

Updated Paddlesport guidance (includes Level 3 and Level 4 Stay At Home)

Effective 6th January 2021



**Scottish Canoe Association
Comann Curach na h-Alba**

INTRODUCTION

With the introduction of Scotland's Strategic Framework for tackling the COVID-19 epidemic and the introduction of the 5 “protection levels” the SCA is providing this guidance effective from the 6th January in order to give information about how paddlesport activity can now take place dependent on [which protection level any local authority area](#) is assigned to.

Our priority remains to protect the health of our members, volunteers and staff and the wider community and help to suppress the spread of the COVID-19 virus. Please read the guidance below **in conjunction with any updated Scottish Government guidance** and continue to engage in paddlesport in a safe and considerate manner. and continue to engage in paddlesport in a safe and considerate manner. Please read the guidance below

If you have any questions about the guidance please don't hesitate to contact us: hello@canoescotland.org

Changes from version published on 8th December

- *Updates resulting from the Stay at home guidance effective 5th January*

Summary Tables

			Level 0	Level 1	Level 2	Level 3	Level 4 (pre-5th Jan)	Level 4 - Stay at home	
OUTDOOR ACTIVITY	Informal Paddlesport Activity	Informal Activity can take place, subject to the details in this table and the protection measures outlined in this document	Children U12s	All activities can take place.				Only a single household group, or a group containing no more than 2 people from 2 different households can meet outdoors for sport, exercise or recreation purposes. Children under the age of 12 from these households do not count towards this number but where separate households are participating 2m physical distancing should be maintained at all times.	
			Children 12-17	Activities which maintain 2m distancing can take place. Groups of up to 15 people. No limit on number of households.	Activities which maintain 2m distancing can take place. Groups of up to 8 people. No limit on number of households.				
			Adults	Activities which maintain 2m distancing can take place. Groups of up to 15 people from up to 5 households.	Activities which maintain 2m distancing can take place. Groups of up to 8 people from up to 3 households.	Activities which maintain 2m distancing can take place. Groups of up to 6 people from up to 2 households.			
	Organised Paddlesport Activity*	Children U12s	Children 12-17	All Organised Activities* can take place with a sporting 'field of play bubble' during the activity and the protection measures outlined in this document. There can be 30 people maximum at any time - including coaches, officials and other volunteers. Multiple bubbles, each with up to 30 people, can be used for training, competition and events as long as all guidance is followed. 200 people maximum per day unless an exemption has been authorised in advance by the SCA. This includes activities which could lead to less than 2m distancing from people outwith your household.			Organised Activities* which maintain 2m distancing can take place.		
				Adults	Organised Activities* can take place with a sporting 'field of play bubble' during the activity and the protection measures outlined in this document. There can be 30 people maximum at any time - including coaches, officials and other volunteers. Multiple bubbles, each with up to 30 people, can be used for training, competition and events as long as all guidance is followed. 200 people maximum per day unless an exemption has been authorised in advance by the SCA. This includes activities which could lead to less than 2m distancing from people outwith your household.		Organised Activities* which maintain 2m distancing can take place and Authorised British Canoeing Training and Qualification courses for essential* participants		

		Level 0	Level 1	Level 2	Level 3	Level 4 (prior to 5th Jan)	Level 4 - Stay at home
ORGANISED INDOOR ACTIVITY*	Overview	<p>The number of participants allowed to take part in organised indoor activity should be determined by venue specific risk assessments conducted using the Scottish Government guidance on the opening of sport and leisure facilities. Any activity permitted in the table below is subject to protection measures.</p> <p>Refer to Appendix C for specific guidance on swimming pool activity. See page 6 for details of Coaching and Education indoors.</p>					Indoor activity prohibited
	Children U18s	All paddlesport related activity permitted				Indoor activity prohibited: Leisure Centres, gyms and other indoor sports facilities closed. Exemptions available for professional /performance sport	
	Adults (18+ years)	All paddlesport related activity permitted	Activities which maintain 2m distancing can take place	Indoor individual activity (e.g. exercise / training) only. No indoor group activity. See page 6 regarding British Canoeing Courses			

