

# **Canoeing** Ireland

## **Return to Paddling Guidelines**



**Stay Clear**

**Stay Clean**

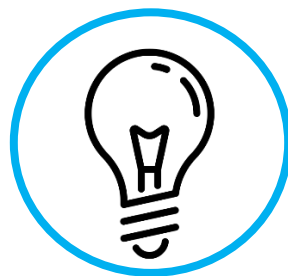
**Stay Safe**



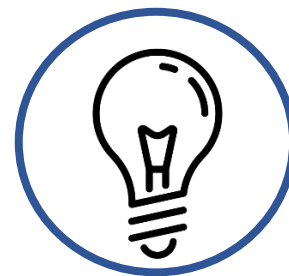
# Key Considerations to get back on the water



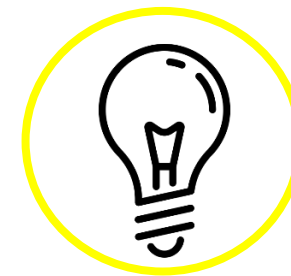
**Follow government and HSE advice and legislation**



**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



## Events

No events will be held until Phase 3 where “behind closed doors” events may take place only where social distancing can be maintained. Travel restrictions must be adhered to



## Clubs

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



## At Risk Individuals

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



## High Performance

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



## Training & Education

No instructor training or assessment until phase four, 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 | Phase 4 - 20 <sup>th</sup> July | Phase 5 - 10 <sup>th</sup> August |
|-------------------|-------------------|--------------------------------|--------------------------------|---------------------------------|---------------------------------|-----------------------------------|
| Social Distancing |                   | 2 Metres                       | 2 Metres                       | 2 Metres                        | 2 Metres                        | 2 Metres                          |
| Training Group    | Peer              | Yes                            | Yes                            | Yes                             | Yes                             | Yes                               |
|                   | Instructed        | No                             | Yes                            | Yes                             | Yes                             | Yes                               |
|                   | Coached*          | Yes                            | Yes                            | Yes                             | Yes                             | Yes                               |
| Group Size        |                   | 4                              | 8                              | Club Ratios                     | Club Ratios                     | Club Ratios                       |
| Travel from Home  |                   | 5km                            | 20km                           | 20km                            | Outside Local Area              | Outside Local Area                |
| Rescuing          | Self              | Yes                            | Yes                            | Yes                             | Yes                             | Yes                               |
|                   | Assisted          | No                             | No                             | Yes                             | Yes                             | Yes                               |
| Equipment         | Own               | Yes                            | Yes                            | Yes                             | Yes                             | Yes                               |
|                   | Shared            | No                             | No                             | Yes                             | Yes                             | Yes                               |
| Location          | Flat Water        | Yes                            | Yes                            | Yes                             | Yes                             | Yes                               |
|                   | Moving Water      | No                             | No                             | Yes                             | Yes                             | Yes                               |
| Activity          | Intro Courses     | No                             | No                             | No                              | See Note 1                      | See Note 1                        |
|                   | Skills Training   | See Note 2                     | See Note 2                     | See Note 2                      | See Note 2                      | See Note 2                        |
| Facilities        | Gym/Showers       | No                             | No                             | See Note 3                      | See Note 3                      | See Note 3                        |
|                   | Social Gatherings | No                             | No                             | See Note 4                      | See Note 4                      | See Note 4                        |

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

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

Phase 4 (20<sup>th</sup> July) – Some introductory courses may be run, but social distancing, cleaning protocols and risk assessment should be in place to mitigate risks.

Phase 5 (10<sup>th</sup> August) – Introductory courses may be run in accordance with government guidelines and with all necessary safety measures in place.

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

Skills training may be possible where safety and rescue adaptations can be made, and appropriate risk assessments are 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. If a decision is made to open these facilities strict hygiene protocols, cleaning of equipment etc. and social distancing must be observed.

