

Kayak Essentials Coaching Courses

Risk Assessment & Safety Policy (Covid-19)

Overview

The Welsh Government currently permits outdoor gatherings of up to 30 people, where these are organised and supervised by a responsible person for sports and other leisure activities / classes. Our paddlesport coaching program meets these guidelines, allowing us to proceed with our planned courses.

The Anglesey Outdoors Centre has a range of accommodation options that meet the current guidelines; we encourage all participants to make arrangements with the centre, or with other nearby accommodation providers that meet current guidelines.

www.kayakessentials.co.uk/accommodation/

Our priority is the safety and security of all participants; with this in mind, we have created a Covid-19 risk assessment alongside our usual safety policies. The following document details our approach to creating a safe coaching environment for everyone - coaches, participants, other centre residents and members of the public.

We continue to offer a 100% course fee refund guarantee, in the event that any participant is unable to attend a coaching course, for any reason; and in the event that we are obliged to postpone / cancel any course.

Coaches responsible for this Risk Assessment & Safety Policy (Covid-19) are:
Nick Cunliffe / Matthew Giblin (Kayak Essentials)

This risk assessment will be reviewed according to changes to guidelines issued by Welsh Government / Canoe Wales.

[Risk Assessment \(last review 10 August 2020\)](#)

Pre-Course

1. All participants complete an online booking / payment system in advance of a course. No payments / administration will be required during the course.
2. All participants provide email / mobile contact details, which we will retain for contact purposes, in the event that any participants develop Covid-19 symptoms in the 2-week period following a course.
3. All participants complete health declarations, confirming their capacity to take part in their chosen course.
4. We ask all participants to ensure that they are in good health, free from CV symptoms, and have avoided contact with any Covid-19 carriers during the 2-week period prior to a course date. If anyone is experiencing a persistent dry cough, elevated temperature, and / or loss of taste / smell during the above time period, we will ask you not to attend the course, and will provide a full course fee refund.
5. If any participant is unable to attend a course for any reason, we will provide a 100% course fee refund.
6. All course participants and coaches will adhere to all safety protocols that are in place at the Anglesey Outdoors centre (or any other accommodation provider), including accommodation / toilet / catering facilities.
7. In the event that we visit / meet at Summit to Sea kayak store, Holyhead, we will follow all safety protocols that are in place, and will avoid any areas of the building where other people are present.
8. As course organisers, we will check the Anglesey Outdoors / Summit to Sea site risk assessment and protocols (and other accommodation providers), and will make any required adjustments to our own protocols, to ensure all our participants' safety.
9. All participants are expected to bring their own personal sea kayaking clothing and equipment. If anyone needs to arrange sea kayak rental, please contact us to confirm - we will follow current Canoe Wales guidelines on cleaning protocols.

During the Course

1. At 9am each day we will meet outside the main building at Anglesey Outdoors or other venues - we will not make use of indoor spaces for welcome / session briefings (unless the space is cleaned, risk assessed and for our sole use).
2. Please bring suitable outdoor clothing to ensure a comfortable start / end to the padding day - rain jackets / pants may be necessary.
3. We will meet / paddle in group sizes of maximum 4 or 6 clients : 1 coach.
This meets the current guidelines issued by Welsh Government / Canoe Wales.
4. We will aim to make use of paddling venues close to Anglesey Outdoors, to reduce travel time at the start and end of each day. We will only travel further than 5-10 minutes if weather conditions dictate.
5. We ask all participants that have arrived in their own vehicles to travel independently to each paddling venue. Some Anglesey car parks have 'pay & display' systems; please bring up to £4.50 / day, in cash to cover parking charges.
We will aim to simplify any travel requirements during the coaching course.
6. If any participant requires transport to / from paddling venues, please contact us before the course. We have a suitable vehicle to transport up to 3 participants plus driver. Please share your requirements with us as soon as possible. We will maintain this vehicle to comply with current 'public transport' requirements.
7. We will all seek to maintain social distancing during the event weekend - current guidelines in Wales require 2m distancing. We will adhere to these guidelines at all times, on and off the water.
8. We will make use of paddling venues that match the expected conditions for each course. Participants can expect to feel comfortably challenged according to their aims, with relatively low likelihood of capsizing.
9. In the event of any rescues afloat, lead coaches will perform modified deep water rescues that reduce the likelihood of virus transmission - these techniques will be discussed with all participants at the start of each course. We have tested and refined these techniques in dynamic water, proving their effectiveness.
10. We aim to take a progressive, supportive approach to all coaching sessions, with a resulting low residual risk for participants. We cannot eliminate all risks, whether related to the sea kayaking environment or to Covid-19; however, we are confident that our safety protocols / risk assessments are robust and flexible.

Post-course

1. If any participants develop symptoms of Covid-19 (as described in Government guidelines) we ask you to inform us. We will forward information to all course participants, as part of a contact track & trace system. We will protect everyone's anonymity in this regard - no one will be named in this process.

Equipment

We ask all participants, in addition to the usual personal paddling kit, to bring:

- Helmet - sessions will take place in dynamic water; head protection may be useful.
- Wetsuit / drysuit - paddling activities may involve immersion.
- Buoyancy Aid - for all activities afloat.
- Warm clothing (waterproof layers) to wear ashore (before / after paddling / during lunch), including hat / gloves - this will reduce the need for any group protection equipment.
- Sufficient food / drink for full days afloat.
- Personal first aid kit - for minor issues (lead coaches will carry substantial first aid kits).
- Protective mask - for use if close proximity is required in urgent situations.
- Gloves - for the above reason.
- Hand sanitiser - for regular use through the day.

We recognise that the distractions of a coaching environment may cause us to occasionally neglect social distancing rules - in such moments, we ask everyone to be kind to fellow group members, to gently remind each other of our responsibilities, and to regain appropriate distancing.

We can also remember that the current situation can create unfamiliar stresses for many of us, with the possibility of unexpected responses in challenging moments. We can help each other by maintaining a calm and supportive atmosphere, with mutual respect for different situations and experiences.

We look forward to meeting everyone again at our coaching courses, are excited to paddle with you all, and anticipate an enjoyable and productive experience together. If you have any questions or concerns, please don't hesitate to contact us for advice.