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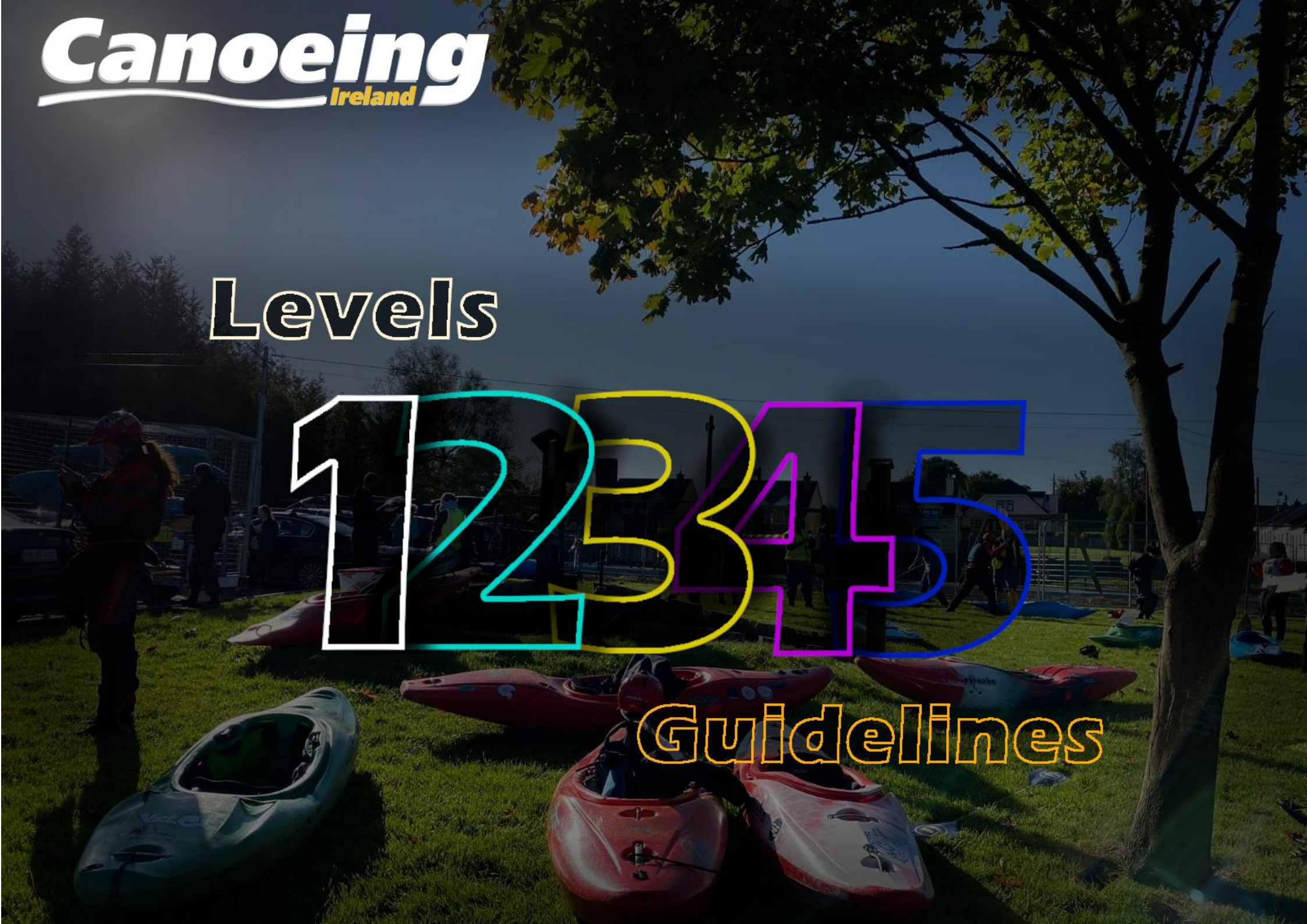
Levels 1 2 3 4 5 Guidelines



