

SEA KAYAK CLUB WA

COVID MANAGEMENT and RISK MITIGATION PLAN

Revision 0.0
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Photos - Barry Roberts

SKCWA Videos - Pel Turner and Sandy Robson

SEA KAYAK CLUB WA - COVID19 MANAGEMENT PLAN

The **purpose of this management plan** is to address how we can reduce the risk of COVID19 to our club members.

We recommenced club paddling in **Stage 3** of the **WA government** easing restrictions and this management plan recommendations will continue to be in place whilst we operate during the COVID19 pandemic. Our management plan contains modifications and adaptations to our activities in response to the risk of COVID19 transmission and will be regularly reviewed in response to:

- the staged community response to COVID19 pandemic led by the WA government
- recommendations from Paddle Australia
- feedback from club members & sea leaders who lead the regular paddles
- professional advice provided to us e.g. Doctors, First Aid Providers, Outdoors WA, Paddle WA, Paddle Australia etc.

<p>1. What we do & How we Come Together:</p> <p>(Organising/Person Completing the Plan/Summary of Service Type/Site Description/Activity Provision)</p> <p>This COVID19 Management Plan has been compiled by club volunteers whilst referring to WA Government current recommendations and using as a resource the COVID19 Management plan template from The Outdoor Council of Australia, Paddle Australia and Paddle WA templates/ recommendations and The Covid Safety Plan template provided by WA government for Sport and Recreation.</p> <p>The COVID19 Management Plan is endorsed by the club committee and is will be regularly reviewed and updated</p> <p>The Peak Body for our club activities is Paddle Australia and we believe that this document is in compliance with their recommendations and regular safety updates</p> <p>Land Managers: As we do not have a facility that we operate from, our plans and activities will also reflect recommendations from the land managers for the areas in which we operate e.g. Parks & Wildlife 10(DBCA), local councils, WA government</p>	<p>Sea Kayak Club WA is a recreational sea kayak paddling club in Western Australia. We do not have a clubhouse or facility, members provide their own equipment, we bring people together for:</p> <ul style="list-style-type: none">• regular club paddles on Sundays at a variety of locations (may include river kayaking, ocean kayaking, surfing, kayak sailing, navigation exercises, stops for socialising/coffee, downwind paddling with transport shuttles, learn to eskimo roll & learn to kayak surf etc.)• regularly programmed club training session to facilitate continuing skill development• sea kayaking trips e.g. Jurien Weekend, Rottnest Weekend, Expeditions etc.• an annual Sea Kayaker Festival weekend• club organised social gatherings• club annual AGM• club committee regular meetings at agreed location• new member inductions• courses e.g. CPR training for sea leaders, Paddle Australia Courses <p>Note: members also meet to organise their own social paddling and training outside of club organised paddling activities</p>
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<p>2 Logging Participants:</p>	<ul style="list-style-type: none"> • Sea Kayak Club WA log paddler attendance at club paddles through a sign-on sheet. The Sea Leader then forwards this sign on and the signed disclaimer to the Club Secretary. For the purpose of contact tracing, lists of attendees at all club events will need to be documented by the organiser and this information forwarded to the Club Secretary in a timely fashion. This is a requirement of the COVID Safety Plan for return to Sport and Recreation activities in WA. • We will also recommend all participants download the COVID Safe App.
<p>3. Communication & Notification to Participants:</p>	<ul style="list-style-type: none"> • Contact information and emergency contacts of members is collected and stored through our club secretary/Paddle WA, this can be accessed in the case of an outbreak/case in our community. Club Secretary may remind members of information currency needs. • Members signing on to a paddle advise the sea leader their current emergency contact for day of the paddle, this is stored in a confidential manner by the Sea Leader and sent on to the Club Secretary post-paddle. • Records of attendance to club paddles will be kept for 7 years • Club members contact information is kept in a members only area of our website for privacy purposes. • If COVID19 contamination occurs from SKCWA activity the club secretary of club president or a committee member should be informed ASAP. • The club secretary will communicate with health authorities information relevant to contact tracing • Sea Leaders conducting SKCWA activities will carry the COVID19 advice hotline telephone number as a part of their emergency contact number list • In the event of a club member becoming COVID19 positive through participating in club activities, the club secretary will notify all members by email that Club activities are placed on hold to enable investigation and review of the incident as well as contact tracing, a Paddle Australia Incident report will be submitted by the Club

