

## How we are keeping you safe at Sheffield Canoe Club

### Corona Virus:

British Canoeing has come out with a set of instructions for us to follow to keep us all safe as well as the current government guidelines.

The changes:

Social distancing to be to the current guidelines for everyone at the river 2m except for family bubbles.

- Online 'web collect' to pre-book and pay for sessions or correct cash on arrival. But you must pre book either way.
- Staggered start times at the river.
- You are advised to use all your own kit where possible.
- To wash your hands before a session starts and at the end of the session.
- Club kit can be used, but not put away until it has been disinfected, hung up to dry until the end of the last session. (including kayaks and paddles)
- Fresh kit for each session.
- Only in groups of 6. A coach and 5 people
- You must be able to self-rescue or have someone willing to help you from your family bubble.
- No inexperienced river paddlers at this stage. Except with someone within their social bubble with them who is ready willing and able to rescue them if necessary.
- Everyone at the river will need to complete a form for track and trace in the event of illness. We hold these for 21 days.
- People not paddling will need to be prepared to get wet to rescue their family member (ask about a rope rescue session)