

Participating in HCC Club Activities 2021

Hinckley Canoe Club is happy to announce that Club Activities have resumed for the 2021 season. HCC will again be offering a variety of courses for beginners and those wishing to improve their paddling as well as Trips for the more experienced. Trip places and Lake sessions will be advertised on our Facebook Page and website. All activities should be booked via the online booking system.

Please take time to read this information as we continue to need to modify our Club's procedures due to the Coronavirus pandemic. We have made our arrangements after careful consideration of national Government Guidelines and specific recommendations made by British Canoeing, as well as with our venue, Stanton Lakes.

HCC's Committee will continue to review the guidance on a regular basis and will update you as changes arise. If you wish, then please contact any member of the Club Committee or the person leading your session.

We look forward to seeing you again on the water very soon.

Hinckley Canoe Club Committee

Dated: 18/04/21

Our Arrangements 2021

- **Online Booking and Payment Only for Lake Sessions**

We will operate [online bookings and payments only using Bookwhen](#) to control numbers of participants in line with government advice. Members can access club kit, subject to availability, for all booked onto group sessions and for the social paddle. Social paddlers still need to be known to have demonstrated a **minimum** of [Explore level](#) of competency or equivalent. As Lake places are limited, we ask you to be mindful of other members and not book successive weeks to give equal opportunity to all.

- **Trip Bookings**

These will be advertised on **Facebook** in the HCC Members Area. [Bookings and payments will only be taken using Bookwhen](#). Places will be limited, and participation will be at the discretion of the Trip Leader. Kit may also be available for club trips (Contact Mike Dallaway, Kit Officer) but timings for kit collection must be by prior arrangement.

- **COVID 19 Symptoms**

If you are booked to attend an activity but feel unwell with [symptoms of COVID-19](#) or are self isolating, you must not attend the session. If you become unwell with the symptoms of COVID-19, or test positive within 48 hours of padding with us, please notify us promptly by the contact form on our website Send a Messenger message to Liz Owen or Alison Hardy, [Contact](#)

[Form](#) (this sends to membership@hinckleycanoecub.co.uk and secretary@hinckleycanoecub.co.uk) or message us on Facebook although this option is not confidential. This will enable one of the Committee to alert fellow attendees for that session that someone has developed symptoms. Your identity will not be revealed to them.

- **Access to Site**

Access is only for those who have pre-booked, or who are a designated volunteer for the evening. You MUST arrive on time (predetermined at the time of booking). If you need a driver then they must avoid accessing the HCC area as we need to limit the group sizes and mingling. Late arrivals cannot be accommodated. A session end time will be stated at the time of booking and must be adhered to unless the whole session needs to end earlier than planned.

- **Lake Facilities**

There is no access to toilets, changing room or showers at the Lake, so please come suitably dressed ready to paddle. Remember to have a way to keep your car keys dry too. There are key hooks on the inside door of the first container. Keys are left at owner's risk.

- **Follow Good Practice for Social Distancing and Hand Hygiene**

Participants/volunteers (unless with members of their household) to park, prepare to paddle, launch/get off and paddle, respecting social distancing at all times.

Please park with a car's width between you and the next car.

Observe good hand hygiene. No hand washing facilities available at the Lakes, so please use hand sanitiser on arrival and after touching any shared surfaces. If you can, please bring your own hand sanitiser for personal use.

- **Emergency Rescues and First Aid**

Participants to be aware that Coaches/Leaders will adopt rescue techniques and provide First Aid aiming to avoid comprising social distancing rules unless in the event of an emergency. Sanitiser must be used after rescues or first aid if social distancing is compromised.

Format of a Club Session 2021

- **On arrival at the Lake**

- Session Participants, Coach and Bank Cover to arrive promptly.
- Participants will proceed to HCCs parking and to leave extra space between vehicles so kit can be removed from roofs whilst maintaining social distance.
- Once "booked in" they will be advised on where to meet their Coach in their paddling kit.

- **Bank Cover Person will access the container and**
 - Open gates as necessary, in particular the gate above the decking.
 - Set up sanitiser stations, signage and throw line on the gate by the decking.
 - Site posts to indicate Course group meeting points (if being used).
 - Afterwards, remove all of the above and secure them back into the container.
- **Pre-brief/Group Get On**
 - Your Coach will ensure you have the required kit and brief you on the session format.
 - Coaches will get on the water before their group.
- **On the Water**
 - Participants to get onto the water from the decking as directed by your coach.
 - Group to stay together whilst maintaining social distances during the session and not mix with others.
 - Groups may be required to keep close to the bank of the lake to make it closer for self-rescue swims to reach the bank.
 - Social Paddlers Group to be a minimum of two crafts.
 - No deliberate jumping in, capsizing or swimming. Participants will be asked to leave the water if this occurs.
- **Get Off**
 - Social Paddlers or Coach and group to leave the water together at the predetermined time.
 - Participants to leave the water as directed, e.g. two at a time, one at each end of the decking.
 - Sanitiser is provided at a number of locations for your use. We advise you take every opportunity to sanitise your hands.
- **Additional Group - Staggered Start/Finish times**
 - If more than one group is present on site, they MUST act independently and not interact.
 - Each group to get on/get off the water at their pre-determined times.
- **Leaving site**
 - Groups MUST avoid lingering and leave the site promptly.

Our risk assessments are available on our website. [Click here to follow the link](#)

Thank you for your cooperation – Happy Paddling!