



The Pirate Castle

Covid-19: Guidelines for Paddlesport Participants

Our priority remains the health and wellbeing of our participants, staff and volunteers. We are therefore committed to ensuring that Pirate Castle activities take place in as safe an environment as is possible and that we all continue to help suppress the spread of the Covid-19 virus. We will take all reasonable precautions against the Covid-19 virus and act in accordance with our Duty of Care to all concerned at all times. We will also ensure that we act in accordance with all relevant legislation and government guidance in this area. However, risk of Covid-19 transmission cannot be completely eradicated, and so activities undertaken at The Pirate Castle is at participants' own risk.

As a condition of entry to The Pirate Castle and access to paddlesport activities, all participants must adhere to the following guidelines at all times whilst on the premises and during all activities:

General

- Anyone (or anyone in their household) diagnosed with Covid-19 or displaying any Covid-19 symptoms within the 14 days prior to their booking (a new, continuous cough; a high temperature (37.8C or above); a loss of, or change in, your normal sense of taste or smell), along with anyone from their household, **must not attend** The Pirate Castle.
- Anyone who has been told to self-isolate, or anyone living in the same household as someone self-isolating, **must not attend** The Pirate Castle.
- Anyone considered vulnerable or extremely vulnerable to Covid-19 and/or has been advised to shield should not attend The Pirate Castle.
- All participants must follow the instructions of The Pirate Castle staff and paddlesport instructors/leads at all times. The Pirate Castle reserves the right to cease all activity and end sessions if guidelines are continually infringed.
- Due to the uncertain nature of the Covid-19 pandemic, we reserve the right to cancel or reschedule your booking at any time if, for example, new Government restrictions or a case of Covid-19 occurring at The Pirate Castle cause us to cease activities. Refunds or rescheduled sessions will be given for any cancellations.

Arrival/departure

- On arrival, all participants must remain outside The Pirate Castle until let in by a member of staff. Participants should remain at a 2m distance from each other whilst waiting outside.
- Participants will only be let in at the time of their booking and not before. Latecomers cannot be admitted.
- Anyone displaying any symptoms of Covid-19 on arrival, along with all others in their group, will not be permitted to enter the building or participate. Temperature checks will be in place on arrival.
- On entry, participants must sanitise their hands. Hand sanitiser is available throughout The Pirate Castle and face masks/coverings must be worn at all times when inside the building. Participants must bring their own face masks/coverings and hands should be sanitised/washed before and after putting masks/coverings on or removing them.
- **Test & Trace:** to comply with the NHS Test & Trace legal requirements, we collect all participants' names and contact details on our online Covid-19 guidelines consent/acceptance forms which must be completed beforehand, and record booking dates and times on our booking system. We also have the NHS Test &



Trace app QR code on display and a GDPR-compliant sign-in/out book in the entrance lobby which any visitors or participants who, for any reason, we do not have their contact details for must use/complete.

- Participants must follow the one-way system and maintain 2m physical distancing inside the building. The one-way system and distancing markers are clearly signed throughout the building.
- A briefing including physical distancing and hygiene guidance will be given by staff on site before activities start.
- All participants must leave the building at the end of their session and no one will be able to wait inside for collection.

Clothing

- Under current guidance, indoor changing is not permitted and changing areas and showers will be out of bounds. Please bring (or provide your youngster with) enough layers to put over wet gear, rather than bringing a change of clothes.
- Because of the lack of changing facilities, it is absolutely vital for participants to stay warm. Please wear only man-made materials as they keep water off the skin. Fleece jumpers will preserve some body heat when wet. However, they do not protect participants from wind so bring a thin rain jacket on a windy/chilly day.
- Sensible footwear must be worn at all times. No shoes that can easily slip off the feet should be worn (e.g. no flip-flops or crocks). Bring along a pair of dry shoes that can be worn in-between and after sessions. All participants need to bring towels. We recommend a large beach / changing towel. It also will help participants to stay warm during lunch especially on cooler days.
- All clothing and towels should be brought in one bag, where possible. Bags will be stored safely inside the building whilst participants are out on the water.

Bankside/on the water

- Participants should keep to 2m physical distancing wherever possible on bankside. Where not possible participants should keep to 1m+ and ensure mitigations including wearing face coverings, regular hand sanitising and avoiding facing each other.
- On the water, participants should keep to 1m+ and avoiding facing each other where possible.
- After disembarking, all participants should wash or sanitise their hands.
- The current guidance by British Canoeing is **paddle within ability**, so every participant will have to have paddled before as any potential rescue scenario requiring close contact would put our staff and participants at increased risk.
- Capsized paddlers will have to self-rescue, so **all participants will need to be competent swimmers**.
- **In an emergency situation** and/or where a participant's wellbeing is at risk, our staff will disregard physical distancing to ensure safe rescue or to attend to any other emergency if required.

Equipment

- All equipment will be sanitised before and after each use. Participants will be given their equipment by the instructor/coach – no participants should pick up their own equipment.
- All participants must be able to competently put on and remove their own buoyancy aids.

Food & drink

- All food and drink (including drinking water) must be brought in by participants. On a cold day, we would also recommend that each participant bring in a flask with a hot drink as indoor facilities will be out of bounds.



- **For holiday schemes/full day sessions only** – there will only be a 30-minute lunch break. A lunch-pack should be provided. There is no access to the kitchen facilities and the microwave will not be available to use.
- Food and drink should be stored in the same bag used to bring clothing and towels.

Hygiene

- Participants should regularly wash or sanitise their hands. Hand sanitiser is available on-site and hand soap and water is available in the WCs.
- Participants should avoid touching their faces after touching any surface, and especially when out on the water.
- WCs will be available, however only one person can enter each WC at any time.
- Participants must inform the member of staff/instructor/lead when they need to use the WCs and follow marked one-way systems if using the WC inside the building. All points touched inside WCs, including the toilet seat, taps, door handles, should be wiped down with sanitising wipes before and after use. Sanitising wipes are available in each WC and should be disposed of in the Covid-19 specific bins provided in each WC.
- Participants should use a tissue or disposable hand towel (available on-site) to cough or sneeze into, and then dispose of the tissue or paper hand towel in the Covid-19 specific bins provided on site. Where this is not possible, participants should cough or sneeze into their inner elbow. Hands should be washed or sanitised as soon as possible after coughing or sneezing.