Key Considerations to get back on the water

Follow government and HSE advice and legislation

Maintain Social Distancing

Observe hygiene rules

If in doubt – Don't go out

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Considerations for Specific Groups

Activities

Strict social distancing, equipment and building sterilisation and group size protocols need to be followed

Clubs

Club facilities and shared equipment may only be used in Levels 1-3, and then only under strict distancing and hygiene protocols

High Performance

Gym/ indoor training only in Levels 1-3, and then with distancing restrictions. Outdoor training in small socially distanced groups in line with the levels

Events

Events may take place with limited spectators in levels 1 & 2. Including indoor events. Exemptions in level 3 & 4 for elite sporting events, with no spectators

At Risk Individuals

Consideration required for underlying health conditions, ability to maintain distancing measures and requirements of accompanying family/carers.

Training & Education

Instructor training and assessment may take place in level 1&2.
Skills training can take place by following guidelines and making adaptations to rescues

ACTIVITY		Level 1	Level 2	Level 3	Level 4	Level 5
Social Distancing		2 Metres	2 Metres	2 Metres	2 Meters	2 Meters
Training Group	Peer	Yes	Yes	Yes	Yes	No Note 5
	Instructed	Yes	Yes	Yes	Yes	No Note 5
	Coached*	Yes	Yes	Yes	Yes	No Note 5
Group Size		Coach Ratio	15 Note 4	15 Note 4	15	Individual exercise Note 5
Travel from Home		Nationwide	Nationwide (Adhere to specific travel restrictions)	Remain in your county except for necessary travel	Remain in your county except for necessary travel	5km from home radius Note 5
Rescuing	Self	Yes	Yes	Yes	Yes	Yes
	Assisted	Yes	Yes	Yes	No	No
Equipment	Own	Yes	Yes	Yes	Yes	Yes
	Shared	Yes	Yes	Yes	No	No
Event attendants		Indoor Events - 100 Outdoor Events - 200	Indoor Events - 50 Outdoor Events - 100	No events (Except specific exemptions)	No events (Except specific exemptions)	No Events permitted (Except specific exemptions)
Activity	Intro Courses	Yes	Yes Note 1	Yes Note 1	See Note 1	No
	Skills Training	Yes Note 2	Yes Note 2	Yes Note 2	Yes Note 2	No
Facilities	Gym/Showers	With restrictions Note 3	Pods of 6 Note 3	Individual use	No	No
	Social Gatherings	Groups of 10 indoor (From 3 households) 50 outdoor	Groups of 6 indoor (From 3 households) 15 outdoor	From 1 other household	No	No

*coaching refers to performance coaching of established teams/groups within the CI performance system

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Note 1: Introductory Courses

Introductory courses may be run with total number attending below 15, but social distancing, cleaning protocols and risk assessment should be in place to mitigate risks.

Note 2: Skills Training

Skills training permitted from levels 1-3, including contact and rescue training. No close contact training in levels 4 and 5. Appropriate risk assessments are to be carried out in small groups. All other restrictions relating to group size and travel must be observed.

Note 3: Gyms & Showers

These can open with protective measures, taking account of public health advice, including social distancing.

Note 4: Training Groups

Exemption in numbers for professional/elite

Note 5: Level 5 Schoolchild exercise

Non-contact training can continue for school aged children, outdoors in pods of 15. Travel outside the 5km limit is approved to take children to permitted training and exercise.