	<p>president, or a person nominated by them (e.g. Secretary, Sea Leader). Land managers may also need to be notified.</p>
<p>4. Precautions and Guidelines for SKCWA:</p>	<ul style="list-style-type: none"> • Within our club members there may be people who through their age and health, may be in a high risk group for COVID19. There may also be members who are caring for elderly relatives or caring for people who are considered at risk. These members may choose not to resume normal paddling activities due to high risk of post activity issues if infected by COVID19. • Our staged return to paddling is aligned with WA government easing of COVID19 restrictions and reduction of the COVID19 risk in our state. This may change if there are further outbreaks of COVID19
<p>5. General Hygiene Protocols that will be implemented:</p>	<p>The hygiene protocols that we will implement for each part of our activities is documented in the attached risk assessment which breaks down elements of a club paddle and other club activities with consideration to SKCWA likely contamination points and documented hygiene protocols from health authorities in our state</p>
<p>6. General Principles of Physical Distancing and Key Contact Points:</p>	<p>In the attached risk assessment, we identify key contact points on our activities and identify how we intend to deal with these.</p>
<p>7. Entry & Exit Distancing Plan:</p>	<p>The attached risk assessment details ways in which we will deal with arrival to and departure from a paddle and ways that we can manage congestion points such as beach launch and landing sites, gatherings during paddle breaks and social gatherings. There may be times where a Sea Leader has to adapt the planned activity at a site or cancel the activity due to concerns about other user groups gathering and making the site congested.</p>
<p>8. Non-participants and/or leader planning:</p> <p>e.g. Non paddlers at Sea Kayak Fest.</p>	<p>Spectators or non-paddling participants should be managed and directed by the Sea Leader/event organiser to sign on with contact details, to allow contact tracing. They should also demonstrate appropriate social distancing and follow COVID19 management set out during the event</p>
<p>9. Transport Requirements:</p>	<p>The attached risk assessment addresses transport issues such as car shuttles that occur as a part of a club paddle.</p>

<p>10. Use of Supporting Infrastructure & Accessing public facilities:</p> <p>e.g. toilets, changerooms, catering, carparks etc</p>	<p>As a part of the club activities, members may access public toilets and changerooms, or use external provider facilities. See attached risk management plan</p>
<p>11. Managing food and eating areas:</p>	<p>See attached risk management plan</p>
<p>12. Accommodation/Camping Requirements:</p>	<p>See attached risk management plan</p>
<p>13. Leader-supervision controls:</p>	<p>SKCWA do not feel at this stage that additional leaders will be required to manage our paddling groups except at initial rescue training</p> <ul style="list-style-type: none"> • SKCWA are providing ongoing training for club members in socially distant rescue techniques for self and assisted rescue. Participants who are unable to attend the initial training may seek out training on club paddles • SKCWA encouraging club members to develop at least 3 ways to recover from a capsize using socially distant techniques and to be able to rescue others using socially distant techniques. These adapted techniques may be eased off if the WA community returns to a state of reduced social distancing. • If there are further outbreaks of COVID19 our activities may need to be placed on hold due to risk.
<p>14. Personal Protective Equipment (PPE):</p> <p>SKCWA normal PPE includes paddlers wearing lifejackets, sun hats or helmets (depending on conditions), sunscreen, protective footwear and clothing that prevents hypothermia. Paddlers may also wear sunglasses and paddling gloves. Paddlers may have in their first aid kits protective gloves for first aid and a CPR mask or face shield.</p>	<ul style="list-style-type: none"> • For COVID19 management, all paddlers will be encouraged to now bring their own hand sanitiser. Buff and Sunglasses will be encouraged as these items can be improvised as PPE in rescue situations. Face shields and disposable gloves will be recommended additions to first aid kits. • Members will be encouraged to regularly sanitise their hands, particularly before and after signing on for a trip, after loading and unloading kayaks, after using shared facilities such as public toilets and during paddling breaks.

