



## 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 19.03.21](#) 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 19.03.21](#) which can also be found on the club website.

We, as a club, are currently relying on a 72hr quarantine period for decontamination of club equipment before it could be used again. This means that the club equipment is divided between two containers with the Loch Lomond container only being accessed on Tuesday nights and the Miller Street container at the weekend. This is supported by the use of disinfectant spray which is held 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 and paddles should be sprayed with the disinfectant spray prior to being replaced in the respective club stores.

It should be noted that once Milton fluid has been added to water in the spray bottle it is effective for 24 hours. This means that any fluid in the bottle should be discarded and a new spray made up for every time that club equipment is used. The organiser/coach/trip leader should bring 5 litres of cold water with them to the store when accessing club equipment so that a new batch of disinfectant spray can be made up. (The spray bottles take 5 litres and 90ml (3 capfuls) of Milton fluid should be added.)

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/gnk3gPoxD30r\\_1rmijUPJipuOksCwGs9#/](https://rise.articulate.com/share/gnk3gPoxD30r_1rmijUPJipuOksCwGs9#/)

If you are running an organised paddlesport activity then you must follow SCA guidance and your plans for the trip must be overseen by a COVID Officer who has completed this e-learning. In addition, a documented risk assessment must be undertaken for that trip and mitigating actions clearly recorded and put in place to ensure the health, safety and welfare of all participants. Details of persons attending must be held for 21 days after the trip and participants should complete an [SCA covid 19 checklist](#)

Risk assessment may be based on the DCKC Club version which can be found at

Updated – 19 March 2021.



<https://dckc.co.uk/members-pages/club-documents/>

or on the British Canoeing version which can be found at <https://www.canoescotland.org/resources-covid19#gsc.tab=0>

The current guidelines, whilst encouraging people to stay at home, allow for non-contact outdoor sport to take place with groups of up to 15 people. However, travel guidelines only allow travel for organised activity in your own local authority area.

Informal paddling activity is currently determined by the number of people allowed to meet outside. This is currently 4 people from 2 households. This is not due to change until 26 April 2021 when it rises to 6 people from 3 households. Informal activity does allow you to start and finish your paddle at places that are a distance of 5 miles outside your local authority area.



### Other thoughts on planning trips

Planned trips should be well within the capability of all 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 depending on actual conditions.



In general, trips should be confined to more sheltered coastal waters or inland lochs. If venturing onto rivers these should be 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 capsize 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=IwAR0I4T8oQ8ZOUDNvnuhBTY7uNFtBjVVP6uTWvdNU9nUtpYJj08IeTvoQeg>

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 or alternatives such as jogging or the use of strategically placed bikes to allow drivers to uplift their vehicles.

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.

The key to running a successful trip is good planning, having the right information and good communication with the participants.