		Level 0	Level 1	Level 2	Level 3	Level 4 (pre 5th Jan)	Level 4 - Stay at home	
TRAVEL	Indoor & Outdoor Paddlesport Activity (excluding British Canoeing Training and Qualification courses - see below)	Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted in the five protection levels for each local authority area is available at Coronavirus (COVID-19): local protection levels and summarised below. Specific information on car sharing is available from Transport Scotland: advice on how to travel safely . People should not car share with those from outside their household. Where shared travel is required as a part of commercial, tourism or educational activity, follow the advice at Coronavirus (COVID-19) Phase 3: Staying safe and protecting others .					"By law, in a level 4 area, you can only leave your home (or garden) for an essential purpose.", one of which is "local outdoor recreation, sport or exercise, that starts and finishes at the same place (which can be up to 5 miles from the boundary of your local authority area) as long as you abide by the rules on meeting other households. Travel no further than you need to reach a safe, non-crowded place to exercise in a socially distanced way." . See here	
		"Minimise unnecessary journeys between areas in different levels and avoid any unnecessary travel to places in Level 3 or Level 4 areas." If you have to travel for exempted purposes, follow the guidance on travelling safely.	"Avoid any unnecessary travel out of the area." If you have to travel for an exempted purpose, follow the guidance on travelling safely.	"Avoid any unnecessary travel out of the area. Also keep journeys within the area to an absolute minimum." If you have to travel for an exempted purpose, follow the guidance on travelling safely.				
	Level 3 & 4 Travel <ol style="list-style-type: none"> You can travel for work or to provide voluntary paddlesport services, but only where that cannot be done from your home. You can take part in organised activity in that area as detailed on page 3 and 4. You should however, not travel out of your local authority area, if it is at Level 3 or 4, to undertake organised sport, activity or exercise (exceptions: U18s in a Level 3 area can travel into other areas for allowable organised sport, activity and exercise). See page 6 for travel guidance to attend British Canoeing Training and Assessment courses. You can travel to a place up to 5 miles outside your local government area to take part in informal exercise (household rules apply) as long as you start and finish at the same place. This travel is not permitted for Organised sport and activity. 							
	British Canoeing Training and Qualification courses	Additional guidance has been issued by sportscotland relating to recognised governing body qualifications. This includes qualifications, training and continuous professional development for individuals who deliver paid or voluntary coaching, leadership or instruction. This applies to British Canoeing Training and Qualification courses (Coaching, Leadership, Safety, CPD modules and also Personal Performance Awards where required in preparation for a qualification to coach or lead)						
		Travel between levels to participate in Authorised British Canoeing Training and Qualification courses is permitted.						
							Travel between levels to participate in Authorised British Canoeing Training and Qualification courses is permitted for essential* purposes, preferably not by public transport, and avoiding car sharing where practical.	