Level 1	Guidelines
High Performance	Groups can train as normal with protective measures taken. Travel is not restricted, aside from adherence to specific government restrictions for certain counties. Indoor gym work must adhere to social distancing and have protective measures in place, this includes changing and showering. Adequate risk assessment to be carried out monitoring athlete's wellness levels. PD to be informed of any decrements in athlete wellness. Such information will be treated with the utmost confidentiality. A select group of athletes may return to Sport Ireland high performance training centres under strict hygiene protocols.
Sporting Events	Sporting events may take place where strict hygiene is maintained. No more than 100 at indoor events, 200 at outdoor events
Training and Activities	Group sizes allowed up to 15 persons, max group size ratio 1:7 (1:6 for L1/L2 Instructor). Strict equipment & personal hygiene protocols and Social Distancing measures. Use of changing facilities must adhere to social distancing and have protective measures in place. Encourage use of own personal equipment where possible.
Clubs	**Facilities/location:** Normal paddling activities permitted on all water indoors and outdoors once social distancing of 2meters can be maintained. A maximum of 50-100 people (depending on venue size) allowed indoors with at least 2m distance between people from different household with strict hygiene protocols in place. **Equipment**: Use of personal equipment or use of equipment of people within the same home unit recommended. Disinfecting of all shared equipment is required. **Communication**: communication between local clubs and members to aid in avoiding large gatherings of members at same locations.

Level 2	Guidelines
High Performance	Training can take place outdoors in pods* of 15 or indoors in pods of 6, there are exemptions to these numbers for high performance and elite training. Training facilities should have clear signage in place identifying one-way systems and hand cleaning accessories where possible. Training facilities should also cater for Sport Ireland Anti-Doping control areas should any spot-testing occur. Group indoor gym work will only be permissible if adequate hygiene measures can be adhered to. Adequate risk assessment to be carried out monitoring athlete's wellness levels. Any changes to athlete wellness levels to be reported to the NGB in the strictest of confidence. PD to be informed of any decrements in athlete wellness. Such information will be treated with the utmost confidentiality. Athletes who have access to the Sport Ireland Institute should contact the PD to fill out risk-assessment paperwork.
Events	Sporting events may take place where strict hygiene is maintained. No more than 50 at indoor events, 100 at outdoor events. Signage and hand sanitizer must be onsite for events. Prize giving will have to be in a new format. Online entry is also advised.
Training and Activities	Group sizes allowed up to 15 persons, max group size ratio 1:7 (1:6 for L1/L2 Instructor). Strict equipment & personal hygiene protocols and Social Distancing measures. Use of changing facilities limited to where social distancing and protective measures are in place, with strict cleaning of facilities. Encourage use of own personal equipment where possible. Consideration to be made for use of on water activities such as 'rafting up' and contact games.
Clubs	**Facilities/location:** All outdoor activities and training may take place where at least 2m distance can be maintained with a maximum of 15 participants including instructors. All indoor activities and training may take place where at least 2m distance can be maintained with a maximum of 6 participants including instructors. Club facilities may open based on adherence to guidelines & strict personal hygiene protocols - less than 6 people with 2m distance indoors. Access should be monitored, and a robust risk assessment completed prior to opening. **Equipment**: Sharing of equipment once strict personal hygiene protocols with social distancing measures are in place. Equipment can be stored in club facilities once strict personal hygiene protocols with social distancing measures are in place. **Transport**: Shared transport only to be used where social distancing can be applied and face coverings must be worn. **Communication**: Communication between local clubs and members to aid in avoiding mass gatherings of members at same locations.

