

Canoeing
Ireland

**Return to Paddling
Guidelines**



Stay Clear

Stay Clean

Stay Safe



Key Considerations to get back on the water



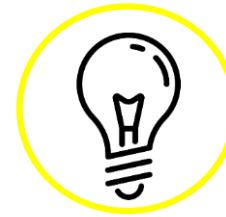
**Follow government and
HSE advice and legislation**



**Maintain Social
Distancing**



**Observe hygiene
rules**



**If in doubt –
Don't go out**

Considerations for Specific Groups



Activities

Strict social distancing, equipment and building sterilisation and group size protocols need to be followed



Clubs

Club facilities and shared equipment may only be used in Levels 1-3, and then only under strict distancing and hygiene protocols



High Performance

Gym/ indoor training only in Levels 1-3, and then with distancing restrictions. Outdoor training in small socially distanced groups in line with the levels



Events

Events may take place with limited spectators in levels 1 & 2. Including indoor events. Exemptions in level 3 & 4 for elite sporting events, with no spectators



At Risk Individuals

Consideration required for underlying health conditions, ability to maintain distancing measures and requirements of accompanying family/carers.



Training & Education

Instructor training and assessment may take place in level 1&2.
Skills training can take place by following guidelines and making adaptations to rescues

Level 5 ACTIVITY		Level 5	19 th April	26 th April
Social Distancing		2 Meters	2 meters	2 meters
Training Group	Peer	Note 1	Note 2	Yes Note 2
	Instructed	No	Note 2	Note 3
	Coached*	No	Note 2	Note 3
Group Size		Individual exercise Note 1	Individual exercise Note 1	Note 3 Note 4
Travel from Home		5km from home radius	Travel within your county or 20km from your home if crossing county bounds	Travel within your county or 20km from your home if crossing county bounds
Rescuing	Self	Yes	Yes	Yes
	Assisted	No	No	No
Equipment	Own	Yes	Yes	Yes
	Shared	No	No	No
Location	Flat Water	Yes	Yes	Yes Note 4
	Moving Water	Yes	Yes	Yes Note 4
Activity	Intro Courses	No	No	No
	Skills Training	No	Note 2	Note 2 Note 3
Facilities	Gym/Showers	No	No	No
	Social Gatherings	No	No	No

*coaching refers to performance coaching of established teams/groups within the CI performance system

Note 1: Outdoor Exercise

People may meet with people from one other household in outdoor settings when taking exercise.

Note 2: High performance training

Training for additional high performing athletes, as approved by Sport Ireland can resume

Note 3: Underage training

Underage non-contact outdoor training in pods of 15 can recommence

Note 4: Outdoor Activity

Outdoor distanced sport for adults can begin to take place. Activities should be on a socially distanced basis and may take place between a maximum of two households. Ensure adherence to Canoeing Ireland safety guidelines around group size.

Level 5	Guidelines
High Performance	Group training not permitted. Individual training within 5km from home only. Adequate risk assessment to be carried out monitoring athlete's wellness levels. Any changes to athlete wellness levels to be reported to the PD in the strictest of confidence. Carded athletes who are using the Sport Ireland Institute facilities will be guided by the Institute's RTT protocols.
Events	No matches and events or any kind permitted. No exemptions
Training and Activities	Paddling activities not permitted, individual paddling only. No paddling activity is advised.
Clubs	Facilities/location: Paddling activities not permitted, individual paddling only. Clubhouse and indoor facilities to remain closed.

19 th April	Guidelines
High Performance	Group training not permitted. Individual training within 20km from home only. Training for additional high performing athletes, as approved by Sport Ireland can resume. Adequate risk assessment to be carried out monitoring athlete's wellness levels. Any changes to athlete wellness levels to be reported to the PD in the strictest of confidence. Carded athletes who are using the Sport Ireland Institute facilities will be guided by the Institute's RTT protocols.
Events	No matches and events or any kind permitted. No exemptions
Training and Activities	Paddling activities not permitted, individual paddling only. No paddling activity is advised. Training for additional high performing athletes, as approved by Sport Ireland can resume
Clubs	Facilities/location: Paddling activities not permitted, individual paddling only. Clubhouse and indoor facilities to remain closed.