		Level 0	Level 1	Level 2	Level 3	Level 4 (pre 5th Jan)	Level 4 - Stay at home
COACHING & EDUCATION	Overview	The guidance in this document is for coaches, leaders, providers, deliverers and instructors, herein referred to as coaches. In addition Getting Coaches Ready for Sport provides a 4-stage approach/checklist to further support coaches to plan and deliver safe sessions. The local protection level in place for sport and physical activity will dictate what activity can be coached, indoors and outdoors and to whom in that area. See indoor / outdoor above for further information.					Coaches should not deliver a session to more than one other person if aged 12 years or older at any given time. No courses permitted unless they can be delivered with 1 candidate and 1 provider/assessor. Seek approval from SCA in the first instance.
	Meeting Rooms / Classrooms	Consider whether meetings and training must be completed in person or whether alternative approaches can be used; e.g. virtual sessions. If it is essential that sessions take place in person, Scottish Government guidance for general workplaces must be followed and a risk assessment should be completed.				No indoor meetings or classroom activity	
	Authorised British Canoeing Training and Qualifications	Providers who wish to deliver courses in any Protection Level must first complete the sportscotland COVID Officer e-learning . Providers delivering courses after Friday 27th November must also complete the new SCA COVID Course Delivery e-learning modules. Register with SCA for access. Normal SCA Course Authorisation applies. SCA staff will continue to engage with providers of awards via the dedicated Facebook group and through online meetings to assist providers to make appropriate decisions on delivering courses. Minimum ratios have been adjusted to allow programmes to be offered. Refer to British Canoeing Awarding Body guidance. See Appendix E for further details for Level 3 and 4.					
		All British Canoeing Training and Qualification courses can take place.	Only essential** delivery of British Canoeing Training and Qualification courses can take place.				
PERFORMANCE SPORT	Performance	Performance sports with Resumption of Performance Sport guidance in place and approved by Scottish Government or sportscotland is permitted at all Levels.					
HOSPITALITY & RETAIL	Clubs & Sports Facilities	Clubhouses/Centres/Activity Providers/Sports facilities which provide catering and bar services, can operate providing they adhere to Scottish Government guidance appropriate to the protection level in which they are operating. Further information is available at Coronavirus (COVID-19): tourism and hospitality sector guidance . Retail units operated by sports facility operators may reopen provided all specific Scottish Government guidance for retailers appropriate to the protection level in which they are operating is in place and adhered to. Further information from the Scottish Government is available at Retail Sector Guidance .					
TOILETS, CHANGING & SHOWER ROOMS	Club, Centre & Sports Facilities	Operators may open public toilets if they follow the guidelines outlined on the Scottish Government website Opening Public Toilets Guidelines					
PEOPLE	Providers & Volunteers	Facility operators must ensure that Government guidance on workforce planning in sport & leisure facilities is followed for contractors, staff or volunteers and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.					

Definitions

1. **Organised Activity:** Activities meeting the following criteria:
 - are undertaken in a structured and managed way
 - follow SCA guidance and any other relevant guidance
 - is overseen by an appointed [COVID Officer](#) who has completed the free [sportscotland elearning](#)
 - a documented risk assessment is undertaken and mitigating actions put in place to ensure the health, safety and welfare of participants, coaches and officials
2. **Informal Activity** - any activity not meeting the criteria for organised activity above
3. **Field of play bubble:** (does not apply to Level 4 Stay At Home) - An outdoor 'field of play bubble' (where permitted for Organised Outdoor Activities) consists of a maximum of 30 people including coaches, officials and other support staff/volunteers at any one time. Multiple bubbles, each with up to 30 people, can be used in training, competition or small-scale events if all guidance is followed (200 max per day unless with exemption). See point 17 below for more information.
4. **Essential** education is any of the following:
 - An essential requirement for employment or deployment, paid or voluntary.
 - Required for the retention or completion of a formal qualification.
 - Required for the retention or completion of a license or endorsement (such as maintaining CPD status, provider roles)
 - Required for the safe delivery or supervision of sport and physical activity

