

# **Canoeing** Ireland

## **Return to Paddling Guidelines**



**Stay Clear**

**Stay Clean**

**Stay Safe**



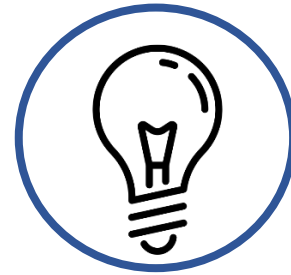
# Key Considerations to get back on the water



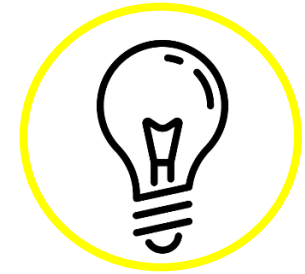
**Follow government and HSE advice and make responsible decisions**



**Maintain Social Distancing where possible**



**Observe hygiene rules**



**If in doubt – Don't go out**

# Return to Paddlesports: September 2021 Update



## Outdoor Activity

Organised outdoor paddling activity including contact sport can resume with no restrictions to numbers



## Travel

You can travel between counties in Ireland.



## Competition

Competitions may resume with no restrictions to numbers



## Outdoor Gatherings

Organised outdoor gatherings may take place with no restrictions to numbers



## Indoor Facilities

Use of indoor changing facilities in line with pod system



## Shared Equipment Outdoors

Equipment sharing permitted if disinfected before and after each use.

ACTIVITY		DETAILS (Valid September 20 <sup>th</sup> )
<b>Social Distancing</b>		Always follow social distancing protocols where possible including safe hygiene practices and use of PPE
<b>Contact Tracing</b>		All participants/members should have contact details recorded for contact tracing purposes
<b>Pod Systems</b>		Pods are groups of people from two or more households involved in an activity where social distancing is not always possible. Care should be taken to socially distance from one another as much as is possible within the Pod including the use of facemasks when off the water, considerations to time spent at the activity. Pods should not mix with other pods.
<b>Recreational, Educational &amp; Competitive Training</b>	<b>U18s</b>	No limit to numbers of participants (Follow Instructor ratios)
	<b>Adult</b>	No limit to numbers of participants (Follow Instructor ratios)
<b>Contact Sports Training</b>		Training which involves contact (i.e. rescues) is permitted
<b>Outdoor Gatherings</b>		Yes
<b>Club/Non-Elite Outdoor Competition</b>	<b>20<sup>th</sup> September</b>	All restrictions removed. No limit to numbers of participants
<b>Travel from Home</b>		Inter-county Travel Permitted
<b>Rescuing</b>	<b>Self</b>	Yes – self-rescue should be used where possible
	<b>Assisted</b>	Yes
<b>Equipment</b>	<b>Own</b>	Yes
	<b>Shared</b>	Yes – Strict cleaning protocols must be followed before and after use of shared equipment.
<b>Location</b>	<b>Flat Water</b>	Yes
	<b>Moving Water</b>	Yes
<b>Indoor Facilities</b>	<b>Changing/Shower</b>	Yes. Strict distancing and capacity limits. If users have mixed immunity a pod system is required <b>Note 1</b>
	<b>Toilets</b>	Yes
	<b>Kitchen/Catering Area</b>	Yes
	<b>Indoor Training Area</b>	Limits of 100 participants if fully immune. Pods of 6 with mixed vaccination status <b>Note 1</b>

**Note 1: Indoor Training from September 20th**

Organised indoor group training can take place with capacity limits of 100 people (with appropriate protective measures) where all participants are fully vaccinated, or immune.

Where participants have mixed immunity status, pods of up to 6 participants will be permitted (excluding adult leaders/trainers). Multiple pods will be permissible subject to protective measures.

- Coaches and trainers are asked to refer to the HSE guidance on wearing of face coverings, which is available here. [Info on face coverings](#)

### **Additional Points:**

- It is important to note that Sporting Organisations wishing to carry out one to one or individual training indoors should incorporate the guidance outlined in this document into their existing Covid 19 Return to Work and Return to Training Policies and Procedures. This document is not sufficient in isolation.
- The ongoing allowance of indoor activity will be dictated by the Public Health Situation and whether sporting facilities are open.
- This guidance applies to the indoor sporting activity of National Governing Bodies of Sport (NGBs) and the Network of Local Sports Partnerships (LSPs).
- The training must be supervised by a coach or a trainer accredited by the relevant NGB / LSP.
- NGBs / LSPs will have responsibility for approving the training activities to be undertaken. Sport Ireland is available to provide guidance to Sport Ireland recognised NGBs/LSPs where required.
- NGBs/LSPs must give an assurance that protective measures will be strictly adhered to and that they have the resources locally to monitor compliance by clubs and groups.
- Any club or group that is not in a position to apply these measures or enforce them should not hold training sessions.
- This continues to be on an opt-in basis for participants.
- Records should be maintained for all cleaning

### **Considerations for Activity**

#### **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 checked 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 from 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 from someone 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.
- 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 within recommended distances. Has consideration been given to ensure that exit points for the trip are suitable and accessible by all members of the group?