	<ul style="list-style-type: none"> Members will be encouraged to clean and sanitise their paddling equipment appropriately according to recommendations for COVID19 management, especially any high touch surfaces.
15. Activity Equipment:	SKCWA activities generally do not use shared equipment. Hand sanitising will be encouraged before and after signing on for a trip as this is an area of potential virus transmission. Where members do loan equipment to another member, they will be responsible for appropriately cleaning and sanitising the equipment themselves. Items such as paddle floats, which involve air-borne inflation, should not be shared. Sea Leaders can manage wiping down the sign-on equipment at home.
16. Access to Medical Facilities:	<ul style="list-style-type: none"> Sea Leaders will be encouraged to maintain currency in First Aid & CPR techniques (this is re-imbursed by the club) A briefing will be conducted with Sea Leaders regarding COVID19 response protocols for first aid and incident management as well as items they should carry in their first aid kits & this information will be passed on to Sea Leaders who are unable to attend the meeting. Sea Leaders will be expected to know the location of the nearest medical facility that can deal with COVID19 cases, in the area in which they have planned a paddle
17. External Providers:	All external providers engaged in SKCWA activities should display or have a COVID19 safety plan and appropriate measures in place in response to COVID19. Activities organisers should check this as a part of their planning procedures. Examples of external providers are: Coffee Shop/Restaurant visited during a club paddle, Venues used for accommodation on a club trip, Meeting rooms used for a presentation, Downwind Transport Bus etc.
18. Readiness to Reverse/Amend Plans/advance to next level of restrictions easing:	The SKCWA measures to modify club activities due to COVID 19 are documented in this management plan and attached documents. These restrictions will stand while COVID19 pandemic continues to impact our community. Restrictions may be eased, and this planned reviewed as we work through further stages of easing restrictions, as led by the WA government. The SKCWA are ready to responsively put club activities on hold again if the need should arise and plan to amend our documented plans as needed and keep member updated continually of changes and reasons for those changes.

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SKCWA COVID19 RISK MANAGEMENT PLAN: ACTIVITY/ RISK /CONTROL FOR SKCWA ORGANIZED ACTIVITIES

- Paddle Australia recommends that all paddlers download the COVID Safe App which facilitates contact tracing
- Sea Kayak Club WA will also keep a documented record of all paddlers attending club events so that contact tracing can be facilitated if required

Activity	Hazard/Risk	Control Actions
CLUB PADDLES & TRAINING		
Paddle is advertised on Paddle Program	<ul style="list-style-type: none"> • Participant could have COVID19 • Within our members there may be people who through their age and health, may be in a high risk group for COVID19 • Members may have been overseas or come from interstate 	<ul style="list-style-type: none"> • Note on Paddle Program & in email communications regarding COVID19 attendance protocols • De-risked paddles offered to minimize risk of assisted rescues
Paddler advises Sea Leader of intention to attend & Sea Leader responds	<ul style="list-style-type: none"> • Skill level for assisted rescue is inadequate for the paddle. Has skills or history of skills but have not been practised. 	<ul style="list-style-type: none"> • Training days to allow people to practise assisted rescues • Advanced paddles need to have accredited paddlers leading and available for assisted rescues
Sea Leader Prepares Float plan	<ul style="list-style-type: none"> • Needs to prepare for COVID19 requirements 	<ul style="list-style-type: none"> • Email to paddlers on COVID requirements suggesting to bring own sanitizer, personal first aid kit etc • Sea Leader sends float plan, weather, location of toilets & equipment list to paddlers attending • Send Clubs Prelaunch Disclaimer Sheet for return by email if Sea Leader prefers • Modify paddle program to

