

**The following notes apply to visitors and participants of the HotDoggers paddlesport sessions held at LOPC**

You should not attend the session or visit the site if you any signs of the symptoms of COVID infection or should be self-isolating for any reason.

Whilst we make every effort to send your group out on their desired boat type, weather conditions, kit availability and canoe leader availability may mean we need to adjust our plans on the night and use alternate boats.

Leaders to carry masks and gloves and use them when appropriate.

If you need to go inside the building, please wear a mask at all times and use the hand sanitisation provided.

There are 3 section groups arriving at 6pm, 6:15pm and 6:30pm. Collection times will vary as we progress through the summer, but we aim to get all the groups off the water before sunset, again with 15 minute staggered finish times. Please try and stick to your allotted arrival time for drop off and collection and avoid mixing with other sections.

It would help if section leaders who are not paddling could assist bankside and help with general organisation kit allocation and return under the guidance of the canoe leaders. The section leaders can paddle if they want to and we can maintain canoe leader ratios.

A canoe leader to meet each section in the front car park. If parents are waiting, remind them to maintain social distance from other parents and youth paddlers.

Paddlers are to be directed to the outside hand wash area and then to the grass area by the kit cage where their section leader will hand them over to the canoe leaders who are leading each group.

Ideally, canoe leaders should access the the stores and in this confined area it is important to maintain social distancing and/or wear masks.

Please advise your paddlers that they must not share or swap BAs or paddles during the session. At the end of the session, we need to isolate and clean equipment so please do not just abandon the kit on the floor or put it back into stores without the direct supervision of a canoe leader.

Advise paddlers to use the outdoor wash area after the session.

There is no routine access to showers, but toilets and changing are accessible if required but we must limit the numbers using the changing and toilets at any one time to allow for social distancing. Showers must only be used in an emergency situation and then with strict isolation and must be cleaned after use. There is a one-way system in place for changing room access from the outside doors - up the ramp, down the steps.

Paddlers should arrive changed and ready to paddle. It is our intention that they should remain dry enough to return home in their paddling kit, but it would be advisable to have a towel or bag to sit on for the return journey.

Appropriate paddle clothing and kit required:

- swim shorts/leggings/joggers (not sweat pants)
- T-shirt or sports top
- Wetsuits are acceptable but are often too cold in the winter and too hot in the summer.
- Light trainers or pumps. Avoid thick soled/heavy trainers where possible as kayaks can have limited foot room for larger feet.
- For colder weather, a long-sleeved top or waterproof jacket/cagoule is required.
- For hot weather, insect repellent and suncream are advisable as is a cap.
- If you need to wear glasses when paddling attach a cord or string that can be used to secure the glasses to the BA or other clothing.
- No hoods to be visible and need to be tucked in, and no open loops on clothing
- You will not be allowed to paddle in jeans sweatshirts/sweat pants, heavy jumpers, heavy boots, wellingtons or sandals.
- You must bring a full change of clothes, towel and shower gel but after most sessions, people can go home in paddle kit.

Encourage people to leave the site promptly but politely at the end of the session to avoid mixing with other section groups who are leaving after them.