

Ulverston Canoe Club Risk Assessment – CORONAVIRUS / Covid 19 Version 2 5/10/20

This Risk Assessment is specific to risks associated with Coronavirus and is relevant to all club activities

HAZARD

WHO IS AT RISK

Transmission of Coronavirus

All participants and those they may subsequently come into contact with.
Members of Emergency Services if required to attend.
Members of the public.

CONTROL MEASURES

General

Check CURRENT (i.e. "on the day") guidance from Government / British Canoeing / National Park etc. before arranging any activity. Members are asked to comply with whatever guidance is in place in regard to social mixing ("bubbles"), social distancing and travel restrictions.

Only UCC members may participate in club activities. Activity Leaders should undertake Covid Officer training and must provide the names of participants to the club secretary within 12 hours of the activity taking place for possible "Track and Trace".

Activity Leaders must, in their socially distanced, pre-activity briefing refer to, and summarise, this Risk Assessment.

Anybody displaying symptoms⁽¹⁾ of Covid 19 or who has been in contact with somebody who is either symptomatic, has been in contact with another symptomatic individual, has been instructed to self-isolate by "Track and Trace" or a medical professional, must not attend any club activity.

All participants must provide their own sanitiser or hand washing and drying materials, tissues, etc. and a plastic bag to dispose of used tissues, etc.

Social distancing must be practised at all times. This means either staying at least 2 metres away from anybody outside your own household or your "social bubble" or 1m away plus "mitigation" – i.e. wearing a face covering. Maintaining at least 2m distancing is preferred.

Care must be exercised when moving and loading boats off and onto vehicles, in car parks and other places (lake shores, river banks, etc.) where there may be others present. Remember to socially distance.

Activity Leaders must consider the risks associated with Coronavirus as part of their dynamic, on-going risk assessment throughout an activity and take whatever action that they feel appropriate to protect themselves, group members and others against the spread of the virus.

Activities must be carefully planned with the potential for deep water rescues (risking breaking social distancing guidelines) considered.

If the action of group members puts others at risk the Activity Leader may ask members to leave the group in a manner that ensures everybody's safety.

Transport

Only members of the same household or in the same "social bubble" should share transport including any shuttles. Trips requiring shuttles will need careful planning, numerous vehicles and might best be avoided.

Equipment

All personal equipment should be cleaned⁽²⁾ before being used on any club activity. Leaders should provide their own group safety kit rather than using the club safety bag. This must include an appropriate First Aid kit and group shelter. Equipment should not, except in genuine emergencies, be shared or passed between group members. Club equipment will not be generally available until further notice. If a member absolutely must use club kit in order to paddle then special arrangements will need to be made through the club Safety Officer.

Hygiene

Participants must bring their own hand washing / drying materials to any club activity. This could be a plastic bottle with soapy water, sanitiser, paper towels or tissues and a plastic bag to dispose of used items into. Hands should be washed with soap and water or sanitiser used after handling kit or other objects and at regular intervals throughout any club activity. Coughs and sneezes should be caught in tissues or "elbowed" (caught in the crook of an elbow). Used tissues and paper towels should be placed into a plastic bag and disposed of appropriately.

Facilities (e.g. Fell Foot)

Facilities such as Fell Foot have their own access arrangements and Operating Procedures and these should be adhered to wherever possible. Do not assume that public facilities (toilets at Brown Howe for example) will be open / available.

UCC Environmental Policy

Until further notice litter picking as a matter of course during club activities is suspended.

(1) Symptoms

The main symptoms of Covid-19 are:

- a high temperature – this means you feel hot to touch on your chest or back,
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours,
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

(2) Cleaning Kit

Washing kit in hand hot soapy water or allowing it to dry and be "quarantined" for 72 hours or more is probably sufficient to destroy coronavirus.

This Risk Assessment is an overview of the perceived risk associated with Coronavirus / Covid-19. It provides some mitigating actions but is not exhaustive and does not over-ride any dynamic risk assessments carried out by UCC Activity Leaders during any club activity.

Activity Leaders are empowered and expected to make any adjustments they may consider necessary to reduce any risk arising from hazards identified by their own dynamic risk assessments.