Protection Measures and Additional Guidance

1. **COVID Officer** - Clubs, Centres and others facilitating organised paddlesport activity should appoint a [COVID Officer](#) to ensure all appropriate management processes are in place and effectively oversee and maintain the implementation of measures outlined in guidance. A free **sportscotland** e-learning module for [COVID Officers](#) is [available here](#)
2. **Risk Assessment** - as is standard practice for all paddlesport activity a risk assessment should be carried out prior to any organised activity taking place.
3. **Equipment** - Paddlers are encouraged to use their own equipment. Where equipment is to be used by individuals from more than one household (such as shared / borrowed equipment at a club or centre), refer to the [Appendix A](#) for further details. For guidance on accessing an outdoor compound or storage safely please see [Appendix A](#).
4. **Indoor Storage** - Access to indoor storage areas is permitted in all levels. However, the club/centre committee/management should ensure mitigating actions are put in place to minimise the risk of virus transmission including physical distancing, hygiene and cleaning measures.
5. **First Aid Protocols** -
 - a. Ensure access to first aid and emergency equipment is maintained and has been updated appropriately for the COVID-19 pandemic and first aiders have appropriate training.
 - b. In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may be required to attend to the injured participant. The [COVID Officer](#) should consider processes for managing this as part of their risk assessment. This could include but not be limited to; Provision of suitable PPE, Training of coaches/supervising adults, Presence of one parent/guardian being required at the activity for children/vulnerable adults.
 - c. Follow the COVID-19 [advice from the Resuscitation Council \(UK\)](#) particularly in respect of any required resuscitation after major injury or drowning.
6. **Screening, Test and Protect** -
 - a. Participants should be asked to complete a self-declaration about their health and circumstances before attending a session. Templates available from canoescotland.org/covid
 - b. The organiser of the session/event must keep a record of attendees for 21 days in accordance with the Scottish Government [Test and Protect](#) process.

- c. NHS Scotland has launched a [free mobile app](#) designed to help with contact tracing efforts and slow the spread of COVID-19. The Protect Scotland app will alert users if they have been in close contact with another app user who tests positive for coronavirus.
7. **Communication with participants:** You should communicate with participants setting out what they are doing to manage risk, and what advice they are giving to individuals before, during and after visits to the venue/activity. Make participants aware in advance of measures you are putting in place at your venue, and guidelines they are asked to follow.
8. **Primary and Extended Activity** - Organisations whose primary, or additional activities fall under the jurisdiction of another sector such as Tourism, Education, Hospitality, Childcare or Retail should refer to the Scottish Government guidance or other umbrella guidance on these areas.
9. **Cleaning and Hygiene**
 - a. Hand sanitiser should be at least 70% alcohol based.
 - b. Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles, handrails etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken.
 - c. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent. See [Appendix B](#) for more information.
10. **Face Coverings**
 - a. Those accessing indoor spaces must wear face coverings, before and after activity.
 - b. Face coverings may not be required when using hospitality services such as café's, bars and restaurants. For further information refer to Scottish Government [Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#).
 - c. Sports facility operators should ensure participants and visitors wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility. For example: reception, locker rooms and storage areas. This is a mandatory requirement except where an exemption applies, or where there is a 'reasonable excuse' not to wear a face covering. For example, if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability.
 - d. Be aware that face coverings discriminate against some deaf people who need to look at lips to help communicate. Staff in facilities should be made aware that it is okay to remove their face coverings to communicate with someone who relies on lip reading and facial expressions.

- e. Face coverings may not be required when using hospitality services such as café's, bars and restaurants. For further information refer to Scottish Government Coronavirus (COVID-19): tourism and hospitality sector guidance.
 - f. [Coronavirus \(COVID-19\): public use of face coverings](#) provides guidance on general use and exemptions.
11. **Sensitivity to the environment** - Remember all the normal considerations for protecting the environment, such as Check Clean Dry.
 12. **Access** - Our right of responsible access under the Scottish Outdoor Access Code remains in place. Park cars well away from other vehicles in order to maintain physical distancing at all times
 13. **SCA membership** - Members of clubs who are not full members of SCA are only insured when taking part in organised club activity. If paddlers want to ensure they are insured they can take out individual SCA membership if they wish to paddle independently of the club. www.canoescotland.org
 14. **Insurance** - To operate within the scope of the British Canoeing/SCA insurance, follow the Scottish Government and SCA guidance. If utilising independent insurance, check with your insurer
 15. **Equality and Inclusion** - It is more important than ever to consider inclusive guidance for people who need extra support to be active and organisers should consider this as part of their work to encourage people to return.
 16. **Closely follow all advice** from the Scottish Government in relation to Coronavirus. gov.scot/coronavirus
 17. **Physical distancing and “Field of Play Bubble”, for Organised Activity only (does not apply to Level 4 Stay At Home)**
 - a. Under 12's do not need to physically distance at any time.
 - b. For anyone over 12 a 'field of play bubble' can be created whilst an organised outdoor activity is taking place.
 - c. For outdoor activities, where there is likely to be close contact (less than 2m) between participants aged 12 years or over, mitigating actions must be put in place to minimise risk and keep participants safe. For instance:
 - i. Reducing the numbers of participants and adapting the activity to reduce the possibility that physical distance is less than 2m.
 - ii. As soon as a participant has completed the activity, training session or event, they should leave the area in which the activity is taking place and ideally leave the venue
 18. Where a disabled participant requires functional support to help them participate coaches or carers can provide this without maintaining physical distancing. In such circumstances the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment. For instance, providing appropriate PPE, limiting the number of participants an individual provides functional support to, limiting the duration spent in close proximity, or a combination of actions.

