



## COVID 19 Plan for Wednesday Night Time Trials

- \* Do not attend if unwell
- \* Do not attend if you have visited Victoria in the last 14 days
- \* Do not attend if you have visited any of these locations in the last 14 days (Sydney hotspots <https://www.nsw.gov.au/covid-19/latest-news-and-updates#latest-covid-19-case-locations-in-nsw>)
- \* Limit use of share cars to get to training unless from same household
- \* Maintain physical distancing if using public transport
- \* Doubles partners allowed
- \* Arrive ready to paddle. 'Get in, paddle, get out'
- \* Do not attend if you are at risk of capsizing, to avoid other members being required to assist you and break social distancing rules
- \* Bring your regular craft. Do not bring your shiny new challenging tippy boat
- \* Bring all accessories required so no need to borrow (e.g gaffer tape, lights)
- \* Do not share personal equipment including consumables (e.g gaffer tape)
- \* Be careful if you have not been training during the break, to gradually return to your pre-covid TT times to avoid injury
- \* Wash (or sanitise) hands prior to arrival, after getting off the water and prior to leaving
- \* Maintain social distancing and avoid physical contact
- \* Washriding is covid-safest beside rather than following boats. Maintain distance at all times on and off the water so that no physical contact occurs between paddlers
- \* Should a paddler capsize, allow them to re-enter their craft on their own, whilst remaining with that member until they are safely back in their boat and paddling
- \* No spitting or clearing nose either on or off the water
- \* No shed registrations, payments or refreshments
- \* Access to shed for boat rack holders/hirers only
- \* Use hand sanitiser when entering and leaving the shed (supplied)
- \* Changerooms and showers available if you must. Maximum two people per changerroom plus one person per shower cubicle.
- \* BYO washing stools, bucket, towels: Preferably set them up between cars in the carpark or spaced appropriately on the lawns

LCRK Committee

24 July 2020