

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.

LET'S GO ON AN ADVENTURE

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.



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.

Numbers

The maximum number of households I can meet in a day is 4, with a maximum of 15 people. This means I can go back to my normal operating numbers as I'm unlikely to exceed that.

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

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.

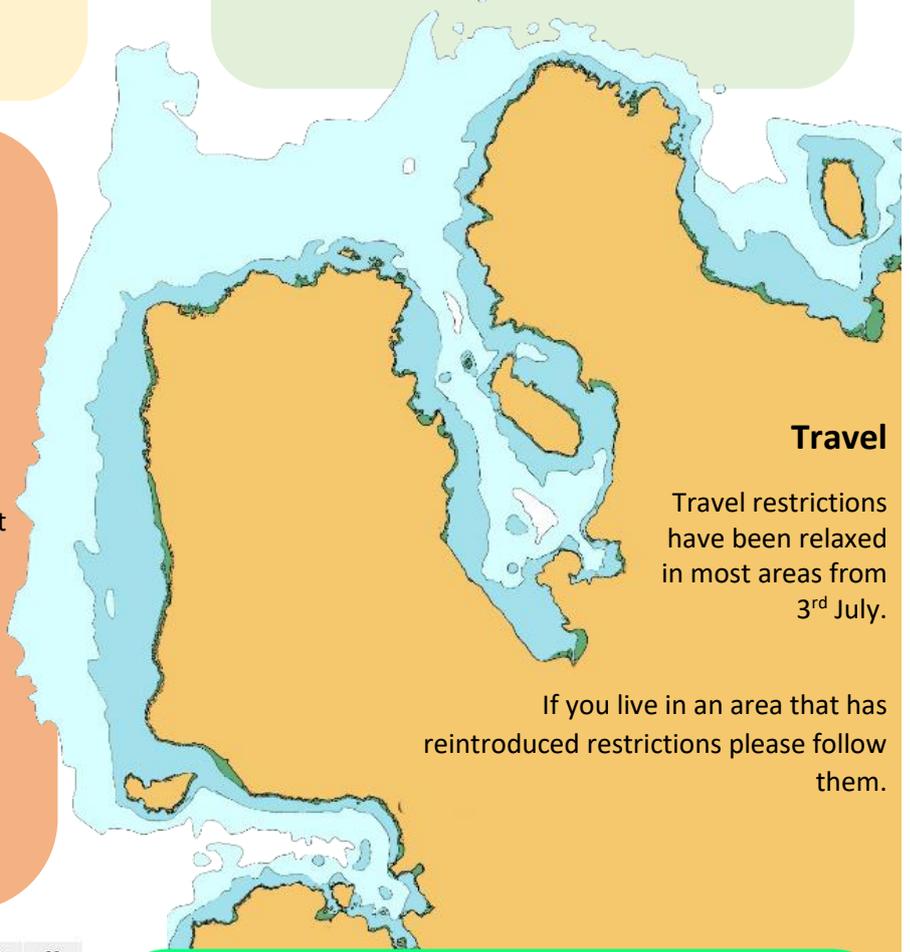


Local facilities

Facilities in the area are slowly opening up again. Please don't rely on public toilets or cafes being open. 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.



Travel

Travel restrictions have been relaxed in most areas from 3rd July.

If you live in an area that has reintroduced restrictions please follow them.

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, 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.

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!