		<p>highlight COVID requirements</p> <ul style="list-style-type: none"> • Sea leader to check that location of the paddle is open to the public for outdoor activities.
Sign on sheet	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 through handling common objects • Transmission or contracting of COVID19 by a non participant assisting in the organizing of the paddle. Eg driver of a car ferrying paddlers to start or from finish. 	<ul style="list-style-type: none"> • Sea Leader to have hand sanitizer at sign on sheet.. • Everyone to use hand sanitizer before and after signing the sign on sheet • Participants can return an email prior to trip to say they have read the pre trip disclaimer plus provide emergency contact details if they are not comfortable signing on the day • Any non participant involved in the paddle organization on the day to sign on (for contact tracing), understanding the acceptance of declaration of risk.
<p>SKCWA arrive at paddle start</p> <ul style="list-style-type: none"> • Greetings asking for help • Lifting kayaks off cars • Carrying kayaks to water 	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 from touching common objects • poor social distancing 	<ul style="list-style-type: none"> • No handshaking, keeping social distances • People are at each end of kayak are socially distanced. • Hand sanitizer after handling kayak. • Sea leader makes hand sanitizer available if participant does not have any of their own
Putting paddling gear on	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 	<ul style="list-style-type: none"> • Maintain social distancing whilst preparing for paddle • Equipment is not shared without cleaning & disinfecting

		in-between use
Use of shared facilities e.g. public toilets & change rooms at Launch/Land sites	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 • Hand soap and sanitizer may not be provided by facility 	<ul style="list-style-type: none"> • Members encouraged to carry soap and hand sanitizer in their vehicle • Sea Leader to have hand sanitizer available
Preparing the boat with gear	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 due to poor social distancing • Packing boat opposite another person with inadequate social distancing as per government regulations • not maintaining recommended social distancing 	<ul style="list-style-type: none"> • Boats to be separated to allow social distancing. As people may tend to boats from both sides, boats need to be appropriately spaced
Briefing	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 	<ul style="list-style-type: none"> • Maintain appropriate social distancing as per current government recommendations during briefing • Remind about social distancing and hygiene in the briefing
Attendee comes to a paddle but is obviously unwell	<ul style="list-style-type: none"> • Transmission of COVID19 through coughing, sneezing etc 	<ul style="list-style-type: none"> • Sea Leader may refuse a paddler who is obviously unwell
Launching	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 due to poor social distancing 	<ul style="list-style-type: none"> • If calm, boat separation on the beach is adequate • If in surf with an assisted launch, use strategies to minimise compromising social distancing e.g. you may be able to only have people at stern to push a person out
Paddling	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 due to poor social distancing 	<ul style="list-style-type: none"> • Paddlers remain apart

Stops and rests on water	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 due to poor social distancing 	<ul style="list-style-type: none"> • Rafting up can be done in pairs or as a larger group paddlers using paddles as spacers.
Stops and rests on shore including Lunch Breaks & Managing Food and Eating Areas	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 due to poor social distancing • Transmission of COVID 19 through use of shared facilities e.g. coffee shops, toilet facilities, picnic tables • Transmission of COVID19 through touching shared items 	<ul style="list-style-type: none"> • Boats to land with appropriate social distance apart to allow paddlers to access both sides of their boats • Social distancing as per current government recommendations • Sea Leader has soap or hand sanitizer available to encourage good hygiene, especially if using shared facilities e.g. toilets • Paddlers to be self sufficient in food and drink • Paddlers encouraged to have their own hand sanitizer
Administering First aid	<ul style="list-style-type: none"> • Transmission or contracting COVID19 due to proximity to patient 	<ul style="list-style-type: none"> • Sea Leaders briefed in appropriate First Aid Protocols for COVID19 and provided a list of items to include in their first aid kit. • Participant does self-first aid using personal first aid kit if appropriate (for minor first aid) • First aider ensures they obtain consent for all first aid (as usual,

