



Chelmarsh Stand Up Paddle Board COVID-19 Start Up Operations – Phase 2

Base: Chelmarsh SUP Standard Operating Procedure

<https://www.britishcanoeing.org.uk/news/2020/covid-19-update-guidance-for-paddlesport-centres-and-hire-providers-1>

Training and Hire

Training 1 Instructor to up to 5 non-related participants or 1 household group max 5.

Club Equipment Boards for courses or by pre order.

Club equipment wetsuit PFD by pre order.

Course and Hire Equipment COVID-19 Procedure

Equipment prepared and placed by Instructor for collection following disinfect guidance/

Users to wash/disinfect hands before using equipment/

Training Courses Boards to be placed on bank distanced by Instructor/

Post use all PFD wetsuits to be returned to Instructor and placed for Disinfection/

Post Use Boards and paddles to be washed down using external tap and then disinfected / stored as procedure below.

Instructor Procedures re: Equipment

Prep

Wash hands on arrival Instructors to be personally responsible for sanitising/cleaning any touch points pre touch (door handles, keys, locks etc.).

Unlock Container Lock when not in use to prevent unauthorised access.

Prepare and place any wetsuits and PFD which have been pre booked for collection.

Place Boards and paddles for courses on bank.

Disinfect touch points (carry handles inflation ports nose and tail and paddle shafts) with wipe over from paper with sanitiser gel or soap solution.

COVID-19 briefing remind non household members not to touch others equipment responsibility for carrying equipment etc. lies with course member or a household supporter).

Post

Participants carry equipment to external tap Boards washed down with water tap sanitised after use (wiped with paper towel and disinfect).

PFD and Wetsuits placed in pile for Instructor to manage outside garage.

Boards for reuse may be returned to bank and then disinfected as prep.

Boards for storage Instructor plus 1 helper (if required) may store boards.

Instructor enters container first so helper only needs to access rear of container.

Boards lifted and placed on racks. Helper asked to wash hands pre and post storage.

Instructor wipes board contact points (nose carry handle inflation port with paper towel and soap or gel. Board allowed to dry completely before re use.

Paddle shafts and handles cleaned with paper and soap solution or gel.

Container closed and lock sanitised after use using paper and gel or soap.

All used papers to be placed in bin.

Instructor opens garage and places wetsuits in washing machine.

Instructor either dunks and washes PFD or sprays with 60% alcohol spray to disinfect PFD returned to storage room and placed on racks with date of use dividers.

Instructor disinfects touch points on washing machine container garage etc.

Instructor Procedures re Training Courses

As SOP but self-rescue techniques covered repeatedly and practiced on land water demo by Instructor. COVID-19 briefing pre course to remind all participants re social distancing.

Instructors to be responsible for all hire/courses and to regularly review procedures Instructors to provide PFD system with dividers to ensure compliance with infection control.

Operations

Phase 1 Operations for members continue unchanged.

Buddy SUP

Social Distancing as guidelines (members same household or no more than 6 individuals from different households)

Own Equipment and own clothing: change in cars or at home.

Existing members own boards.

Prospective members own boards after liaison with Instructor (one household group max 5:1 Instructor) to allow induction, rules etc., such meetings to be prefaced by zoom/skype calls to pre-arrange times social distancing.

All SUP members should post on the SUP closed members only Facebook Group when they intend to SUP – this helps us monitor numbers and supports contact tracing if it is needed.

No need now to “close” session with report but any issues to be reported to LH/DP

Launch

Follow Club guidance on car parking.

Carry own equipment to the beach.

SUPs may only launch from the beach and should launch distanced from others.

Protocol for launch area to ensure rapid deployment to clear area for others, no more than 4 vessels to launch/recover at any time.

Activity

Buddy SUP as existing rules.

Onlookers to remain socially distanced and to move away from launch area/beach.

SUP activity to "starburst" use different areas of reservoir.

Follow best guidance re social distancing.

Post Activity

Wash down boards external tap hand sanitise tap after use.

Access to toilets provided but no use of changing facilities sanitise entry code and door handle after use.