### **Note 4: Social Gatherings**

As restrictions ease, we will be able to provide more guidance on this. To be safe, we would advise members to continue to observe government guidelines on group size and distancing measures until advised otherwise.

| 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.<br><br>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.<br><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.<br><b>Transport:</b> Use of buses/cars for travel/shuttle not permitted outside of home unit.<br><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 no more than 8 people (including the coach) adhering to social distancing guidelines. 20km 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. PD to be informed of any decrements in athlete wellness. Such information will be treated with the utmost confidentiality.   |
| <b>Events</b>                  | Small groups no more than 8 people no matches allowed so this effects Canoe Polo. Training must keep to social distancing regulations. 20 km from home permitted  |
| <b>Training and Activities</b> | Group sizes allowed up to 8 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. 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>         | Groups no more than 12 people (including the coach) adhering to social distancing guidelines. 20km travel from home permitted. Group indoor gym work to be restricted to groups of 3 (including the coach) adhering to social distancing guidelines at all times. Changing and showering to be done at home. Strict hygiene measures to be applied to using gym equipment. 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.  |
| <b>Events</b>                   | Same as phase but group number now at 12. Permit "behind Closed door" events where arrangements are in place to enable participants to maintain social distancing  |
| <b>Training and Activities</b>  | Group sizes allowed up to 12 persons. Strict equipment & personal hygiene protocols with social distancing measures in place. Use of changing facilities limited to one home unit/person at a time, disinfected before and after by client. 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 and moving water within 20km of home. Clubs may decide on limited access to club facilities based on adherence to all guidelines, sufficient staffing to monitor access and a robust risk assessment.</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> awaiting further guidance from government</p> <p><b>Communication:</b> communication between local clubs and members to aid in avoiding large gatherings of members at same locations.</p> |



| Phase 4 (20 <sup>th</sup> July) | Guidelines   |
|---------------------------------|--|
| <b>High Performance</b>         | Increase in training group to 16 (including the coach) adhering to social distancing guidelines. Small interclub competitions can be arranged as long as low levels of spectators and social distancing requirements can be maintained. Group indoor gym work to still be restricted to groups of 3 (including the coach) adhering to social distancing guidelines at all times. Changing and showering to be done at home. Adequate risk assessment to be carried out before engaging with group training. Continue to monitor athlete wellness. PD to be informed of any decrements in athlete wellness. Such information will be treated with the utmost confidentiality.   |
| <b>Events</b>                   | Increased travel distance, group size increases once social distancing can be maintained. Small competitions can be arranged as long as low levels of spectators & social distancing can be maintained.  |
| <b>Training and Activities</b>  | Group sizes may increase. Strict equipment & personal hygiene protocols with social distancing measures in place. Use of changing facilities limited to one home unit/person at a time, disinfected before and after by clients. Encourage use of own personal equipment where possible. Assisted rescues may resume where essential. Semi-contact activities such as Canoe Polo, rafting up may resume. Use of vehicles for trips/shuttle permitted with social distancing measures in place.   |
| <b>Clubs</b>                    | <p><b>Facilities/location:</b> Peer paddling on flatwater and moving water regionally (awaiting government definition). Clubs may decide on limited access to club facilities based on adherence to all guidelines, sufficient staffing to monitor access and a robust risk assessment.</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> awaiting further guidance from government</p> <p><b>Communication:</b> communication between local clubs and members to aid in avoiding large gatherings of members at same locations.</p> |

| Phase 5 (10 <sup>th</sup> August) | Guidelines  |
|-----------------------------------|---|
| <b>High Performance</b>           | Larger training sessions and events possible while adhering to social distancing guidelines. Large cramped gym sessions to be avoided using common sense as a guide to numbers using the facility at a time. Adhere to strict hand hygiene guidelines, in particular around gym facilities. Continue to monitor athlete wellness. PD to be informed of any decrements in athlete wellness. Such information will be treated with the utmost confidentiality.  |
| <b>Events</b>                     | Event/mass gatherings possible only in accordance with both indoor and outdoor numbers and where social distancing can be applied with strict hand hygiene  |
| <b>Training and Activities</b>    | Usual activities may resume with adherence to continued strict equipment and personal hygiene protocols and social distancing. All in-building facilities to be disinfected regularly. Contact sports and assisted rescues may happen as usual. Transport allowed with use of recommended social distancing measures.   |
| <b>Clubs</b>                      | <p><b>Facilities/location:</b> Peer paddling on flatwater and moving water regionally (awaiting government definition). Clubs may decide on limited access to club facilities based on adherence to all guidelines, sufficient staffing to monitor access and a robust risk assessment.</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> awaiting further guidance from government.</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

### 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. (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 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 with in 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