		<p>but important if we have to break social distancing)</p> <ul style="list-style-type: none"> • Hygiene is critical in first aid, hand washing and sanitizing by the rescuer and patient before and after all first aid • PPE for the first aider should include disposable gloves and facemasks are recommended. • PPE can be improvised using buff and sunglasses • Compression Only CPR if needed (no breaths) or CPR using a resus mask with one-way valve in place
Transporting a participant with COVID19 symptoms to remove them from the activity	<ul style="list-style-type: none"> • Chance of COVID-19 transfer to others in the vehicle • It is not recommended to be in Close contact (typically being face to face) with the person for at least 15 minute, or being in the same closed space for at least 2 hours. https://www.healthdirect.gov.au/coronavirus-COVID-19-symptoms-and-how-the-virus-spreads-faqs#meet-COVID-person 	<ul style="list-style-type: none"> • Sea leader to ring the COVID hotline if a participant shows signs of fever, a cough, sore throat, tiredness or shortness of breath • Sea Leaders carries COVID hotline advice number 1800 020 080 for advice. • For a planned paddle, Sea Leader knows beforehand, the location of the nearest medical facility accepting COVID patients • Sea Leader may elect to call the participants emergency contact for assistance with transport or Participant drives themselves to a COVID-19 clinic

<p>Carrying boats to cars</p> <p>Loading boats on cars</p> <p>Farewells</p>		<ul style="list-style-type: none"> • Sea Leader diligently submits the trip documentation and list of participants to the club secretary to allow contact tracing if required and as a record in case of legal ramifications • Any incidents occurring or areas for concern are reported to the club president in a timely fashion, serious incidents may also require a Paddle Australia Incident report.
Transport	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 due to poor social distancing during car shuttles, bus transport and sharing vehicles to attend activities 	<ul style="list-style-type: none"> • Maintain physical distance as per current government recommendations e.g. you might have only 1 other person in the car, Passenger in the back seat • Any transport service , eg Downwinder transport to have COVID safety plan for their service
Club Inductions for New Paddlers	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 • not maintaining social distancing • Paddler stuck in capsized kayak resulting in compromising social distancing in order to rescue them 	<ul style="list-style-type: none"> • Participant screened regarding COVID19 – been overseas recently? etc. • Participants complete sign on and waiver, understanding that in some instances in sea kayaking/first aid, social distancing may be compromised • Inductions should be conducted by a qualified Paddle Australia

		<p>Sea Instructor</p> <ul style="list-style-type: none"> • Inductions may need to work up progressively to full wet exit drill e.g. beginning with beach drills, then wet exits without spray skirts, wet exit holding grab loop and finally whole drill • Induction to include socially distant techniques for assisted rescues
Courses & Club Training Days	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 • not maintaining social distancing 	<ul style="list-style-type: none"> • Participants consent that in some instances in sea kayaking/first aid, social distancing may be compromised • If government recommendation for social distancing is still in place, then where possible training will be conducted to rely on rescues that maintain social distancing •
MULTIDAY PADDLES , EXPEDITIONS, EVENTS e.g. Jurien Bay, Rottnest Weekend, Kayak Fest		
General Hygeine	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 due to poor hygiene standards 	<ul style="list-style-type: none"> • Participants and trip leaders bring a hand washing station and hand sanitizer
Number of Participants	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 due to poor social distancing 	<ul style="list-style-type: none"> • Maximum Numbers at any event will be based on safety, group management capability and will be in line with Paddle Australia Safety Guidelines as well as Government COVID19 recommendations.
Campsites	<ul style="list-style-type: none"> • Transmission or contracting of 	<ul style="list-style-type: none"> • Physical distancing between

	COVID19 due to poor social distancing	tents in line with current government guidelines and campsite rules
Shared accommodation such as dorms	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 due to poor social distancing 	<ul style="list-style-type: none"> • Individuals organize their own accommodation • Management of this risk will be addressed by the facility COVID Safe Plan and current government advice
Shared camp kitchens and other facilities	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 due to poor social distancing, hygiene or cleaning 	<ul style="list-style-type: none"> • Rules as per the facilities management • Participants organise to bring cleaning products, hand wash soap and hand sanitizer for use around shared facilities e.g. BBQ's, camp kitchen & public ablutions • Participants bring a tablecloth (can be cloth or a piece of plastic that can be wiped down) to cover shared surfaces used e.g. picnic table • Participants encouraged not to leave their personal cooking and eating equipment laying about where it may come into contact with the airborne virus • Participants encouraged to wash dishes in hot soapy water • Participants encouraged to rinse and disinfect dishes - in water with a cap full of bleach added
SOCIAL GATHERINGS e.g. AGM, Evening Presentations, Catering		

