



Friends Of Allonby Canoe Club Liverpool

Canoeing and Kayaking Merseyside & beyond since 1981



Hi All

I hope you are all keeping well and safe.

As you can appreciate the last couple of months has been difficult and everybody has done their part in helping to tackle this virus, so we have had to consider our next steps to further paddling at the club carefully as not to effect the hard work and sacrifices already made to reduce the virus and its effects.

Thank you for your efforts so far.

As a club we have had to carry out continuous risk assessments detailing considerations and actions we need to put in place to reduce the risk of anybody catching the virus when paddling within the club. We have now updated these documents in line with the new updated guidelines issued by BC and the Government

I have attached a copy of the risk assessment.

The club are proposing to lift some paddling restrictions and allow progress to paddle under strict rules which must be adhered to at all times, any breach of the rules and procedures will effect the club opening its facilities, water and may also effect your ability to use the facilities.

The rules will be put into place as not only to look after peoples safety but we also need to consider how the club is viewed by the public, other dock users and residents of Collingwood dock.

Please can I ask parents and guardians of youth paddlers to read the guide lines and discuss with their children.

Any concerns regarding any club activities can be raised with myself or any club committee member.

- **Who Can Paddle under british canoeing guide lines**
 - These guidelines are based on same rules as the government have published for outdoor exercise, with the exception of you will be on the water so we need to ensure sufficient people and the ability of people on the water in case of an emergency.
 - Paddlers must be current members of FOACCL, membership expired 1st April 2020 please confirm you have renewed your membership.
 - We can now look at new members with less experience starting to paddle under strict guidelines.
 - **Individual paddler**
 - A individual paddler can attend to paddle if they are a competent paddler and sufficient other people on the water to allow cover in an emergency
 - Individual paddler must keep a minimum distance of 2M from all other paddlers.
 - **Individual paddler and up to 5 friends**
 - A individual can make arrangements to paddle with a group of friends from other households
 - The group must keep a minimum distance of 2M from each other and all other paddlers.
 - **Household group or bubble**
 - A household/bubble group can paddle together.
 - The household/bubble group must keep a minimum distance of 2M from all other paddlers.
 - **Do not attend if you have the slightest doubt that you may be carrying the COVID-19 virus**
 - If you suspect you have COVID-19 and have used the club facilities report this to committee member immediately and self-isolate
 - If there is a reported contamination on site the use should stop and users informed of potential contact with the virus.
 - **Do not attend** If you or any family member living at home with you has symptoms of COVID-19 or suspect they may have the symptoms (dry repetitive cough/ a high temperature).



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- Follow [Public Health England guidelines](#) including, where possible, maintaining a 2m distance from others at all times
- **Access and attendance to session.**
 - You must book into the session min 2 days before and you will be given a time where you can access the water, please arrive at you access time. Details below.
 - We need to know how many people will be attending the sessions and if the session may be booked up and access may be declined.
 - There will be no buildings or facilities open.
 - No Changing rooms.
 - No showers
 - No kitchen facilities
 - No washing facilities.
 - You will need to get changed in your own vehicles, or arrive and leave in your kit.
 - A key holder will attend to open up external gate and club gates only.
 - The key holder will clean and disinfect relevant touch points, handrails etc.
 - The key holder will be in attendance during the session.
 - Any other non paddlers, drivers, parents etc must follow social distancing guide lines when on site.
 - When you have finished your session please leave asap.
 - **The toilets showers and facilities the residents use at the centre are only to be used in an emergency and must be cleaned before and after use.**
- **Paddling kit**
 - Paddlers to use there own kit were possible all kit, boats, paddles etc must be removed from site after use.
 - Although the boat container will be open for you to gain access to your boats they cannot be stored after use.
 - If you require to use club kit this must be done by prior arrangement.
 - The kit will be signed out to you and will be your responsibility until further notice.
 - You will be asked to store the kit in a designated storage area specific to you.
 - You will then use the same kit for future sessions until the guide lines change.
- **On the water.**
 - Please allow sufficient space and time when accessing and exiting the water.
 - We are opening up for you to paddle there should be no congregation of groups on the water.
 - You should not paddle close to the resident's barges within the dock.