26 th April	Guidelines
High Performance	Underage non-contact outdoor training in pods of 15 can recommence. Training with 2 other households within 20km of your home is permitted. Adequate risk assessment to be carried out monitoring athlete's wellness levels. Any changes to athlete wellness levels to be reported to the PD in the strictest of confidence. Carded athletes who are using the Sport Ireland Institute facilities will be guided by the Institute's RTT protocols.
Events	No matches and events or any kind permitted. No exemptions
Training and Activities	Activity for adults can begin to take place. Activities should be on a socially distanced basis and may take place between a maximum of two households. Paddlers should obey Canoeing Ireland safety guidelines on safe group size.
Clubs	Facilities/location: Activity for adults can begin to take place. Activities should be on a socially distanced basis and may take place between a maximum of two households. Paddlers should obey Canoeing Ireland safety guidelines on safe group size. Underage non-contact outdoor training in pods of 15 can recommence. Clubhouse and indoor facilities to remain closed.

'Pod' System

- Organised Sports training / activity / exercise can do so in multiple pods once sufficient space is available and strict public health protocols are in place.
- The use of multiple pod's is to assist with minimising the number of people in a group while acknowledging that some outdoor and indoor facilities have the capacity to cater for larger numbers of people in a safe manner and within public health guidelines. People participating in pod training can be from different households.
- The number of pods in a given facility or area will depend on the overall size of space available. At present, the overall numbers within an Indoor facility should not exceed 50.
- The space between pods will depend on the nature, duration and intensity of the session but it should be clearly evident that the pods are independent groups not interacting with one another. At a very minimum Social Distancing of 2m between pods should be implemented.
- Depending on the frequency of activity (i.e. multiple times in a week) it may be helpful for participants to stay within the same pod.
- A coach or instructor may oversee more than one pod and should be counted in the overall numbers.
- The 6 indoor /15 outdoor participant restrictions do not apply to competition, events, or tournaments

The coach should not move freely between pods but rather oversee the activity of the pods

Considerations and Specific Requirements

General Considerations

- To facilitate contact tracing if necessary logs of participants should be kept, either through electronic means using one of the apps available or manually.
- Each facility/club should appoint a COVID Officer with the necessary training to oversee operations and advise facility management.
- It is important the everyone recognises their duty of care to other participants and takes responsibility for adhering to social distancing and hygiene regulations.

Equipment

- Ensure that paddle sport PPE (Personal Protective Equipment) is fitted correctly this can be done by instruction and demo without the need for physical contact, PFD can be check by the person wearing the PFD by placing the thumbs under the shoulder straps and lifting up there should be little to no upward movement in the PFD.
- Consider the equipment that you are using, does the paddle craft you are using allow for ease of rescue and can you get someone back into or on the boat/board while maintaining social distancing.
- Consider the addition of increase flotation (airbags) to reduce the weight of the kayak/canoe by reducing the volume of water that it can hold.
- Can an individual be instructed to carry out a self-rescue by a more experienced person? Can a member of a person's household unit be guided to help the person get back on or into the boat/board.
- Can you carry additional methods of bailing a kayak/canoe so that people bail the water out and not need external intervention to empty the boat.
- Has all equipment undergone a rigorous cleaning and disinfection process especially soft material equipment in accordance with the manufacturer's guidelines?

Commented [DC11]: I wonder do we need these sections below in this new level system update.

People

- Are these people physically healthy, and are they showing any symptoms or Covid-19?
- Are the skills sets of the people suitable for the environment you are in? Are these people able to self-rescue?
- Can these people be guided/instructed to self-rescue with direction from a more experienced paddler?
- Can these people swim to a suitable location where they can empty and/or re-enter their canoe/kayak/board without assistance from some else or with the help of a member from their household unit.

Activity

- Has the activity been risk assessed with the new government guidelines considered?
- What is the likelihood versus consequences in terms of risk assessment for your chosen activity?
- Have considerations been made for the quality of water in your activity area. (research suggested that Covid type virus maybe more prevalent in low water quality areas especially areas where raw sewage could enter the water environment.)
- Does the activity match the level of ability for the people taking part in the activity?
- Have you included additional safety briefing and discussed what would take place in the case of someone needing a rescue?
- Have considerations and plans been made if there is some requiring medical attention and how this will be dealt with.
- Have considerations being made to group family/household units together in the same groupings.
- Have journeys and trips been modified to stay with in recommended distances. Has consideration been given to ensure that exit points for the trip are suitable and accessible by all members of the group?
- We would advise for phase 1 and 2 that all sessions are done near shoreline/ bank so self-rescue is possible

For any further clarification or specific questions please contact Canoeing Ireland Directly



19/08/2020