

# CVCC Sessions during social distancing COVID 19 protocols

There are **only 5 spaces** for each session and they **MUST** be booked online via [www.cvcc.org.uk](http://www.cvcc.org.uk)

**Social distancing to be maintained by all.**

Members are to change in external facilities (i.e. change before you arrive or use toweling cape to change at vehicle) no indoor spaces to be used except toilets one in one out. Regular cleaning will be carried out. All Club briefings to be held at the Buzz Active side of the slipway, away from the public access.



Focus on one-way system and social distancing while on the beach/ river bank. Site plan and notices to be displayed on site. Signs and markers to be used where appropriate to aid a flow and distancing of clients.

## Obey Zones.

- Reception and centre (Red): CVCC coach/ Buzz Active staff only except for toilet access
- Brief and launch (Green): CVCC Members
- Land and cleaning (Orange): CVCC coach only

## Cleaning of equipment

Equipment will be cleaned with antibacterial sanitisers between uses. Hard surfaces will be sanitised with a spray. Fabrics will be dunked with Milton sterilising solution.

## General health and safety.

Members lifting and carrying – Members to lift with legs and work together where possible, slip hazards and weather conditions to be highlighted.

#### Accessing equipment

Outline personal belongings policy and valuables etc to be left in vehicles. Car keys can be left at reception in trays provided.

- BOUYANCY MUST BE WORN BY ALL CLIENTS, wind proofs are available.
- No wetsuits issued
- One-way system in place, please follow signs

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**Individuals from different households must not share double kayaks.**

#### Coach to demonstrate on land as needed:-

Correct lifting and carrying techniques.

Paddle handling and paddling techniques.

including capsize and self-rescue.

#### First Aid

All first aid boxes contain masks, Gloves and an apron. These can be worn for any close supervision or treatment required. Reception to monitor any injured party. IF CPR is required, Compression only will be administered, and emergency services will be called immediately.

#### Sanitising and PPE for staff

Cleaning stations will be set up at reception for members and on the slipway in the staff zones. Coaches will be issued with PPE to use should close contact for any reason be deemed absolutely necessary.

#### Cleaning of sites

**Outdoors** Coaches will be required to clean surfaces regularly including boats and boards, helmets Buoyancy aids and cagoules outside with spay equipment and dunk buckets. Clients will be directed to dunk equipment and hang to dry with staff supervision.

**Indoors** toilet door handles, and wash room facilities will be cleaned at regular intervals. Clients urged to wash hands on leaving toilet.

#### Plan view of the slipway at Cuckmere site.



