

# **Canoeing** Ireland

## **Return to Paddling Guidelines**



**Stay Clear**

**Stay Clean**

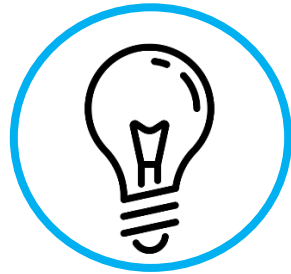
**Stay Safe**



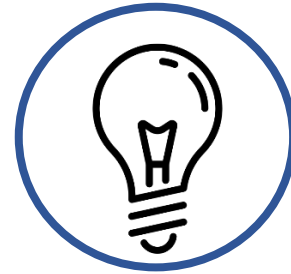
# Key Considerations to get back on the water



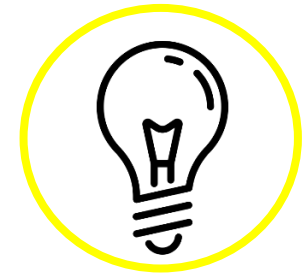
**Follow government and HSE advice and legislation**



**Maintain Social Distancing**



**Observe hygiene rules**



**If in doubt – Don't go out**

# Considerations for Specific Groups



## Activities

Strict social distancing, equipment and building sterilisation and group size protocols need to be followed



## Clubs

Club facilities and shared equipment may not be used until Phase 3, and then only under strict distancing and hygiene protocols



## High Performance

No gym/ indoor training until Phase 3, and then with distancing restrictions. Outdoor training in small socially distanced groups, increasing in line with Phases



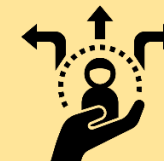
## Events

No events will be held until Phase 3 where events may take place only where social distancing can be maintained. 50 people indoor and 200 outdoor. Travel restrictions must be adhered to



## At Risk Individuals

Consideration required for underlying health conditions, ability to maintain distancing measures and requirements of accompanying family/carers.



## Training & Education

No instructor training or assessment until phase 3, this will be under constant review. Skills training can take place by following guidelines and making adaptations to rescues

ACTIVITY		Phase 1 - 18 <sup>th</sup> May	Phase 2 - 8 <sup>th</sup> June	Phase 3 - 29 <sup>th</sup> June	Rephasing 18 <sup>th</sup> August-
Social Distancing		2 Metres	2 Metres	2 Metres	2 Meters
Training Group	Peer	Yes	Yes	Yes	Yes
	Instructed	No	Yes	Yes	Yes
	Coached*	Yes	Yes	Yes	Yes
Group Size		4	15	Club Ratios	15
Travel from Home		5km	20km (or within own county)	Nationwide	Nationwide (Adhere to specific travel restrictions)
Rescuing	Self	Yes	Yes	Yes	Yes
	Assisted	No	No	Yes	Yes
Equipment	Own	Yes	Yes	Yes	Yes
	Shared	No	No	Yes	Yes
Location	Flat Water	Yes	Yes	Yes	Yes
	Moving Water	No	No	Yes	Yes
Activity	Intro Courses	No	No	Yes <b>Note 1</b>	See <b>Note 1</b>
	Skills Training	See <b>Note 2</b>	See <b>Note 2</b>	Yes <b>Note 2</b>	See <b>Note 2</b>
Facilities	Gym/Showers	No	No	Yes <b>Note 3</b>	Groups of 6 or less
	Social Gatherings	No	Groups of 6 or less	50 indoor. 200 outdoor	Groups of 6 or less

\*coaching refers to performance coaching of established teams/groups within the CI performance system

### **Note 1: Introductory Courses**

Phase 3 (29<sup>th</sup> June) – Introductory courses may be run, but social distancing, cleaning protocols and risk assessment should be in place to mitigate risks.

### **Note 2: Skills Training**

Skills training may be possible where safety and rescue adaptations can be made, and close contact kept to a minimum. Appropriate risk assessments are to be carried out in small groups. All other restrictions relating to group size and travel must be observed.

### **Note 3: Gyms & Showers**

Access to changing facilities, gyms and shower areas should not be introduced before 29<sup>th</sup> June. From 18<sup>th</sup> August indoor facilities may still be used, subject to strict hygiene and distancing guidelines, with no more than 6 people in an indoor facility, only where distancing can be maintained, and where these people come from no more than 3 households.

