



Covid-19 Guidance for DCKC club members

Scotland has in place a 5-level system with each local authority area of Scotland being assigned to a COVID protection level. These levels are reviewed weekly. On 20 November 2020 travel restrictions in Scotland were put into law.

To suppress the spread of COVID-19 it is essential that, with limited exceptions, there is no travel to or from areas where higher numbers of people may be carrying the virus. Under current Scottish regulations you should stay at home.

Club members should make themselves aware of measures that they can take to reduce the spread of the virus.

<https://sportscotland.info/covidawareness/#/>

Guidance from the Scottish Canoe Association can be found at

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

What does this mean for club activities?

Currently we should **stay at home** as much as possible. This is due to change on 2 April 2021 when the message changes from 'stay at home' to 'stay local'. At present the Scottish Government rules on outdoor gatherings apply, for over 18's, a maximum of 4 adults from 2 households. This is due to change on 26 April 2021 when it becomes a maximum of 6 adults from 3 households. These numbers currently dictate the maximum number allowed for informal paddlesport activity.

However organised paddlesport activity is a different matter. Organised activity occurs where:

- The trip can be undertaken in a structured and managed way.
- SCA guidance and any other relevant guidance can be followed.
- The trip can be overseen by an appointed COVID Officer who has completed the free sportscotland elearning. This does not mean that it has to be led by a COVID Officer. The leader if not trained could consult a COVID Officer.
- a documented risk assessment has been completed 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](#)
- social distancing rules (2 metres) are maintained.

Formal trips classified as organised activity can consist of far larger groups with as many as 15 people taking part. It must be stressed that social distancing rules must be maintained during organised activity.

Travel will still be problematic until the restrictions are lifted. The earliest date for this is 26 April 2021. Until then, the rules for exercise apply to informal trips, you should stay within your local authority area although you may travel outwith the boundary no more than 5 miles to start and end an exercise session.



However, for organised paddlesport activity you must stay within your local authority area (you cannot travel 5 miles outside that area). This is due to change on 26 April when we should have the freedom to travel throughout Scotland.

So, currently (19 March 2021) we can:

- meet up with one or two persons from one other household to paddle informally.
- This informal paddling must take place within our own local authority area or within 5 miles of the boundary.
- As a club we can arrange organised activity as long as it agrees with the points listed above (maximum of 15 persons, covid officer, documented risk assessment, register of persons attending held for 21 days and screening check list completed by all participants).
- However, this organised activity can only take place within the local authority area where participants reside. This means that a Pinkston session can only be attended by Glasgow residents at present or a Loch Lomond session by West Dunbartonshire or Stirlingshire residents.

The only exceptions to this are authorised British Canoeing training and qualification courses that are deemed essential for the participants. Essential in this case means that the course is:

- An essential requirement for employment or deployment, paid or voluntary.
- Required for the retention or completion of a formal qualification.
- Required for the retention or completion of a licence or endorsement (such as maintaining CPD status or a provider role).
- Required for the safe delivery or supervision of sport and physical activity.

That is where we are at present. Looking forwards, the 26th April is when the major changes take place that should allow meaningful club activity to re-start.