



## Paddlers for Life Windermere

To relieve sickness and protect and preserve good health for persons facing cancer, in particular but not exclusively breast cancer, or persons in need of rehabilitation as a result of such illness within Cumbria and Lancashire by providing or assisting in the provision for physical activity and recreation, notably Dragon Boating.

### Return to Paddling Plan (as of March 2021)

This plan from the Trustees provides measures that will be taken before, during and after all paddling activity. This document refers to current UK Government guidance for England and is subject to change in response to the COVID-19 Alert Level, community prevalence of disease or any changes to Government Guidance.

### Action Plan

Our return to dragon boating paddling will be as follows:

**From Thursday 20<sup>th</sup> May 2021 to Sunday 20<sup>th</sup> June:** a return to paddling with a crew of 8 paddlers and a helm (no drummer). Paddlers to be seated as instructed by the helm and to remain in those seats throughout the session. Unfortunately, we can't accommodate visitors during this time.

**From week commencing 21<sup>st</sup> June 2021** the government hopes to lift all national restrictions so we will review and update this plan before that date. However, we may choose to keep some of the restrictions in place and all paddlers will be expected to comply.

### Before, and when, we return to paddling we (the Trustees) will do the following:

- Communicate this plan to all participants.
- Ensure our facilities are as Covid-19 safe as possible.
- Put in place a booking system for paddling sessions to ensure that only people with a place in the boat arrive at Low Wood Marina at their allotted time. (E.g. initially 3 sessions on a Sunday 10am, 11.30am and then 1.30pm).
- Ensure all new paddlers receive a full safety briefing and instructions.
- Ensure all paddlers receive the latest safety guidance.
- Communicate with all participants should someone develop Covid-19 symptoms.

***The key COVID-19 risk associated with paddling in a dragon boat at this time is the risk of droplet transmission from other paddlers. This risk is increased the longer a paddler is near another paddler. The session lengths will be shorter than usual by ensuring that warming up and down and getting the boats ready is done as quickly as possible. Initially we will spend approximately 45 minutes on the water after approximately 20 minutes for warming up, safety reminders, and getting the boat on the water and paddled round to the pontoon jetty (if the main jetty is busy.)***

### Prior to attending for the first time EVERYONE must:

- read this Return to Paddling Plan.
- assess their own COVID-19 vulnerabilities and risk levels and not paddle if they feel unsafe (there will be a place for you in the boat when you are ready.)
- read and sign a current indemnity form which includes following all Pfl Covid-19 requirements.
- complete the annual (online) Pfl membership form providing us with personal details e.g. address and phone number etc.

## Off the water

Prior to arriving at the marina **all participants** must:

- Undergo a self-assessment for any Covid-19 symptoms. No one must turn up at the marina if they, or someone in their household or support bubble has any of the symptoms identified in Government guidance [HERE](#).

## On arrival and pre/post paddling:

- Participants should wash or sanitise their hands regularly.
- Marina facilities and toilets must be used in accordance with Marina rules and regulations.
- Social distancing in accordance with Government guidelines must be maintained where possible and participants should wear face coverings at all times, including in the boat and when paddling.
- Personal Items must be left either in a participant's vehicle or taken in the boat. No shared valuables bags or spaces to be used.
- Warm-up and down to take place with participants having enough room to provide social distancing of at least 2m. Participants not to exercise face-to-face.
- Boat preparation, launching and recovery to involve as few participants as possible. The helm will provide instructions.
- Only two people (maximum) in the garage at a time.
- Boat seats to be disinfected before and after each session.
- The helm is responsible for disinfecting the steering oar before and after the session.
- Paddler equipment is not to be shared between paddlers during a session.
- Where possible participants should use their own personal equipment e.g. buoyancy aid and paddles (where they have them) which should be clearly named to avoid touching other paddlers' equipment.
- Shared equipment is to be minimised and must be disinfected before and after each session.
- Equipment used in the boat, such as water bottles and hand sanitiser, are to be fixed in the boat, or to the paddler to avoid items rolling around in the boat.
- Boat to be loaded, in order, from the front (or back) always maintaining social distancing on the instructions of the helm. Participants should only touch and sit in their pre-identified seats.

## On the water

- The helm's instructions should be followed at all times. Helm to use a mic/vox cox to avoid shouting.
- As there will be no drummer the helm will give all paddling instructions. Directions will be kept to a minimum with the emphasis on a gentle paddle and definitely no racing or intense sessions that would involve heavy breathing.
- Paddlers should always remain facing forwards and talking in the boat should be kept to a minimum.
- Hand sanitiser (individual bottles) should be taken in the boat and used regularly by all paddlers.
- Paddlers must avoid touching other paddlers and cough or sneeze away from other paddlers.

## After paddling

- Please leave the marina as quickly as possible. The helm will ask a few paddlers to help with the equipment/boats.

**Any questions or concerns should be directed to the Trustees as soon as possible.**

**Rowena, Sara, Liz, Anita, Lynne and Patricia 07547373591 March 2021**