Phase 1 (18 <sup>th</sup> May)	Guidelines
<b>High Performance</b>	Small group training. No more the 4 people (including the coach) adhering to Social distancing guidelines. Strict hand hygiene to be observed. K1 and C1 use only (no K2, C2 OR K4 use). 5km travel from home permitted. No indoor gym work with people from outside of your household or immediate circle. Changing and showering to be done at home. Adequate risk assessment to be carried out monitoring athlete's wellness levels. Any changes to athlete wellness levels to be reported to the PD in the strictest of confidence. Carded athletes who are using the Sport Ireland Institute facilities will be guided by the Institute's RTT protocols.
<b>Events</b>	Small group training no more the 4 people Social distancing require and strict hand hygiene. We advise no use of double kayaks or canoes of any form. 5km from home permitted
<b>Training and Activities</b>	Small groups of maximum 4 persons travelling from within 5km of home. Self-rescue only and using water conditions which are within your comfort. Practice strict social distancing and personal hygiene.  Avoid sharing equipment with anyone outside your home unit. Avoid use of shared indoor spaces and shared transport.
<b>Clubs</b>	<b>Facilities/location:</b> Peer paddling on flatwater within 5km of home. Clubhouse and indoor facilities to remain closed. <b>Equipment:</b> Use of personal equipment or use of equipment of people within the same home unit only. Equipment must not be left on site and will have to be transported by the owner/member of home unit. <b>Transport:</b> Use of buses/cars for travel/shuttle not permitted outside of home unit. <b>Communication:</b> communication between local clubs and members to aid in avoiding large gatherings of members at same locations

Phase 2 (8 <sup>th</sup> June)	Guidelines
<b>High Performance</b>	Small groups can train, no more than 15 people (including the coach) adhering to social distancing guidelines. 20km travel from home permitted, or travel within one's own county. No indoor gym work with people from outside of your household or immediate circle. Changing and showering to be done at home. Adequate risk assessment to be carried out monitoring athlete's wellness levels. PD to be informed of any decrements in athlete wellness. Such information will be treated with the utmost confidentiality. A select group of athletes may return to Sport Ireland high performance training centres under strict hygiene protocols.
<b>Events</b>	Small groups no more than 15 people no matches allowed so this effects Canoe Polo. Training must keep to social distancing regulations. 20 km from home permitted, or within your own county
<b>Training and Activities</b>	Group sizes allowed up to 15 persons, max group size ratio 1:7 (1:6 for L1/L2 Instructor). Strict equipment & personal hygiene protocols and Social Distancing measures. Use of changing facilities limited to one home unit/person at a time where clients disinfect before and after use. Encourage use of own personal equipment where possible. Clients must self-rescue and stay withing safe distance to a safe exit location. Consideration to be made for use of on water activities such as 'rafting up' and contact games. Use of buses/cars for trips/shuttle not permitted outside of home unit.
<b>Clubs</b>	<p><b>Facilities/location:</b> Peer paddling on flatwater within 20km of home or within your county. Clubhouse and indoor facilities to remain closed.</p> <p><b>Equipment:</b> Use of personal equipment or use of equipment of people within the same home unit only. Equipment must not be left on site and will have to be transported by the owner/member of home unit.</p> <p><b>Transport:</b> Use of buses/cars for travel/shuttle not permitted outside of home unit.</p> <p><b>Communication:</b> communication between local clubs and members to aid in avoiding large gatherings of members at same locations.</p>

