

Covid Precautions and Reopening – Summary

Worcester Canoe Club 22 August 2020

Summary

- Keep at least 2 metres away from other people at all times when you can
- Face coverings should be worn upstairs
- You may use the changing rooms and toilets if you need to – otherwise avoid them
- The showers may only be used in an emergency
- Limited numbers will be allowed upstairs
- Continue to clean surfaces you have touched after use – particularly toilets and wash basins
- Club boats may only be used if they have been allocated to you – procedures for shared club boats will be out shortly.

General

1. If you enter the boathouse you must register your name, and the date and time, in case this is requested by NHS Test and Trace in the event of an outbreak. Preferably text or whatsapp to 07895 807 305, otherwise you can leave a note in the box by the steps.
2. Sanitise your hands after touching shared surfaces (a shared bottle of sanitiser is provided or bring your own)
3. Wipe down any shared surfaces you have touched, particularly door handles, toilets, wash basins, keypads, and club boat racks (trestles).
4. The gym, paddling machines and Alice lounge may not be used
5. If you have any symptoms that may possibly be coronavirus, you need to stay at home apart from getting a test – see the NHS website for details.
6. We hope this goes smoothly and helps you paddle, but the committee may remove access from any member breaking these rules. We need to all do this to ensure we can stay open.
7. If there are any problems please let us know via worcestercc@yahoo.co.uk.

Accessing the boathouse

8. There is a one-way system when collecting or returning boats. You will normally come in by the rear doors then walk pass the gym to the boat store.

9. You may access via the front doors if they are open and no one else is inside. Keep a good 2 metres away from other people inside (unless they are part of your household)
10. We will not give out the combination to the front doors. Keep them locked when not in use.

Bags and Bikes

11. You may leave bags and bikes out in the Gym area. Please do not use the paddle store

Upstairs – Face coverings

12. Face coverings to be worn upstairs (unless the member is exempted under the guidance from using them).

Changing Rooms and Toilets

13. May be used when necessary, if possible you should arrive changed. If you can reasonably go home to change please do – we want to keep numbers down in the changing rooms.
14. Do not get changed elsewhere in the club
15. There will be a one way system in the Gents changing rooms
16. Only 4 people will be allowed in the Ladies' changing rooms and 6 in the Men's. If it is full please wait outside the club (not on the stairs or in the corridor).
17. Areas have been allocated for you to change in, marked by tape. The yellow X indicates areas that must not be used for changing, to keep adequate gaps.
18. Please wipe down anything you touch.
19. Please avoid shouting, laughing raising your voice etc. Basically avoid fun.
20. Only one person allowed in the toilet area at a time. Please thoroughly clean any surfaces you have touched. Obviously wash your hands.

Showers

21. The showers will be taped off. They may only be used in an emergency e.g. risk of hypothermia following immersion

Club boats

22. If you have been allocated a club boat which you keep at the club please make sure it is labeled / you leave something in it so only you use it. Help us keep the list of club boats loaned out up to date (will be on the main door, club side)

Issued by the Committee, Worcester Canoe Club