



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.

As a club we are doing our best to introduce the correct procedures and measures to lower the risk of the COVID virus but we need your help in ensuring the measures are followed.

Thank you for your efforts so far.

As a club we have had to carry out continues 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.

As the numbers attending and the introduction of new paddlers we have had to introduce further measures.

The club are now allowing members to paddle under strict rules which must be adhered to at all times, any breach of the rules and procedures will affect the club opening its facilities, water and may also affect your ability to use the facilities.

The rules have been put into place as not only to look after people's 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 guidelines 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 guidelines**

- **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 or taking part in a pre-arranged go canoe session.**
- **We have now allowed new members with less experience starting to paddle under strict guidelines.**
- **Individual paddler**
 - An 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**
 - An 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



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- If there is a reported contamination on site, the use should stop, and users informed of potential contact with the virus.
 - If you are contacted by the club and informed you may have been in contact with somebody with the virus we would recommend you request a COVID test via the GOV website.
 - 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).
 - Follow [Public Health England guidelines](#) including, where possible, maintaining a 2m distance from others at all times
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- **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.
 - The club are obliged to keep a register of people attending site including non paddlers, if you have not pre booked please ensure you have registered your attendance on site.
 - There will be no buildings or facilities open.
 - No Changing rooms.
 - No showers
 - 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 guidelines 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.**
 - **Access points**
 - **A one way system has identified to prevent congestion points and we request specific groups access the water at different points and times.(Please make yourself aware of access routes)**
 - Hand sanitiser stations have been located at entrance and exit points as well as pitch side.
 - Senior competition paddlers attending with own kit are asked to park on tarmac area inside first gate and access the water by the steps onto the pontoons.
 - Junior paddlers and parents are asked to park in first car park and pick up kit from boat stores and access the water by the ramp.
 - General paddlers are asked to park in first car park and access the water via the ramp.
 - Spectators and parents are asked to observe social distancing.
 - **Paddling kit**
 - Paddlers to use their own kit were possible all kit, boats, paddles etc must be removed from site after use.
 - Personnel boats can only be stored on site with permission and must be stored in individual storage areas
 - Personnel boats must be cleaned if used in any other water to Collingwood dock.
 - 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 guidelines change.
 - You will be allocated a specific storage area.
 - Equipment used for new members must be cleaned and stored for 72hours before use.



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- **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.
 - Please observe the social distancing guide lines when on the water, unless in game playing when Canoe polo guide lines are to be followed.
- **New inexperienced paddlers**
 - We can now look to encouraging new inexperienced paddlers to paddle under the following guidelines:
 - 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
 - Inexperienced paddlers are to use sit on top or large cockpit boats for ease of exit in the event of capsize
 - 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 capsize the coach is to use end of boat or tow line to tow capsized 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 guidelines unless in an emergency.



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- **Return of Canoe Polo training and game play**
 - **The British Canoe Polo Committee have issued guidelines 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 guidelines
 - **It is the individual's choice to participate or not please respect the individual's decision**
 - **CPC guidelines must be followed.**
 - **The guidelines below are for club training sessions and game play, in the event of a tournament or visiting teams attending separate guidelines and event documentation will be required.**
 - Players must clean and sanitise before session
 - Hand sanitiser stations have been located at entrance and exit points as well as pitch side.
 - Balls must be cleaned and sanitised before session
 - Players must regularly 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 guidelines 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 minimum required
 - No sharing of whistles and time keeping equipment
 - No sharing water bottles
 - No spitting



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- **General**
- Facilities available
 - Hand sanitiser stations have been located at entrance and exit points as well as pitch side.
 - 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 can be used if the shutters are up and social distancing is observed.
- **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.
 - Water tap and washing facilities available at the end of the viewing area.
 - If soap & water is not available use hand sanitiser as per manufacturers recommendation
 - Hand sanitiser stations have been located at entrance and exit points as well as pitch side.
 - 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
 - Daytime summer development sessions will be ran dependent on coach cover.
- **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 guidelines 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 guidelines 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.
- **Club Facility use and future events**
 - Any club facility use and future events will be covered by separate guide lines and risk assessments.



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- **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