

INTEGRATE PADDLING COVID19 RISK ASSESSMENT 12th SEPTEMBER 2020

Integrate Paddling Covid19 guidance is based upon Scottish Canoe Association (SCA) Paddlesport guidance for Phase 3 of the Scottish Government COVID-19 Route Map (14th September 2020) <https://irp-cdn.multiscreensite.com/b9315d6a/files/uploaded/SCA%20Phase%203%20Guidance%20-%2011.09.2020.pdf>



HAZARD	WHO MIGHT BE HARMED?	HOW MAY THE RISK BE ADEQUATELY CONTROLLED?	WHAT FURTHER ACTION MAY BE REQUIRED?	Review comments
Spread of Covid19 Coronavirus	All Paddlers Vulnerable groups: elderly, pregnant, existing underlying health conditions.	<p>Paddling can take place in groups of up to 6 people from a maximum of 2 households.</p> <p>Organised activities can take place in groups of up to 30 people. Group size will depend on compliance with Covid19 precautions to prevent transmission.</p> <p>Organised Activity is defined as:</p> <ul style="list-style-type: none"> Activities are undertaken in as managed and organised way: All Integrate Paddling activities are agreed with the Club COVID Officer(s) and advertised on WebCollect AND Activities follow SCA and other guidance: Integrate Paddling risk assessment is updated regularly to reflect any changes in SCA & Govt guidance AND Activities are overseen by an appointed COVID Officer who has completed the sports Scotland eLearning: Andrew Thorburn AND Frank Charleson A documented risk assessment is undertaken and mitigating actions are put in place to ensure the health, safety and welfare of participant's, coaches and the wider public: All Integrate Paddling members are aware of the Covid risk assessment. 	Commence activities in small groups and evaluate compliance with Covid risk assessment prior to extending groups.	
Spread of Covid19 Coronavirus	All Paddlers Vulnerable groups: elderly, pregnant, existing underlying health conditions.	<p>People who are symptomatic should self-isolate for 10 days; household members for 14 days as per NHS guidance.</p> <p>Self-declaration</p> <p>Anyone booking on/attending a club activity should in the previous 14 days:</p> <ul style="list-style-type: none"> not had any Covid19 symptoms, 		Review in line with SCA guidance

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		<ul style="list-style-type: none"> not been in contact with any confirmed/suspected Covid19 case, not travelled internationally to countries requiring quarantine. <p>Leaders/Coaches should screen all paddlers prior to each activity.</p> <p>Named bookings will be administered through WebCollect or email booking. Coaches and Leaders will keep a record of those attending so there are accurate records should track and trace be required.</p>		
		<p><u>Hand Washing</u></p> <ul style="list-style-type: none"> Handwash with soap and water where available: https://www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/ All paddlers should carry Gel sanitiser in their PFD and wear a buff on top of a dry suit/jacket to cover mouth & nose as needed. All Paddlers should have their own First Aid Kits if possible. Leaders/Coaches should also have eye protection e.g. goggles. 	Paddlers reminded on a regular basis to wash/gel hands. Coughs or sneezes to be caught in a tissue, bagged and taken home.	
		<p><u>Cleaning Club Equipment</u></p> <ul style="list-style-type: none"> Individuals accessing the kayak shed store is restricted and anyone accessing with the designated keyholder e.g. to remove or return a sea kayak will require sanitise their hands prior to entry and wear a face mask. A period of 72hrs is allowed between hires. In the event of 72hrs quarantine being breached the kit will be washed as per Covid19 guidance. 		

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		<ul style="list-style-type: none"> Cleaning Personal Kit The medical advice is that the Covid19 virus prefers cold, damp, dark environments. The variation in Covid19 being on surfaces can be up to 9 days Paddlers should dry their kit as quickly and if possible, in sunlight. 		
		<p>Social Distancing</p> <ul style="list-style-type: none"> Parking: Allow a sea kayak length between vehicles for moving boats on/off, loading etc Pre-launch briefing: all paddlers should respect 2 metre distancing. Handling Boats/Kit: If a paddler needs help moving and handling a boat this should be done by individuals in the same household. If this is not an option, a 'buddy' for the trip can assist. They should gel their hands before and after handling the boat and maintain social distance at all times. Assistance within 2m e.g. spray decks cannot be provided, the exception being a rescue situation. Kit sharing will not be available. Shuttles: Shuttles should not be undertaken at this time other than in e.g. a minibus where 2m distancing can be maintained. 		

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		<p>Breaks</p> <ul style="list-style-type: none"> • 2m distancing should be maintained while paddling and during breaks other than same household paddlers. • Refreshments cannot be shared. • Toilet facilities: not all facilities are open. Integrate Paddling operate a leave no trace approach. Paddlers are responsible for bringing their own kit. • Rafting up should be avoided other than same household paddlers. 		
		<p>Rescue</p> <ul style="list-style-type: none"> • The need to rescue a paddler is best avoided. Some people may not have paddled during lock down. Club activities should therefore be well within the competence and confidence of all paddlers participating. • Rescue practicing should not take place at this time. The pre-launch brief should include a description of self-rescue, so all paddlers are aware. Any incident should be dynamically assessed by the trip Leader. Self rescue under the direction of the trip Leader should be attempted followed by an assisted rescue by someone in the same household where possible. If necessary, the trip Leader should complete the rescue or delegate to an experienced paddler. • River paddlers should keep hold of kit and swim to the riverbank. If possible 2m distancing should be maintained during rescues, masks/buff should be worn, and hands cleaned with gel after the rescue. 		

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		<ul style="list-style-type: none">Supported Tows: Non-Coach led/Peer Paddlers should carry a tow line. Supported tows should be between members of the same household if possible. Paddlers should be wearing face covering e.g. buff and facing the same direction.		

First Aid: see guidance <https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>
<https://www.hse.gov.uk/coronavirus/first-aid-and-medicals/first-aid-certificate-coronavirus.htm> <https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public/resuscitation-council-uk-statement-covid-19>

If possible, a paddler should self-administer first aid treatment with verbal prompting using their own first aid kit.

If first aid has to be administered this should be done wearing a mask/buff, gloves and eye protection if needed as part of the dynamic risk assessment.

CPR: Before starting CPR, to minimise transmission risk, a cloth or towel should be used to cover the person's mouth and nose, while still permitting breathing to restart following successful resuscitation Rescue breaths will not be administered.

Information: Members will be notified of Integrate Paddling Covid19 systems and what is expected of them.