

# ewe Canoe Covid-19 information

Feb 2022

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.

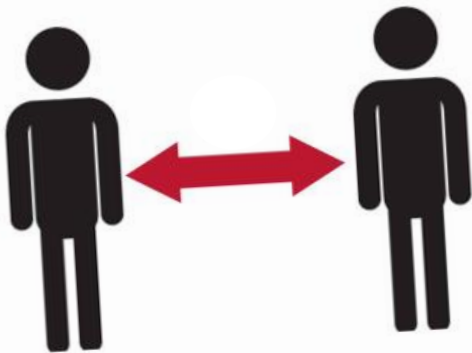
## Can I paddle with Ewe Canoe?

If you are showing symptoms, however mild, or anyone in your household is 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 covid in the days following our session then you should let me know. If I develop covid 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**

**SCA**  
Scottish Canoe Association  
Scottish Canoeing Association

## Social distancing

Currently there is no longer a requirement to socially distance in the environment that we'll be in. However, we will still generally aim to maintain a suitable physical distance from each other.

If social distancing rules are put in place again we will adhere to them. Luckily it is fairly easy to do this most of the time during a paddling session.

## 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

SCA

PROTECT YOURSELF & OTHERS FROM COVID-19



THIS EQUIPMENT IS QUARANTINED - DO NOT TOUCH

SCA

## 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.

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

There are no limits on the number of people that I'm allowed to work with.



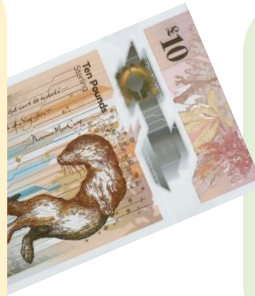
## Insurance

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

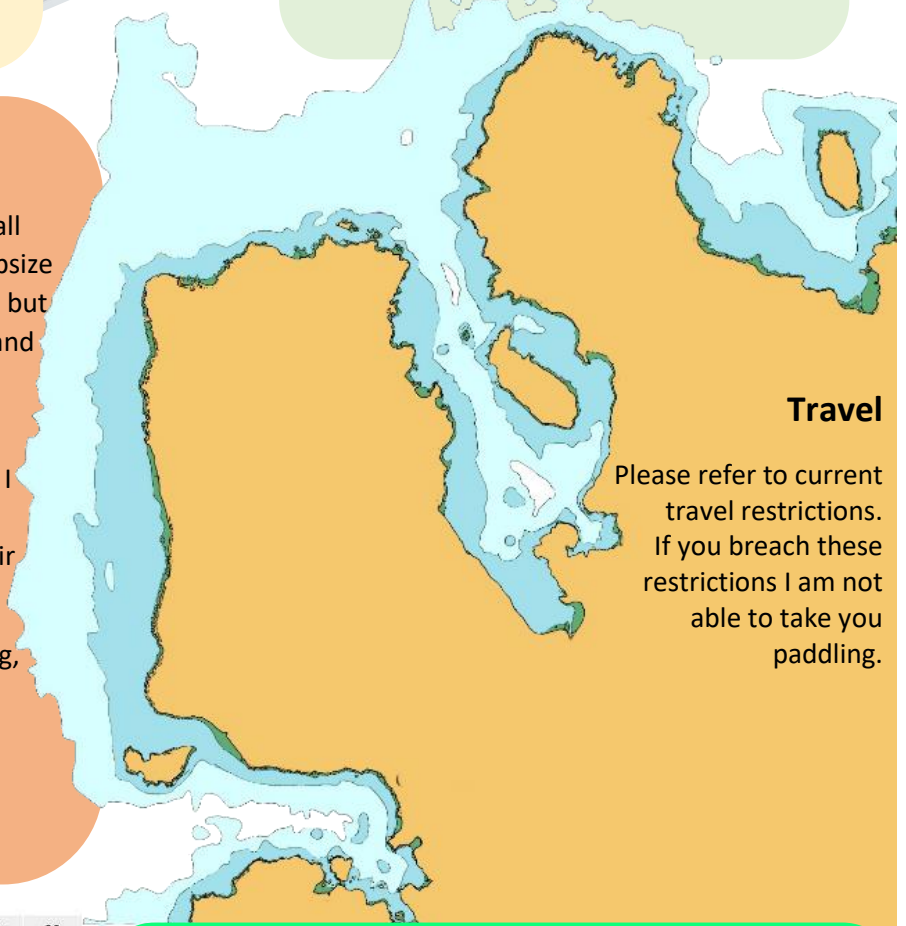
Facilities in the area are generally open, but not all of the locations that I paddle from have public toilets nearby, so please go before you leave home. Cafes are generally all open again now.

## 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.

There is little change in what I'm doing, but we will aim to reduce the risks as much as possible.



## Travel

Please refer to current travel restrictions. If you breach these restrictions I am not able to take you paddling.

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

## 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, all my boats are over 2m long which helps with social distancing if distancing rules are implemented again.



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.

## The future?

Nobody knows for sure what will happen, I shall be reviewing the governments guidelines along with the Scottish Canoe Association guidelines as they change. I will update this document as things change. Please recheck it just before your adventure with me. If you spot anything wrong in it please let me know!