

## Resumption of HCC Pool Sessions

The following is a list of information, instructions and guidance under which the pool sessions will take place:

1. Participants must pre-book the sessions.
  - a. Each session will be limited to a maximum of 9 participants on a first come first serve basis
  - b. If over-booked, any participants unable to paddle one week will get priority the following week
2. Sessions are restricted to Club members who live in Argyll and Bute.
3. To request a booking, email [secretary@helensburghcc.org.uk](mailto:secretary@helensburghcc.org.uk). You are not booked until you receive a confirmation email.
4. By booking you
  - a. Confirm that you have read and agree to abide by these guidelines
  - b. Confirm that you have read the HCC Covid Health Declaration (available [here](#)) and that you confirm the statements therein.
  - c. Acknowledge that whilst every effort is made to minimise the risk of catching Covid, some risk remains.
5. If you do not meet the statements in the HCC Covid Health Declaration at the time of the session, do not attend.
6. If you are unable to attend for health or any other reason, contact the Secretary ([secretary@helensburghcc.org.uk](mailto:secretary@helensburghcc.org.uk)) as soon as possible to cancel booking.
7. The fee is £4 per session and this is to be paid electronically in advance to the Club's bank account (Acct No: 42023102, Sort Code: 09 06 66). Non-payment will preclude you from any further sessions.
8. Sessions will be restricted to river boats. Participants will use club equipment unless agreed otherwise beforehand.
9. 2m physical distancing is to be maintained by everyone at all times, both outside and inside the pool. This includes while paddling.
10. Participants to meet at rear (South East) door of the pool (<https://w3w.co/tungsten.shower.falls>) at 7:30 pm. All access to and from the pool is to be by this door.
11. Masks to be worn by everyone at all times, inside and outside, from when you arrive at the pool car park to when you leave the pool car park, apart from when you are paddling.
12. Boats and equipment are only to be handled by paddling participants. Participants shall clean their hands with sanitiser beforehand. The Club will provide sanitiser.
13. Submersion of participants, boats and equipment in chlorinated water is considered sufficient for sanitisation. As such participants will submerge themselves, boat and equipment at the start of the session.
14. Although changing cubicles are available, the time they are used is to be minimised. Use of showers is restricted. As such:
  - a. Participants should shower beforehand and must arrive 'pool ready'. Changing is restricted to removing outer clothing.
  - b. Clothing to be left in bags in the changing area.

- c. At the end of the session, participants will need to towel dry themselves and put on outer clothing, showering when they get home.
15. Rolling practice should only be undertaken where the paddler should not require assistance from others. No activity should be undertaken if the 2m physical distancing would need to be broken.
16. Paddling will finish at 8:30 pm to allow time for drying/dressing.
17. Boats and equipment to be loaded onto the trailer by participants.
18. When all equipment is loaded, participants shall clean their hands with sanitiser before departing. The Club will provide sanitiser.

#### References

Scottish Government: <https://www.gov.scot/coronavirus-covid-19/>

SCA Guidelines: <https://www.canoescotland.org/resources/covid-19>

Live Argyll: <https://liveargyll.co.uk/coronavirus-update/>

HCC Covid Health Declaration:

<https://www.helensburghcc.org.uk/wp-content/uploads/2020/11/HCC-COVID-Health-Declaration.doc>