Venue/Provider Choice	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 due to poor social distancing, hygiene or cleaning 	<ul style="list-style-type: none"> • Able to accommodate participants as per current government recommendations • Venue/Provider must have COVID-19 Safe Plan in Place and displayed • SKCWA must screen external providers re their COVID Safety plans & brief them on SKCWA expectations and protocols to reduce risk to our members
Number of Participants	<ul style="list-style-type: none"> • Transmission or contracting of COVID19 due to poor social distancing 	<ul style="list-style-type: none"> • Maximum Numbers at any event will be based on safety, group management capability and will be in line with Paddle Australia Safety Guidelines as well as Government COVID19 recommendations.

Sea Kayak Rescues & a COVID19 Safety Plan

Many of us are looking forward to regular club paddles resuming. Sea Kayak Club WA are voluntarily completing a COVID19 safety plan. Physical distancing is still in place in the community, so it is important that we consider how we might adapt ways that we come together, including rafting up and handling rescues. On 17 May, some Sea Kayak Club WA paddlers conducted an on-water workshop to experiment with ideas for adapting conventional rescues to suit COVID19 safety. As a club, we will be a stronger and more capable team if we conduct training and get out and practice these skills together. Here are some practical skills that that you can explore. We encourage you to work on developing at least 3 ways to recover from a capsize, including assisted rescue styles as the rescuer and rescuee.

Self-Rescue Techniques

The *ultimate sea kayak self-rescue is the Eskimo roll*, but even the most experienced of paddlers swim sometimes. If Sea Kayak Club WA are skilled in self-rescue, then in the event of a capsize, the paddler may be able to Eskimo roll or use one of the following techniques to get back into their kayak:

1. Swim to Shore

In some instances, it may be easy to just swim to shore, empty out the water and re-launch.

Advantages: Self Rescue technique suitable for all levels of paddler.

Disadvantages: Not suitable if you are a long way from shore or if the shore is not suitable for landing (e.g. cliffs).

2. Paddle Float Re-entry

<https://youtu.be/Z1XWnHKvPGI>

Advantages: This Self Rescue Technique is suitable for Intro to Sea Skills level paddlers as a buddy rescue and Sea Skills level paddlers as a self-rescue, this is basically the Back Deck Rescue (listed below) with a paddle float as a means of support. The paddle float can provide extra stability required and helps if you are in rough water.

Disadvantages: It takes quite a bit of time to set up for the rescue, for that reason, people prefer assisted rescues

3. Cowboy Style Self Rescue (aka The Scramble Rescue)

https://youtu.be/2L_8ctRoMcM

<https://youtu.be/sFrwEV7aMhc>

Advantages: Self Rescue Technique, you can use this if you are paddling solo, maintains social distancing, this rescue can be adapted as an assisted rescue with the rescuer stabilising from the bow as the paddler re-enters.

Disadvantages: High centre of gravity can make this difficult in rough water, may be difficult for some kayakers (tippy).

4. Laying on the Back Deck Self Rescue

To keep a lower centre of gravity when re-entering, you can lay face-down on your back deck, either at your back hatch or just behind the cockpit and swing your legs around into the cockpit and wiggle down until your bum is above the seat. Then turn over.

Advantages: Self Rescue Technique, you can use this if paddling solo, it can be done with or without the paddle float.

This rescue style has a lower centre of gravity than the cowboy method.

5. Re-enter & Roll using a paddle float

https://youtu.be/b_kvMCmoZw0

Advantages: This technique can be used in rougher conditions where the other self-rescues may have failed.

Some paddlers can do this, even if they are still learning to eskimo roll. It's a great skill builder for paddlers working toward their Sea Skills or learning to eskimo roll.

6. Re-enter and Roll (Sea Skills Level Paddlers)

<https://youtu.be/8zDipkjlQc>

Advantages: This technique can be used in rougher conditions where the other self-rescues may have failed.