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- **New inexperienced paddlers**

- We can now look to encouraging new inexperienced paddlers to paddle under the following guide lines:
 - Groups to be no larger than 6 including coaches.
 - Groups are to observe 2m social distancing.
 - Groups to paddle within collingwood dock area only.
 - Weather conditions are to be considered before session starts.
 - Paddlers are advised to wash hands and sanitise before and after the session
 - Equipment to be used
 - The paddler is to be booked in and advised of procedures.
 - The paddler is to arrive in suitable paddling kit and advised of restricted changing facilities.
 - The paddler is to be issued with Boat, BA, Cag and paddle which has been washed and not used for 72hrs
 - Following use the boat and paddle are to be washed and stored for 72hrs
 - The BA and Cag are to be washed dried and stored for 72hrs before reuse
 - Inexperianced paddlers are to use sit on top or large cockpit boats for ease of exit in the event of capsise
 - Slopped emergency access points have been set up at the end of pitch 2
 - The slopped access point will allow inexperienced paddler to exit the water with kit without assistance.
 - Access ladders will be available at the end of pitch 2
 - In the case of capsise the coach is to use end of boat or tow line to tow capsised paddler and equipment to exit point.
 - Additional throw lines will be available on pontoons to assist if required
 - The coach is to follow 2M social distancing guide lines unless in an emergency.

- **Return of Canoe Polo training and game play**

- **The British Canoe Polo Committee have issued guide lines to the government and sports England for the sport to recommence.**
- **THE CPC Guidelines must be read and followed by all players.**
- In relation to the club canoe polo training and game play can recommence under the following guide lines
 - **It is the individuals choice to participate or not please respect the individuals decision**
 - **CPC guidelines must be followed.**
 - **The guide lines below are for club training sessions and game play, in the event of a tournament or visiting teams attending seperate guidelines and event documentation will be required.**
 - Players must clean and sanitise before session
 - Balls must be cleaned and sanitised before session
 - Players must regullary clean and sanitise hands and ball during the session the recommendation is every 10Mins during game play.
 - Please provide your own sanitiser, there is some on site but we cannot run the risk of running out.
 - Social distancing guide lines must be observed when not in game play.
 - No shouting between players, officials and coaches.
 - No sprint starts
 - No unnecessary celebrations, hand shaking or celebration.
 - Limit the number of people on the pitch the the minimum required
 - No sharing of whistles and time keeping equipment
 - No sharing water bottles
 - No spitting

- **General**

- Facilities available



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- Changing rooms Cannot be used.
 - Users must make arrangements to get changed within their own vehicles.
- Toilets and showers
 - The toilets and showers within the center are to be used in emergency only and it is your responsibility to clean before and after use. Consideration to the residents must be observed.
- Meeting room
 - Kitchen area cannot be used
- Viewing area is being used for individual boat storage.
- **Maintain good hygiene practices:**
 - Wash hands for a minimum of 20 seconds with warm/hot soapy water prior to leaving to attend and on return from the session.
 - If soap & water is not available use hand sanitiser as per manufacturers recommendation
 - Wash your hands regularly but not limited to before using the toilet, eating, drinking, smoking
 - When you cough or sneeze cover your mouth and nose with your hands or a tissue and dispose of any tissues in the bin immediately and wash your hands.
- **Session times:**
 - Current sessions will be limited to the following:
 - Saturday session 10am to 1pm
 - Tuesday Session 6pm to 8.30pm
 - Thursday Session 6pm to 8.30pm
- **Booking in:**
 - If you wish to paddle please use the booking in system which is on the club website.
 - **All people attending need to have read and agreed to all the guide lines detailed.**
 - Date you wish to paddle
 - Names of paddlers attending in your group
 - Names of any other person attending, driver etc.
 - Confirmation of club membership
 - **Please confirm all members attending have read and understood the guide lines detailed.**
 - Please confirm if you require to pick up any kit.
 - Please confirm if you require to lend any club kit.
 - You will then be emailed confirmation and an attendance time.
 - This attendance time may be any time during the overall session time.
 - Please do not assume it will be the overall session time
 - You will be informed of your start and finish times.
 - Please attend for your session time.
- **Maintenance works**
 - Over the past number of months, the club facilities have changed greatly due to the hard work of several club members attending regularly to complete jobs and maintain the facilities. This work will need to continue for us to keep improving what the club has got, but due to current restrictions this work will need to continue during planned visits by groups of people following the social distancing guidelines.

Please keep safe

Keith Meadows
FOACCL Chairman