Level 3	Guidelines
High Performance	Training can take place outdoors in pods* of 15 for non-contact training with indoor training being limited to individual use, there are exemptions for elite level training elite. No travel outside your county for any training activity. Training facilities should have clear signage in place identifying one-way systems and hand cleaning accessories where possible. Training facilities should also cater for Sport Ireland Anti-Doping control areas should any spot-testing occur. Indoor gym work will only be permissible for individuals, and if adequate hygiene measures can be adhered to. Adequate risk assessment to be carried out monitoring athlete's wellness levels. Any changes to athlete wellness levels to be reported to the NGB in the strictest of confidence. PD to be informed of any decrements in athlete wellness. Such information will be treated with the utmost confidentiality. Athletes who have access to the Sport Ireland Institute should contact the PD to fill out risk-assessment paperwork.
Events	No matches or events can take place in a region at Level 3 .There maybe be an exception for our High performance events here. It may be possible to have events for 15 people outdoors. We are seeking clarification on this. No traveling outside your county or region signage and hand sanitizer must be onsite for events. Prize giving will have to be in a new format. Online entry is also advised.
Training and Activities	Group sizes allowed up to 15 persons, max group size ratio 1:7 (1:6 for L1/L2 Instructor). No travel outside your county for any paddling activity. Strict equipment & personal hygiene protocols and Social Distancing measures. Use of changing facilities limited to individual use where social distancing and protective measures are in place, with strict cleaning of facilities. Encourage use of own personal equipment where possible. Consideration to be made for use of on water activities, all contact should be minimized. With self-rescue encouraged.
Clubs	**Facilities/location:** Peer paddling on flatwater once 2m distance is maintained with a maximum of 15 participants. No group indoor training or activities permitted, individual training only. Clubhouse facilities closed. Storage facilities open once social distancing can be maintained with strict personal hygiene protocols. **Equipment**: Sharing of equipment once strict personal hygiene protocols with social distancing measures are in place. **Transport**: Shared transport only to be used where social distancing can be applied and face coverings must be worn. **Communication**: Communication between local clubs and members to aid in avoiding mass gatherings of members at same locations.

Level 4	Guidelines
High Performance	Training can take place outdoors in pods* of 15 for non-contact training with indoor training being limited to individual use, there are exemptions for elite level training elite. No travel outside your county for any training activity Training facilities should have clear signage in place identifying one-way systems and hand cleaning accessories where possible. Training facilities should also cater for Sport Ireland Anti-Doping control areas should any spot-testing occur. Indoor gym is not permitted. Adequate risk assessment to be carried out monitoring athlete's wellness levels. Any changes to athlete wellness levels to be reported to the NGB in the strictest of confidence. PD to be informed of any decrements in athlete wellness. Such information will be treated with the utmost confidentiality. Athletes who have access to the Sport Ireland Institute should contact the PD to fill out risk-assessment paperwork.
Events	No matches and events can take place in a region at Level 4 .There maybe be an exception for our High performance events here. It may be possible to have events for 15 people outdoors. No traveling outside your county or region
Training and Activities	Group sizes allowed up to 15 persons, max group size ratio 1:7 (1:6 for L1/L2 Instructor). No travel outside your county for any paddling activity. Strict equipment & personal hygiene protocols and Social Distancing measures. Use of changing no longer permitted. Sharing of equipment not permitted. Clients must self-rescue and stay withing safe distance to a safe exit location. Consideration to be made for use of on water activities such as 'rafting up' and contact games. Use of buses/cars for trips/shuttle not permitted outside of home unit.
Clubs	**Facilities/location:** Peer paddling on flatwater once 2m distance is maintained with a maximum of 15 participants. No group indoor training or activities permitted, individual training only. Clubhouse and indoor facilities closed. **Equipment**: Use of personal equipment or use of equipment of people within the same home unit only. Equipment must not be left on site and will have to be transported by the owner/member of home unit. **Transport**: Use of buses/cars for travel/shuttle not permitted outside of home unit. **Communication**: communication between local clubs and members to aid in avoiding large gatherings of members at same locations.

Level 5	Guidelines
High Performance	Group training not permitted. Non-contact training can continue for school aged children, outdoors in pods of 15, otherwise individual training within 5km from home only. Adequate risk assessment to be carried out monitoring athlete's wellness levels. Any changes to athlete wellness levels to be reported to the PD in the strictest of confidence. Carded athletes who are using the Sport Ireland Institute facilities will be guided by the Institute's RTT protocols.
Events	No matches and events or any kind permitted. No exemptions
Training and Activities	Paddling activities not permitted, non-contact training can continue for school aged children, outdoors in pods of 15, otherwise individual paddling only. Travel outside the 5km limit is approved to take children to permitted training and exercise. No paddling activity is advised.
Clubs	**Facilities/location:** Paddling activities not permitted, individual paddling only, non-contact training can continue for school aged children outdoors in pods of 15. Clubhouse and indoor facilities to remain closed.