Phase 3 (29 <sup>th</sup> June)	Guidelines
<b>High Performance</b>	Phase 3 sees the return to training for HP sports. Coaches should manage group/team training with strict hygiene protocols and ensure that social distancing is adhered to at all times. Groups of athletes from different households should exercise caution when training together and follow the guidelines on hygiene and social distancing. Crew boats can now return to training, but crews should always avoid unnecessary close contact. Training facilities should have clear signage in place identifying one-way systems and hand cleaning accessories where possible. Training facilities should also cater for Sport Ireland Anti-Doping control areas should any spot-testing occur. Group indoor gym work will only be permissible if adequate hygiene measures can be adhered to. Adequate risk assessment to be carried out monitoring athlete's wellness levels. Any changes to athlete wellness levels to be reported to the NGB in the strictest of confidence. PD to be informed of any decrements in athlete wellness. Such information will be treated with the utmost confidentiality. Athletes who have access to the Sport Ireland Institute should contact the PD to fill out risk-assessment paperwork.
<b>Events</b>	Phase 3. Events are now possible with social distancing good hand hygiene and the correct coughing etiquette. Any person showing symptoms should not attend this also applies if they have been in contact with someone who has symptoms. Indoor groups of up to 50 and outdoor up to 200. Signage and hand sanitizer must be onsite for events. Prize giving will have to be in a new format. Online entry is also advised.
<b>Training and Activities</b>	<ul style="list-style-type: none"> <li>-Group sizes no longer restricted. Restrictions based on instructor ratios.</li> <li>-Do not show up if feeling/showing any symptoms of Covid-19 <b>or</b> you have been in contact with someone who has.</li> <li>-Strict equipment &amp; personal hygiene protocols with social distancing measures in place – disinfect all shared equipment and areas after each use.</li> <li>-Use of indoor facilities limited to 50 persons where 2m social distancing can be adhered to.</li> <li>-Encourage use of own personal equipment where possible.</li> <li>-All activities, training and assessments may resume – limit close contact where possible and use PPE/precautions where close contact is a requirement of training and/or assessment.</li> <li>-Shared transport only to be used where social distancing can be applied and face coverings must be worn.</li> </ul>
<b>Clubs</b>	<p><b>Facilities/location:</b> All activities and training may resume once 2m distance is maintained. Where this cannot be maintained, clubs should use PPE/precautions. Club facilities may open based on adherence to guidelines &amp; strict personal hygiene protocols - less than 50 people with 2m distance indoors. Access should be monitored, and a robust risk assessment completed prior to opening.</p> <p><b>Equipment:</b> Sharing of equipment once strict personal hygiene protocols with social distancing measures are in place. Equipment can be stored in club facilities once strict personal hygiene protocols with social distancing measures are in place.</p> <p><b>Transport:</b> Shared transport only to be used where social distancing can be applied and face coverings must be worn.</p> <p><b>Communication:</b> Communication between local clubs and members to aid in avoiding mass gatherings of members at same locations.</p>



Rephasing (18 <sup>th</sup> August)	Guidelines
High Performance	Small groups can train, no more than 15 people (including the coach) adhering to social distancing guidelines. Travel is not restricted, aside from adherence to specific government restrictions for certain counties. Indoor gym work with no more than 6 people and from a maximum of 3 households. Changing and showering should be done at home. Adequate risk assessment to be carried out monitoring athlete's wellness levels. PD to be informed of any decrements in athlete wellness. Such information will be treated with the utmost confidentiality. A select group of athletes may return to Sport Ireland high performance training centres under strict hygiene protocols.
Sporting Events	<u>Sporting</u> events may take place where strict hygiene is maintained. No more than 200 participants. No spectators
Training and Activities	Group sizes allowed up to 15 persons, max group size ratio 1:7 (1:6 for L1/L2 Instructor). Strict equipment & personal hygiene protocols and Social Distancing measures. Use of changing facilities limited 6 person at a time where clients disinfect before and after use. Encourage use of own personal equipment where possible. Clients must self-rescue and stay withing safe distance to a safe exit location. Consideration to be made for use of on water activities such as 'rafting up' and contact games. Use of buses/cars for trips/shuttle not permitted outside of home unit.
Clubs	<p><b>Facilities/location:</b> Peer paddling on flatwater. Travel is not restricted, aside from adherence to specific government restrictions for certain counties. No more than 6 people may use indoor training facilities, from no more than 3 households.</p> <p><b>Equipment:</b> Use of personal equipment or use of equipment of people within the same home unit only. Equipment must not be left on site and will have to be transported by the owner/member of home unit.</p> <p><b>Communication:</b> communication between local clubs and members to aid in avoiding large gatherings of members at same locations.</p>

## Considerations and Specific Requirements

### General Considerations

- To facilitate contact tracing if necessary logs of participants should be kept, either through electronic means using one of the apps available or manually.
- Each facility/club should appoint a COVID Officer with the necessary training to oversee operations and advise facility management.
- It is important that everyone recognises their duty of care to other participants and takes responsibility for adhering to social distancing and hygiene regulations.

### 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 checked 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 from 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 from someone 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. (research suggested that Covid type virus maybe more prevalent in low water quality areas especially areas where raw sewage could enter the water environment.)
- Does the activity match the level of ability for the people taking part in the activity?
- 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 someone requiring medical attention and how this will be dealt with.
- Have considerations been 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?
- We would advise for phase 1 and 2 that all sessions are done near shoreline/ bank so self-rescue is possible

**For any further clarification or specific questions please contact Canoeing Ireland Directly**