Appendix A - Accessing equipment

Organisations and individuals that provide paddlesport activities are responsible for planning and risk assessing how they operate. Where people might touch the same object/surface it is essential to implement the SCA guidelines below. This information should be given to all those engaged with this process either by sharing this document or briefing those concerned.

Even if all the advice is followed it does not guarantee that the risk of contracting COVID-19 is completely eliminated. The aim is to limit the chance of the virus being passed either directly from one person to another, or from contact from shared surfaces.

Limits on the number of participants accessing facilities should be risk assessed to ensure physical distancing can be maintained.

The basic principles are to **minimise person-to-person infection** and **minimise the chance of infection from contact with surfaces**.

1. Maintain physical distancing between household groups. Access will need to be managed in order to facilitate physical distancing.
2. Those accessing indoor spaces must wear face coverings.
3. Brief members/participants/staff on procedure for accessing equipment
4. Every person to wash hands using soap and water or 70% Alcohol hand sanitiser prior to gaining access to the premises, if they come into contact with surfaces and when leaving. Hands should be visibly clean before using hand sanitiser to ensure effectiveness.
5. Avoid touching your face at all until hands have subsequently been washed or cleaned
6. Ensure mitigating actions are in place to minimise the risk of virus transmission including physical distancing, hygiene and cleaning measures.
7. Appropriate hygiene measures must be put in place and followed at all times. This includes appropriate PPE for the designated persons/household to ensure the operator is safeguarded.
8. Care must be taken not to touch surfaces which have not been disinfected.
9. All surfaces must be disinfected afterwards using the cleaning protocols outlined in this [Appendix B](#).

Appendix B - Cleaning Protocols for Equipment and Stores

Cleaning protocols for equipment stores

Cleaning of equipment is a core measure to be implemented and provision should be made for this.

Further information on cleaning can be found at: [Health Protection Scotland: General guidance for non-healthcare settings](#)

Cleaning products and equipment

- 70% alcohol hand sanitiser or 70% alcohol cleaning spray which must be applied with a cloth. Caution should be taken, particularly with sprays, as alcohol is flammable.
- Domestic household bleach containing 5-6% bleach diluted 1 part bleach to 49 parts water minimum to achieve a 0.1% solution, applied with a cloth. (Household bleach may be supplied in other concentrations e.g. commonly between 3-8%. Diluted bleach will degrade with time and should be prepared on the day it is required.)
- Protective gloves, these may be cleaned and dried for reuse if not disposable
- Disposable cloths soaked in disinfectant, ideally biodegradable
- Waste bags for safely disposing of used cleaning materials

All disinfectant solutions should be stored in opaque containers, in a well-ventilated, covered area that is not exposed to direct sunlight and ideally should be freshly prepared every day.

Follow all manufacturer's instructions for Personal Protective Equipment required and use of any product used for cleaning. Reference should be made to the Control of Substances Hazardous to Health [COSHH](#) regarding the handling, storage, use and disposal of chemicals.