'Pod' System

• Organised Sports training / activity / exercise can do so in multiple pods once sufficient space is available and strict public health protocols are in place.

• The use of multiple pod's is to assist with minimising the number of people in a group while acknowledging that some outdoor and indoor facilities have the capacity to cater for larger numbers of people in a safe manner and within public health guidelines. People participating in pod training can be from different households.

• The number of pods in a given facility or area will depend on the overall size of space available. At present, the overall numbers within an Indoor facility should not exceed 50.

• The space between pods will depend on the nature, duration and intensity of the session but it should be clearly evident that the pods are independent groups not interacting with one another. At a very minimum Social Distancing of 2m between pods should be implemented.

• Depending on the frequency of activity (i.e. multiple times in a week) it may be helpful for participants to stay within the same pod.

• A coach or instructor may oversee more than one pod and should be counted in the overall numbers.

• The 6 indoor /15 outdoor participant restrictions do not apply to competition, events, or tournaments

The coach should not move freely between pods but rather oversee the activity of the pods

Considerations and Specific Requirements

General Considerations

- To facilitate contact tracing if necessary logs of participants should be kept, either through electronic means using one of the aps available or manually.
- Each facility/club should appoint a COVID Officer with the necessary training to oversee operations and advise facility management.
- It is important the everyone recognises their duty of care to other participants and takes responsibility for adhering to social distancing and hygiene regulations.

Equipment

- Ensure that paddle sport PPE (Personal Protective Equipment) is fitted correctly this can be done by instruction and demo without the need for physical contact, PFD can be check by the person wearing the PFD by placing the thumbs under the shoulder straps and lifting up there should be little to no upward movement in the PFD.
- Consider the equipment that you are using, does the paddle craft you are using allow for ease of rescue and can you get someone back into or on the boat/board while maintaining social distancing.
- Consider the addition of increase flotation (airbags) to reduce the weight of the kayak/canoe by reducing the volume of water that it can hold.
- Can an individual be instructed to carry out a self-rescue by a more experienced person? Can a member of a person's household unit be guided to help the person get back on or into the boat/board.
- Can you carry additional methods of bailing a kayak/canoe so that people bail the water out and not need external intervention to empty the boat.
- Has all equipment undergone a rigorous cleaning and disinfection process especially soft material equipment in accordance with the manufacturer's guidelines?

People

- Are these people physically healthy, and are they showing any symptoms or Covid-19?
- Are the skills sets of the people suitable for the environment you are in? Are these people able to self-rescue?
- Can these people be guided/instructed to self-rescue with direction form a more experienced paddler?
- Can these people swim to a suitable location where they can empty and/or re-enter their canoe/kayak/board without assistance form some else or with the help of a member from their household unit.

Activity

- Has the activity been risk assessed with the new government guidelines considered?
- What is the likelihood versus consequences in terms of risk assessment for your chosen activity?
- Have considerations been made for the quality of water in your activity area. (research suggested that Covid type virus maybe more prevalent in low water quality areas especially areas where raw sewage could enter the water environment.)
- Does the activity match the level of ability for the people taking part in the activity?
- Have you included additional safety briefing and discussed what would take place in the case of someone needing a rescue?
- Have considerations and plans been made if there is some requiring medical attention and how this will be dealt with.
- Have considerations being made to group family/household units together in the same groupings.
- Have journeys and trips been modified to stay with in recommended distances. Has consideration been given to ensure that exit points for the trip are suitable and accessible by all members of the group?
- We would advise for phase 1 and 2 that all sessions are done near shoreline/ bank so self-rescue is possible

For any further clarification or specific questions please contact Canoeing Ireland Directly

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