



Jersey Canoe Club

Operating Procedures during the Covid-19 Pandemic

The Normal Operating Procedures of the Jersey Canoe Club are not appropriate during the 2020 Coronavirus Pandemic. These revised Procedures have been developed in line with the most recent information available from the States of Jersey.

Level 4 Lockdown: No sessions are run by the Jersey Canoe Club at this time although it is recognised that there are significant health benefits from being involved in paddlesport activity. Small groups of paddlers may go onto the water, people from one household plus two other people. Physical distance must be maintained and the paddling must fit into the 4 hours of activity away from the house, which is the maximum permissible.

Level 3 Soft Lockdown: The Stay at Home Order is lifted and you can spend time outside with people you live with, and with up to 5 people you don't live with, as long as you maintain physical distance with those you don't live with. The Committee recognise that this is the point when the Club will be able to start running sessions, although in a completely different format to that which existed prior to the 17th March 2020. The date on which the Jersey Canoe Club suspended its non-virtual activities.

Whilst it is recognised that there will be restrictions on the nature of the sessions, it is also an opportunity for innovation, allowing the Club to move away from the more rigid Sunday morning format.

The key factors are as follows:

- 1) Maximum of 6 people per session, 1 leader and 5 others. All sessions to be run by a Sea Kayak Leader or above. Ideally with a Trainee as an assistant.
- 2) Only one session will be run at any one time from a particular location. Although the groups may be operating independently, this may not be the public perception.
- 3) Sessions can be run at any time, not just Sunday mornings. This will allow greater flexibility regarding weather and tides.
- 4) The Club would encourage the use of a variety of craft, such as short boats, SUP's and Sit on Tops, although ideally the craft aren't mixed on a session. This would allow the Leader to provide focus for the session.
- 5) All sessions should be coastal. At the present time it is not deemed appropriate for the Club to be running sessions to the offshore reefs. If members choose to paddle to the offshore reefs, as friends, this should be in small groups. A passage plan with Jersey Coastguard on Channel 82 is highly recommended.
- 6) There are concerns about maintaining physical distance whilst rescuing somebody, so again it is not deemed appropriate for the Club to be running tidal race sessions, when capsizes may be more frequent.

- 7) For those members who are interested in developing their skills in white water it is hoped that surf sessions will be run by some of the Leaders. In the event of a capsize and swim it is expected and normally possible to swim to the shore.
- 8) The main challenge with maintaining the appropriate physical distance is when a member of the group capsizes so the following is recommended:
 - a) Select sessions when a capsize is less likely and stay fairly close to the shore
 - b) If a capsize occurs then a self-rescue should be attempted initially, perhaps with the assistance of a household member if one is present.
 - c) If this fails, then the Leader can apply a tow, maintaining physical distance, to move the kayak and the swimmer to a position on the shore where they are able to empty their own kayak and relaunch.
 - d) In the case of potential injury to the capsized paddler the Leader will have to make a judgement as to the nature of their physical intervention. This may require moving them to the shore, respecting physical distancing if possible and if a direct first aid intervention is not required.

The key is that until the situation changes further, we should be avoiding placing ourselves or members of the group in a position where they may capsize. That said there will be a benefit to Club members, if some of the Leaders are able to arrange rolling and self-rescue training sessions, with appropriate physical distancing.

The Club has reached a point where is able to consider re-instating its practical, on water sessions. It is recognised that many members have missed their paddling over the last 7 or 8 weeks, and we hope that the above provides a responsible pathway back into paddlesport. It is important to remember that we should be operating within our limits to avoid requiring the intervention of outside agencies.

The Committee thanks you for your patience over the last few weeks, it has been frustrating but necessary for us all to pull back from our sport. As the Club moves forward we hope that you will take advantage of the opportunities, which will be on offer and if there is something missing please feel free to ask.

This is the link for the Jersey Canoe Club Risk Assessments:

http://jerseycanoclub.co.uk/docs4dl/JCC_Risk_Assessment_V1.pdf

Also remember that a register should be taken at all the sessions and forwarded to Amanda.