



Coaches and Trip Leaders Guidance – COVID-19

As a Trip Leader, Coach or Paddlesport Instructor you should already be aware of the guidance published on the Club website (<https://dckc.co.uk/covid-19-information/>).

This document contains some additional advice for running trips and coaching during the current COVID-19 pandemic. You should also be aware of the *covid info 06.02.21* document which can be found on the club website and you should note that detailed guidance relating to the management of borrowed kit and protocols for safe practices in and around the storage containers at Miller St and Loch Lomond can be found on the *Keyholder's Guidance note 06.02.21* which can also be found on the club website.

Previously we had relied on a 72hr quarantine period for decontamination of club equipment before it could be used again. That meant dividing the club equipment between two containers with the Loch Lomond container only being accessed on Tuesday nights and the Miller Street container at the weekend. We have now moved away from this plan and have installed disinfectant sprays at each container and the trailer at Pinkston. This means that all the club kit can be accessed with the proviso that after use, boats, paddles and other kit should be sprayed with the disinfectant spray prior to being replaced in the respective club stores. It also means that there are no set times for accessing each container.

This should allow easier access and make planned trips easier for coaches and trip leaders. It is important that trip leaders and coaches are aware of the current COVID-19 guidance and should consider completing the Covid Officer e-training module at

https://rise.articulate.com/share/gnk3qPoxD30r_1rmijUPJipuOksCwGs9#/

In addition, planned trips should be well within the capability of all of the participants. Leaders must undertake a comprehensive risk assessment for the proposed trip and preferably have a flexible plan for the day which can be amended in light of actual conditions.

In general, trips should be confined to more sheltered coastal waters or inland lochs or if venturing onto rivers choose those of a character and grade where the challenge for participants should not be excessive and self-rescue should be relatively straightforward.

It is the leader's responsibility to vet all trip participants to ensure that they have the necessary skills to safely undertake the proposed trip. Beginners should not be included in trips where there is an increased risk of capsizes and the subsequent need for assisted rescues.

Any potential for assisted rescues should be reduced to an absolute minimum and all participants should be expected to be able to perform an effective self-rescue.

In the event that an assisted rescue becomes necessary, trip leaders should be able to carry out / supervise a modified distanced rescue, as in the examples shown here:

<https://www.onadventure.dk/assisted-kayak-rescues-and-rafts-with-increaseddistance?fbclid=IwAR0I4T8oQ8ZO0UDNvnuhBTY7uNFtBiVVP6uTWvdNU9nUtpYJi08I eTvoQeg>

Numbers on trips must be limited in accordance with Scottish Government / SCA guidance.

<https://www.canoescotland.org/resources/covid-19#gsc.tab=0>

Leaders should be sensitive to the feelings of local communities, particularly in more remote areas where there may be anxiety about an influx of visitors.

Trips should preferably not be planned which rely on the use of shuttles in shared vehicles – where possible the put in and get out points should be the same.

Leaders should carry face coverings and gloves when out on the water eg:

<https://swimsafety.direct/product/lifeguard-face-mask/>

If a participant is unable to perform safe rescue and the distanced rescue techniques are not applicable, then as a last resort the leader can choose to use the face covering and gloves when carrying out an assisted rescue which breaks the 2m rule

The leader should ensure that appropriate social distancing is adhered to throughout the trip – it is very easy for the group to relax and forget about the need to maintain a 2m distance.

All participants should carry their own personal hand sanitiser and use it before and after carrying kayaks etc.

(NB The zipping up of someone else's dry suit presents a practical problem in maintaining social distance however the risk can be minimised if hygiene precautions are taken and the person is facing the other way.)

The club trip calendar should have clear information for each trip including contact details for the trip organiser in order to contact to reserve a space on the trip, the maximum number of participants, the grade of the trip and the level of skill expected of participants.

One system that has worked well in the past is to set up a separate Whatapp group for each trip which can then be used to facilitate communication between the trip leader(s) and the participants in case of last-minute changes etc.