Cleaning Procedures for Premises

1. **Wipe down** all touch points using cleaning products such as - padlocks, door handles, light switches etc. to remove any dirt from surfaces, as this would reduce the effectiveness of disinfecting the surface afterwards.
2. **Disinfect** all touch points using alcohol or diluted bleach as described above.

Cleaning Procedures for Paddlesport Equipment

Equipment that is only accessed and used by one individual or within a household group does not need to be cleaned if no one else makes contact with it.

Procedures must be in place to ensure that no one makes contact with other people's personal or designated equipment beyond a household group. A colour coding or numbering system could be used for this. All participants and others who have access to the equipment must be briefed on the procedures.

Where assistance outside a household group is required to carry heavy equipment such as boats, hands should be cleaned before and after lifting. 70% alcohol hand sanitizer should be carried by all paddlers for this purpose.

Where equipment is touched or used by others there are two options:

Option A - all equipment is quarantined for 72 hours between use

Given that the cleaning of equipment is difficult, the preferred recommendation is to rinse to remove any visible dirt, dry and allow a period of 72 hours between the use of any equipment by members from different household groups.

Option B - equipment is cleaned following the guidance in this document after each use

Equipment manufacturers do not recommend using chemicals to clean equipment as it might shorten its life and/or change its appearance but recognise that it might be required in order to adequately clean equipment between sessions where different people will use it.

If equipment needs to be used frequently then this option should be used and particular attention paid to touch points such as toggles, around the cockpit or gunwales, hatch covers and paddle shafts.

Examples of cleaning procedures are available from [Peak UK](#) and [Hou Canoes](#)

The processes outlined here are designed to minimise the chance that a paddlesport activity will be a focus of transmission. Remember also that the young and otherwise fit are the most likely to be asymptomatic carriers.

Appendix C - Swimming Pool guidance

1. **Communication** - All participants, parents, coaches and volunteers must be made aware of the pool procedures prior to attending pool sessions.
2. **COVID Officer** - Clubs and other organisers of paddlesport activity in pools should appoint a [COVID Officer](#) to ensure all appropriate management processes are in place and effectively oversee and maintain the implementation of measures outlined in guidance. A free **sportscotland** e-learning module for [COVID Officers](#) is [available here](#). It may be useful for other coaches and officials involved to also complete the training.
3. **Prior to the resumption of pool sessions** - Liaise with pool management so they can brief coaches, volunteers, club officials etc. on the changes to procedures for:
 - a. Entering the facility
 - b. Changing room and showering
 - c. Access and egress to/from the pool
4. **Drop off** - During drop off and pick up:
 - a. Maintain physical distancing between participants and those providing transport. Drivers should avoid waiting to pick up and drop off participants. Consider arrangements for concurrent sessions and changeover between different groups.
 - b. Participants should avoid arriving early. Parents that are collecting children should arrive at a planned time so that participants from different sessions do not mix. If a Parent /Guardian is required to assist their child changing after the activity this needs to be managed so that 2m physical distancing can be maintained.
5. **Face Coverings** - to be worn before and after activity in non playing areas of the facility (including reception, locker rooms and storage areas and elsewhere required by the pool management). Face coverings do not need to be worn when undertaking physical activity, exercise or showering/changing.
6. **Spectators limited** - Where permitted by pool management, only one parent/guardian per child/family, if required and these should be kept distanced from participants and the activity. Parents/guardians must maintain physical distancing from each other at all times.
7. **Registration and payments** - Where possible payments and registration should take place prior to attending the session as per the **Screening, Test and Protect section**.
8. **Changing Rooms and Showers** - Participants should aim to shower at home before and after each session, arrive

changed ready for the activity. So the use of changing rooms is kept to a minimum and for as little time as possible.

