

During our session all government guidance should be followed along with the guidance issued from the Scottish Canoe Association. This of course might change at any time.

Can I paddle with Ewe Canoe?

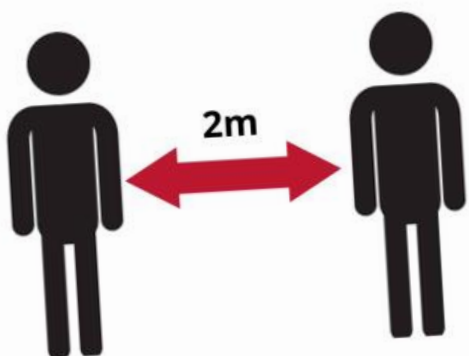
If you are in a high risk group it is essential that you follow government guidance on what you should do.

If you are showing symptoms, however mild, or anyone in your household has had symptoms in the past 14 days then you should not take part in activities with Ewe Canoe. Please let me know as soon as possible if this is the case so that we can cancel our session. If I have symptoms I will cancel our session at the earliest opportunity.

If you develop symptoms in the days following our session then you should let me know. If I develop symptoms then I will contact all groups that I have been in contact with in the relevant timespan.

If you do not wish to follow government guidance and Ewe Canoe's policies then I can't accommodate you, it's as simple as that.

**PROTECT YOURSELF &
OTHERS FROM COVID-19**



RESPECT PHYSICAL DISTANCING



Social distancing

'stay 2m apart'

The government's current guidance is to stay 2m apart from non household members, during sessions we should be able to maintain 2m distancing. We'll try to use household members to carry out tasks that I might normally do – tightening buoyancy aids for example.

On rare occasions to ensure the overall safety and reduce risk it may be necessary for a short close contact intervention to carry out a rescue. The need to quickly recover a person from the water being more important than the small chance of transmitting covid-19 during the rescue. Social distancing methods of rescuing capsized paddlers will be the primary method used but might not be suitable on all occasions.

Brew on a beach

Normally I provide tea, coffee, hot chocolate and biscuits for our brew on a beach mid-way through the session when we stretch our legs. In order to do this safely I don't feel that I can provide cups and biscuits. If you can bring along some plastic cups and biscuits then I'll provide tea, coffee, hot chocolate and hot water. I think that way we should be able to safely have a well-earned brew!



Hand cleaning

'Frequent handwashing and hygiene measures for all'

Basins and soap won't be available during the session, it's not really practical in a little boat! I'll have a small supply of alcohol hand sanitiser, please can everyone bring along some for their use during the session.

PROTECT YOURSELF & OTHERS FROM COVID-19



USE HAND
SANITISER

PROTECT YOURSELF & OTHERS FROM COVID-19



THIS EQUIPMENT IS
QUARANTINED - DO
NOT TOUCH



Equipment cleaning

'where possible avoid sharing equipment'

It's clearly impossible to have a session without any shared equipment; my boats, paddles and buoyancy aids have to be used. I will try to limit other equipment shared in sessions, rather than lending out waterproof tops please can all customers bring their own. I normally lend glasses straps to people, instead this year I have brand new ones to sell to customers at a cost of £2 each, or bring your own.

Boats and paddles will be washed with environmentally friendly detergent and wiped with disinfectant.

Buoyancy aids and any other equipment that comes into contact with customers will be rinsed, dried and quarantined for 72 hours. The use of cleaners on these items is not recommended by their manufacturers due to the deteriorating effect it has on the materials.

PPE

The environment that we'll be in is not suited to disposable gloves, facemasks or aprons. Wearing a facemask whilst we're on the water could increase the risk of drowning if capsizing happens.

I will have gloves and facemasks with me for use if I need to perform any first aid etc.

Regular hand sanitising is more important than wearing gloves in the environment we'll be in.

LET'S GO ON AN
ADVENTURE



Numbers

The maximum number of people anyone is currently allowed to meet in one day is 7 others (total of 8 people), this can be from 2 other households per day. If I take out a family of 4 in the morning I can then take out a family of 3 in the afternoon. If I take out a mixed group of two families in the morning I can't meet anyone else that day.

Likewise, you should treat me as an other household that you have met and include me in your households total.

Insurance

Ewe canoe has public liability and professional indemnity insurance though the Scottish Canoe Association. Contracting Covid-19 is generally not covered in insurance because it's extremely hard to pinpoint where people become infected.

As always, I recommend that you have adequate insurance to cover yourselves for any accidents happening whilst taking part in activities with Ewe Canoe.

Payments

I will accept cash payments (this is my normal method) but if you would prefer then you can make an online payment into my bank account from yours – please let me know if you'd like to do this before the session.



Local facilities

Facilities in the area are not back to normal level yet, most public toilets are closed and cafes are not yet operating. Please ensure you've visited the loo before you leave home!



Playing it safe – reducing risk

The canoes and kayaks that I use are all very stable but it is still possible to capsize them. This is not a regular occurrence but it does happen at times by accident (and sometimes on purpose!). I am always very cautious with the weather, when the wind is too strong I don't take people out as it becomes harder work for people to control their boats. At the moment when social distancing is in force and none of us want to call put any extra strain on any rescue organisations, I am playing it extra safe to reduce the risk of accidental capsize and also any possibilities of injuries.

Local time	01	04	07	10	13	16	19	22
Wind direction	↙	↗	↗	↖	↖	↗	↗	↗
Wind speed	22	33	44	28	23	31	34	34
Wind gusts	25	41	49	34	28	34	39	40



Travel

Currently (phase 2) travel is restricted to 'locally'.

The government has said this is broadly 5 miles. As I am working I am allowed to travel further, but customers should stick to the limit.

Carrying boats

The canoes and kayaks that I use weight 14kg to 30kg, these things need at least two people to safely carry them. As always we carry the kit to and from the water as a group, currently we'll have to ensure that boats are carried whilst keeping 2m distant from people of other households. All my boats are over 2m in length, but care will be needed as to who has touched which handles.

Basically, as low as the likelihood is to catch covid-19 on one of my session, we need to be doing as much as we can to limit the possibility of spreading it.

Beyond phase 2?

Nobody knows for sure what will happen, currently the government is suggesting 15th July for wider opening and greater travel, I'm happy to take provisional bookings. All of the above might change at short notice!