



## **Kayaking & Open Canoeing - Yellow level - Participants briefing. V 2.0 With access to club Centre, craft & equipment**

We hope you are excited about getting involved with a post Covid-19 paddling event. We will be doing things a little differently, so please make sure you read this note carefully.

**Before the event.** Please keep an eye on club emails and Facebook. This is how we will inform everyone of an event being open for booking, and any change or cancellation. If you receive club emails through a third party, we recommend you register for direct emails, by going to [www.sswac.co.uk](http://www.sswac.co.uk).

To assist Track and Trace we may be asking for more information than may be normal, when you book a place.

**If you or someone in your household/support bubble is unwell before the event.** Please do NOT attend until after the self-isolation period and/or a negative result has been returned. We know this is tough, but it is really important.

**Transport.** Cars can now be shared, with mask wearing optional.

**Arrival.** If the event is at Godalming, do not come into the building until you have been briefed but gather in the car park. Please arrive dressed to go on the water if you can, to save time, as numbers using the changing rooms at any one time will be restricted.

Please provide your own hand sanitizer and use regularly.

**Craft.** Whilst we encourage people to bring their own, club boats can be hired, and if the event is not based at the club Centre, they can be collected by arrangement.

**Toilets.** For your safety, event leaders will be expected to use the supplied disinfectant spray after each event, to spray touch points such as the door handle, flush lever and toilet seat. Paper towels will be provided so that the toilet can then be wiped down.

**Sun cream.** Sun cream will not be available, so please make sure you have applied your own, where relevant.

**When we finish.** Please clean your own craft and equipment away from the venue, especially if others may later use it.

Please assist the leaders to sterilise the club kit and boats, if asked, and to store all back in the Centre.

At Godalming, as the numbers in the changing rooms will be restricted at any one time, we suggest the alternative of a towel or similar could be used to sit in the car for the journey home. Some people may choose to change in public using a dry robe or similar, but please be discreet.

**Event organiser's discretion.** We are dealing with an unusual situation, and so we would like to remind everyone that our volunteers have the authority at any point to end an activity, even before it has begun. This may be to do with external circumstances, the environment or the group.

## **HEALTH MATTER INFORMATION REMINDERS**

### **- LEPTOSPIROSIS / WEIL'S DISEASE**

Whilst in decades of boating we have never had a case resulting from one of our events, there remains a risk of Weils disease (**Leptospirosis**) from contaminated water. This is easily treatable but is normally mistaken for influenza. Please be aware that Weils disease, the flu and Covid-19 all share some common symptoms.

**We are concerned that at the moment Weil's Disease may be mistaken for Covid-19.**

If you, your son or daughter does appears to develop flu like symptoms within a couple of weeks of being near the river, please tell your doctor this fact, so that the appropriate medicines can be prescribed. The biggest preventer of this is making sure any cuts are covered with a waterproof dressing, avoiding capsizes in stagnant water, and good hygiene. Please do not be alarmed by this information – we have no history of problems.

### **-COVID-19**

If you become unwell after the event, and are tested positive for Covid-19, you must inform the event organiser, so that the track and trace system can be implemented, if relevant.

## GREEN PHASE

In due course, we all hope that Covid-19 will be defeated, or at least greatly reduced. The Yellow phase we currently find ourselves in will hopefully someday give way to a Green phase, at which time hopefully all restrictions will be eased. We should all have faith that we shall return to those times once more.