9. **Cleaning kit** - Where equipment is in frequent use (within 72 hours), a cleaning protocol must be in place. Boats, paddles, spraydecks, buoyancy aids etc should be sanitised between sessions. Submersion in a chlorinated pool is viewed as sufficient. While putting equipment away, points of contact must be minimised and then sanitised, following the guidance in [Appendix B](#).
10. **Physical distancing** - Whilst “field of play bubble”, (defined in point 3 of the main paddlesport guidance), is permitted indoors, activities where there is an expectation of close contact (within 2m) must not take place.
Indoor contact activities are not permitted at this time, such as Canoe Polo and other contact games.
11. **Number of boats in the pool** - The number of boats that can be in the pool at the same time may need to be reduced to maintain 2m physical distancing.
 - a. Start off with fewer boats/people and increase as you gain experience and confidence that 2m physical distancing can be maintained.
 - b. Consider the group's paddling ability and how capable the paddlers are to maintain physical distancing.
 - c. Consider how the pool might be divided up into different areas using lane ropes etc. to help maintain physical distancing.
12. **Sessions** - Consider adopting a phased approach for your club to returning to running pool sessions:
 - a. Start with a session for the coaches and officials to gain experience with the new arrangements and to try out ideas for coaching sessions.
 - b. This could be followed by sessions for the more experienced paddlers - with the least experienced paddlers being the last to come on board.
13. **Coaching** - Plan to coach activities and skills that allow coaches and participants to maintain 2m physical distancing. Adapt/change if required.
14. **Rolling Practice** - Rolling practice should only be undertaken where it is the paddler should not require assistance from others. No activity should be undertaken if the 2m physical distancing would need to be broken.
15. **Review** - As pool sessions progress review how well procedures have been followed with coaches, volunteers and pool management as required and adapt if necessary.

Appendix D - Further sources of information

- [Scottish Government COVID-19 information](#)
- [sportscotland Coronavirus \(COVID-19\) information and resources](#)
- [Scottish Government guidance on Tourism and Hospitality \(including adventure tourism\)](#)
- [Scottish Government guidance on fully outdoor care settings](#)
- [St. John's Ambulance: Covid-19 advice for first aiders](#)
- [HSE: First Aid during the coronavirus](#)
- [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#)
- [Coronavirus \(COVID-19\): tourism and hospitality sector guidance.](#)
- [Retail Sector Guidance](#)
- [Getting Your Facilities Fit for Sport](#)
- [Getting your coaches ready for sport](#)
- [Health Protection Scotland: General guidance for non-healthcare settings](#)
- [Health Protection Scotland: Cleaning in a non-healthcare setting](#)
- [Health Protection Scotland: Hand hygiene techniques](#)
- [St. John's Ambulance: Covid-19 advice for first aiders](#)
- [HSE: First Aid during the coronavirus](#)
- [NHS Inform Coronavirus \(COVID-19\) information](#)
- [Scottish Government COVID-19 information](#)
- [Child Wellbeing and Protection Considerations](#)

Appendix E - British Canoeing Courses - Level 3 and 4 (pre 5th Jan)

This section relates to British Canoeing Training and Qualification courses for paid and unpaid individuals in Level 3 or 4 (pre 5th Jan) for essential* education purposes. Read this section in conjunction with the table on pages 3-5.

Level 3 and 4 (pre 5th Jan)

- All Authorised British Canoeing Courses and Assessments can take place (when deemed essential* for the participants). Planned, momentary and incidental reduction of the 2m physical distancing during British Canoeing training and assessment courses is permitted. In such cases this will have been risk-assessed in advance, mitigation measures are in place and tutors and assessors have completed the SCA Course delivery during Covid elearning.

Level 4 (pre 5th Jan)

- Whilst all Authorised British Canoeing Courses and Assessments can take place in Level 4 areas (when deemed essential* for the participants), it is important to acknowledge the increased prevalence of Covid-19 in these communities and this should be taken into consideration through the risk assessment process and planning of mitigation measures. Participants and Providers should carefully consider how essential the course is and take a responsible approach.
- In particular, people should only encroach within 2m of one another where it is essential for assessment purposes. At all other times 2m physical distancing is required and the activity is adapted/action planned if required.