



Friends Of Allonby Canoe Club Liverpool

Canoeing and Kayaking Merseyside & beyond since 1981



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 starting paddling at the club carefully as not to effect the hard work and sacrifices already made to reduce the virus and its effects.

The start to paddle will be a gradual one and all actions and decisions the club makes will be in line with the government and british canoeing guide lines and it may be nesarcary to close again at short notice if required.

As a club we have had to carry out a risk assesment detailing conciderations and actions we need to put in place to reduce the risk of anybody catching the virus when returning to paddling within the club.

I have attached a copy of the risk assesment.

The club are proposing to allow members to return to paddle under strict rules which must be adheared to at all times, any breach of the rules and procedures will effect the club opening its facilties, 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 concider how the club is viewed by the public, other dock users and residents of Collingwood dock.

Please can you read and agree to the procedures and rules detailed below. I have also attached a copy if you need to print them.

See You soon.

FOACCL Committee.



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• Who Can Paddle under British canoeing guide lines

- These guidelines are based on same rules as the government have published for you going for your daily 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.
- Initially only competent paddlers will be allowed until we can make arrangements for one to one coaching for less experienced paddlers.
- Paddlers must be current members of FOACCL, membership expired 1st April 2020 please confirm you have renewed your membership.
- **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 friend**
 - A individual can make arrangements to paddle with a friend from another household
 - The pair must keep a minimum distance of 2M from each other and all other paddlers.
- **Household group**
 - A household group can paddle together.
 - The household 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).
- 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.



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- 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 access via second inner gate to park or access the centre.
- There will be no buildings or facilities open.
 - No Changing rooms.
 - No toilets
 - 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 will be asked to leave site why the session is on.
 - We cannot have people congregating even if they are 2M apart.
- When you have finished your session please leave asap.
- **The toilets showers and facilities the residents use at the centre are strictly out of bounds.**

• **Paddling kit**

- **Initially until we can put things into place.**
- Paddlers to use their own kit where 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 take the kit home with you as it will not be able to be stored after you use.
 - You will then use the same kit for future sessions until the guidelines change.

• **On the water.**

- All paddlers must be a minimum of 2 meters apart.
- No balls allowed 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 share any equipment with other family/household groups.



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- You should not paddle close to the resident's barges within the dock.
- Groups within the pitch areas should be limited to one group per pitch to prevent congestion.

General

Facilities available

- 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 not to be used consideration to the residents must be observed.
- Meeting room
 - Kitchen area cannot be used
- Viewing area can only be used by the key holder for observation only.

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:

- We plan to start sessions from Saturday 23/05/20
- 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 email committee@friendsofallonby.org.uk with the following details:
 - **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.



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- 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.
- We will aim to arrange one to one coached sessions for inexperienced paddlers over the next few weeks but this may not always be available under the current conditions.

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.
- Over the next few months hopefully we can achieve our goal of spinning the pitches and adding a third pitch as well as upgrading the pitches and goals.