

DofE Canoe Training & Practice Sessions

Guidance for Explorers, Parents/Carers & Leaders (AMBER)

About the sessions...

- The training & practice sessions will be outdoors and involve a maximum of 15 young people & Leaders in separate groups.
- Session sign-up through OSM is required, so that the anticipated group size is known in advance. The minimum group size for a session to be viable is 2 Explorers with 2 Leaders supporting.
- Attendance will be recorded for each session, including adults & any visitors/helpers and kept securely in the event that any contact tracing is required.
- Sessions will involve groups split between shore and on-water training, with activities designed to maintain 2m distancing and minimise unnecessary close contact. No activity will involve equipment changing hands before being sanitised.
- Shore-based training will focus on boat handling, set-up and other expedition preparation, with on-water training focussing on fundamental paddle skills development on flat water. Practising capsize and rescues will only be undertaken when the provision of a changing area can be organised, however an inadvertent capsize can never be ruled out, so paddlers should come prepared with a towel and change of clothes just in case.
- There are no toilet facilities at the locations being used for practice sessions and participants should be as prepared as they would be on expedition in remote country. We may create a toilet area (as per Greenfield Camping guidelines) if in an appropriate area.
- If the weather is forecast to be really inclement, we may need to cancel the session the day before.

What to bring...

- Personal hand sanitiser, to be kept with you.
- Face covering.
- Full water-bottle and snack, not to be shared.
- A towel, full change of clothes and spare shoes in a small rucksack.
- Waterproofs, just in case the weather deteriorates during the session.
- Wear comfortable clothes and footwear suitable for paddling (i.e. not jeans or a heavy jacket).

Getting to and from the session's location...

- Please maintain single family groups when travelling to the activity location (i.e. no shared car travel at this time).
- You'll be advised of the time for arriving and being picked-up, which may be staggered if required to manage the group sizes.

Keeping everyone safe...

- Where any Young Person with additional needs requires individual assistance, this needs to be provided by one of their household, where distancing restrictions are not required. Please advise if there is a need for this when signing-up to attend on OSM.
- A Safety Briefing will be given by the Leader-in-Charge at the start of each session to all participants, defining the expectations, boundaries, communication, local hazards, first aid provision etc.
- Good hand hygiene is important. The appropriate use of hand sanitiser by all, before and after the event and at any change-overs, will be supervised by a Leader.
- Activity equipment (paddles, canoe gunwales & carry handles, buoyancy aid fastenings etc) will be cleansed before and after use using disinfectant wipes.
- A designated canoe and personal paddling equipment (e.g. buoyancy aid & paddle) will be assigned to individuals for the duration of the on-water activity. Personal equipment will be kept with the Explorer at all times and not be left unattended. Explorers will be supervised cleansing the contact surfaces of their canoe and equipment after use.
- Leaders will monitor distancing and remind Explorers if they get too close; this is minimised naturally by the 16-18' length of the canoes and position of the 2 paddlers in the bow and stern seats. Activities being undertaken by the shore-based group will maintain 2m distancing.
- Leaders will ensure that activities such as rafting-up on the water are minimised and that any on-water group briefings maintain 2m distancing (which will be feasible given the use of very sheltered water for the practice sessions) or are done bank-side.

- Where any necessary close-proximity activity is required for safety reasons (e.g. manual handling heavy equipment), face coverings will be worn and the activity will be carried out over as short a time as possible.
- Close contact will be avoided as far as reasonably practicable, except in circumstances involving the preservation of life in an emergency (e.g. potential drowning) or First Aid.

In the event of someone becoming ill or a need for First Aid...

- Leaders are aware of the indicative symptoms for Covid-19 and will check for any symptoms as Explorers arrive.
- In the event of anyone displaying symptoms during a session, the session will be suspended for the group involved and the parents/carers of members of the group contacted so that they can collect their Explorers and follow the well-publicised procedures for contacting the NHS Test & Protect scheme. Session attendance is recorded in OSM, where contact details are held if needed.
- In the event of First Aid treatment being required, qualified leaders will attend to the injured person. The Leader-in-charge has received Covid-secure First Aid refresher training. The First Aid kit is provisioned with a face mask that can be worn if close proximity treatment is needed. If needed, established procedures for contacting the emergency services and/or contact/parents/carers will be followed.

Finally...

Remember, please don't attend a session if you're unwell. Just let us know if you need to cancel attending, for whatever reason.

Suggestions of improvements on any of the abovementioned safeguards we will have in place are welcomed from anyone involved.

Leader Contact Info:

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