendants may take place. 200 in outdoor venues with a capacity of 5,000



### Outdoor Gatherings

Organised outdoor gatherings with up to 15 people may take place.



### Indoor Facilities

Use of indoor changing facilities for individual training only.



### Shared Equipment Outdoors

Equipment sharing permitted if disinfected before and after each use.

ACTIVITY		DETAILS
Social Distancing		Always follow social distancing protocols where possible including safe hygiene practices and use of PPE
Contact Tracing		All participants/members should have contact details recorded for contact tracing purposes
Pod Systems		Pods are groups of people from two or more households involved in an activity where social distancing is not always possible. Care should be taken to socially distance from one another as much as is possible within the Pod including the use of facemasks when off the water, considerations to time spent at the activity. Pods should not mix with other pods.
Recreational, Educational & Competitive Training	U18s	Pods of 15 including supervision
	Adult	Pods of 15 including supervision
Contact Sports Training		Training which involves contact (i.e. rescues) is permitted
Outdoor Gatherings		Yes
Club/Non-Elite Outdoor Competition	7 <sup>th</sup> June	No Spectators. Juniors & Vulnerable adults may have one accompanying person onsite.
		Events with 100 attendants may take place. 200 in outdoor venues with a capacity of 5,000
Travel from Home		Inter-county Travel Permitted
Rescuing	Self	Yes – self-rescue should be encouraged at all times where possible
	Assisted	Only if necessary for training or safety purposes. PPE should be worn where possible during rescues.
Equipment	Own	Yes
	Shared	Yes – Strict cleaning protocols must be followed before and after use of shared equipment.
Location	Flat Water	Yes
	Moving Water	Yes
Indoor Facilities	Changing/Shower	Nos
	Toilets	Essential toilet facilities can open
	Kitchen/Catering Area	No
	Indoor Training Area	Individual indoor training in ‘pod-of-one’ system ( <i>Individual, physically distanced, non-contact activity, completed in a pre-defined area, within a controlled environment and without the sharing of equipment.</i> ) <b>Note 1</b>

## Note 1: Individual Indoor Training from June 7<sup>th</sup>-

### Defining Individual Training

Sporting Organisations acknowledge the need to tailor their approach to delivery to reflect the various levels of Covid 19 in the Community. There should be clear differences in the level and nature of sporting activity between the higher and lower elements of the Framework.

To date Sporting Bodies have developed and implemented robust Return to Sport Protocols addressing the necessary public health requirements. These Organisations remain best placed to develop sport specific protocols that minimise the potential risk associated with individual training.

To assist the sector the Expert Group recommends the adoption of the 'pod of one' concept.

This concept can be defined as *'Individual, physically distanced, non-contact activity, completed in a pre-defined area, within a controlled environment and without the sharing of equipment.'*

The following additional risk mitigation measures are also recommended for protocol adoption.

These measures aim at clearly differentiating sporting activity between the higher and lower levels of the Framework while also distinguishing the activity from 'traditional exercise and dance classes' which are not permissible in certain levels.

- Staggered start and finish times combined with appropriate entry, exit and traffic management protocols to limit the interaction of participants at any one time.
- Prebooking of activity is essential. This includes the health screening of all participants (including coaches & support personnel).
- Reduction in the overall duration of the activity.
- Participants arrive ready to train and leave immediately (no changing room or shower use).
- Additional signage, hand sanitization stations and deep cleaning implemented.
- No equipment sharing in any circumstances.
- Activity should take place in a predefined area which is visually marked out and directionally signed.
- The space required in this area should reflect the nature and intensity of the activity.
- There should be in excess of 2m social distancing between each of the predefined areas.
- The Cleaning & Ventilation of facilities should be conducted in accordance with the Governments most recent Work Safely Protocol. Additional information can also be found in the appendixes of this documents.

### One to One Training

In the event of one to one training between a participant and instructor/coach, the following additional items to those outlined above should also be implemented. Any demonstration of equipment or technique should ensure that a minimum of 2m social distancing is maintained.

- Individual equipment should not be shared.
- In the case of fixed equipment, cleaning of such equipment **must** be completed immediately after demonstration and before the individual participant uses.
- There should be no hands-on adjustments or physical contact during training sessions.
- Coaches and trainers are asked to refer to the HSE guidance on wearing of face coverings, which is available here. [Info on face coverings](#)

### **Additional Points:**

- It is important to note that Sporting Organisations wishing to carry out one to one or individual training indoors should incorporate the guidance outlined in this document into their existing Covid 19 Return to Work and Return to Training Policies and Procedures. This document is not sufficient in isolation.
- The ongoing allowance of indoor activity will be dictated by the Public Health Situation and whether sporting facilities are open.
- This guidance applies to the indoor sporting activity of National Governing Bodies of Sport (NGBs) and the Network of Local Sports Partnerships (LSPs).
- The training must be supervised by a coach or a trainer accredited by the relevant NGB / LSP.
- NGBs / LSPs will have responsibility for approving the training activities to be undertaken. Sport Ireland is available to provide guidance to Sport Ireland recognised NGBs/LSPs where required.
- NGBs/LSPs must give an assurance that protective measures will be strictly adhered to and that they have the resources locally to monitor compliance by clubs and groups.
- Any club or group that is not in a position to apply these measures or enforce them should not hold training sessions.
- This continues to be on an opt-in basis for participants.
- Records should be maintained for all cleaning

### **Considerations for Activity**

#### **Equipment**

- Ensure that paddle sport PPE (Personal Protective Equipment) is fitted correctly this can be done by instruction and demo without the need for physical contact, PFD can be check by the person wearing the PFD by placing the thumbs under the shoulder straps and lifting up there should be little to no upward movement in the PFD.
- Consider the equipment that you are using, does the paddle craft you are using allow for ease of rescue and can you get someone back into or on the boat/board while maintaining social distancing.
- Consider the addition of increase flotation (airbags) to reduce the weight of the kayak/canoe by reducing the volume of water that it can hold.
- Can an individual be instructed to carry out a self-rescue by a more experienced person? Can a member of a person's household unit be guided to help the person get back on or into the boat/board.
- Can you carry additional methods of bailing a kayak/canoe so that people bail the water out and not need external intervention to empty the boat.
- Has all equipment undergone a rigorous cleaning and disinfection process especially soft material equipment in accordance with the manufacturer's guidelines?

#### **People**

- Are these people physically healthy, and are they showing any symptoms or Covid-19?
- Are the skills sets of the people suitable for the environment you are in? Are these people able to self-rescue?
- Can these people be guided/instructed to self-rescue with direction form a more experienced paddler?
- Can these people swim to a suitable location where they can empty and/or re-enter their canoe/kayak/board without assistance form some else or with the help of a member from their household unit.

## Activity

- Has the activity been risk assessed with the new government guidelines considered?
- What is the likelihood versus consequences in terms of risk assessment for your chosen activity?
- Have considerations been made for the quality of water in your activity area.
- Have you included additional safety briefing and discussed what would take place in the case of someone needing a rescue?
- Have considerations and plans been made if there is some requiring medical attention and how this will be dealt with.
- Have considerations being made to group family/household units together in the same groupings.
- Have journeys and trips been modified to stay within recommended distances. Has consideration been given to ensure that exit points for the trip are suitable and accessible by all members of the group?