

# Guidance for paddling in COVID 19 environment for Sea Kayaking Alice activities

Updated 5th June 2020

Based on the [phase one guidance from SCA](#) and the [SCA graphical roadmaps of activities](#)

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## Basic principles

A set of basic principles for sea kayaking activities as we begin to phase back in with the easing of lockdown:

- Stay at home if you are showing symptoms of Covid-19 or should be self-isolating from contact with someone suspected to be infected with C-19.
  - If you fall within a high-risk group consider carefully if you wish to risk infection through joining others, even though it is outdoors and with special measures in place.
  - Bear in mind that you may be asymptomatic and act accordingly, maintaining social distancing and be vigilant with hand hygiene when touching surfaces
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## Key Considerations

### **MAINTAINING SOCIAL DISTANCING.**

- The vast majority of sea kayaking activities can take place whilst maintaining 2m social distancing.
- Boat carrying, launching and landing can take place with a 2m distance.
- Briefing, communicating taking place outside with the 2m distance being achieved.

### **HYGIENE**

- Hand washing with soap or sanitisers to take place at the start and end of the session before any kit or boats are handled.
- Hand washing to take place after any contact with unknown surfaces, after rescues, contact with unknown surfaces and particularly before eating & drinking even on the water.
- Face masks should be worn when zipping drysuits of others and adjusting kit and requiring closer than 2m contact with another person. This should be avoided if possible.
- Upon arrival back at home, decontamination should take place by washing hands and kit with where appropriate with soap and quarantining any equipment for as long as possible ideally outside or in a dedicated area inside.

### **SAFETY AND RESCUES**

- Rescues - avoidance is even more of a key principle. For sea kayaking, a self-rescue, or adapted deep-water rescue will be preferred - back deck, keeping swimmer at one end of kayak, facing away from each other <https://www.onadventure.dk/assisted-kayak-rescues-and-rafts-with-increased-distance>
- First aid protocols updated in line with advice from Resus UK <https://vimeo.com/399707203>

### **KIT WASHING**

All kit will be rinsed in fresh water and hang to drip dry, away from direct sunlight, heat or fumes.

### **ADMIN**

All paperwork/booking processes will take place in advance

All payments to be cashless

Locations should be within approx 5 miles of the client's home.