Assisted Rescues for the COVID19 Era

We are going to make some simple adjustments. Think 1.5m distancing, wearing a neck buff to pull up over nose and mouth if required, face away from others, cover your eyes with sunglasses, mini hand sanitiser in your PFD pocket, everyone carrying their own personal first aid kits, paddlers communicating more on VHF radios etc..

In our workshop we used pool noodles to illustrate the social distancing of 1.5m. For most of our single kayaks, the front hatch was 1.5m from the face of the paddler. As they move around to re-enter the kayak, the rescuer or person assisting needs to move to an appropriate position accordingly.



Self-rescue techniques can be **adapted to be assisted rescues** with other paddlers coming in to provide support by holding the kayak at the bow or the stern.

- **Get together and practice the assisted techniques** to figure out what works best for you. Holding the kayak at the bow and/or the stern may be less stable than when we could get in and hold the kayak close to the cockpit.
- **Check your deck perimeter lines** are in good condition because the rescuer may need to apply a lot of pressure to them as they use them to stabilise the kayak, it's not fun when they snap mid-rescue.
- **Take care when practicing**, we don't want to see sprain and strain injuries when experimenting with new rescue styles. Try and practice first with a paddler who is similar size/weight to you. Choose the rescues that you can adapt to easily before working on the more difficult ones.

1. Standard T Rescue (Intro to Sea Skills Level Rescue Technique)

Watch SKCWA Video:

<https://youtu.be/meLLv8zeCTk>

In the video you'll see that this is like a standard T-rescue, but involves the deliberate looking away element and moving to keep away from the infection centre i.e. mouth and nose. KP demonstrates it well.



Advantages: A rescue that we are all familiar with, we just need to learn the adaptations for being COVID aware. The Rescuer found this rescue easy to perform and control. We think most paddlers and rescuers would be able to complete this rescue, so it's a good one for the toolbox.

Disadvantages: You need to slide through the rescuees 1.5m bubble while back to back/facing away from each other. So physical distancing is not as perfect as in the heel-hook entry which is described next.

See next page for more assisted rescues...

2. Heel Hook Assisted Rescue

Usually when you re-enter the kayak using a heel hook, the rescuer holds near the cockpit of your kayak. We've adapted this so the rescuer provides the stability from



further away. Paddlers got better at this by practicing. We found that it may help to have other kayaks coming in to provide stability at the bow/stern. See Steve & Andrew's Demo here: <https://youtu.be/gY3QmrqgDIIs> There is another video from **Tue Olsen** showing this technique (it's at the end of this document)

Advantages: Fast and stable re-entry with low centre of gravity, rescuer empties the cockpit before you re-enter, the kayaker doing the heel hook to climb back into their cockpit can clasp the rescuers deck lines with their own to connect the two kayaks and create stability.

Disadvantages: Some rescuers found providing the stability was difficult because they were so far away from the cockpit due to social distancing, if the rescuer is facing away it created a communication problem and other paddlers were brought in to bridge that communication gap, kayaks with a low deck profile took on water while the paddler was climbing onboard.



3. Assisted Re-enter and Roll

The kayaker re-enters their kayak and then uses the bow of another kayak for support so they can roll back upright. Click to watch Steve's excellent Demo as he is rescued by Jill: https://youtu.be/livZe_oX01c

Advantages: A good rescue for paddlers who are working toward or at Sea Skills level. Can be performed in rough water. Steve thinks this one is the easiest to do!

Disadvantages: The paddler comes up with a boat that is full of water and may require help stabilising while pumping out – see rafting up tips on the next page.

4. Eskimo T Rescue

To learn the Assisted Re-enter and Roll rescue (above), you can first practice the Eskimo T Rescue and then work up to being able to do the assisted re-enter and roll. Eskimo T Rescue Video: <https://youtu.be/HEYPX-RNvnY>

Advantages: Fast and simple for those paddlers who can roll up this way. This is a great technique to have in your toolbox because you don't have to wet exit. Practicing this technique leads to confidence in other techniques. Whitewater paddlers and canoe polo paddlers also use this rescue.

Disadvantages: You might be holding your breath for a while and feeling for the rescuer coming in. Rescuers sometimes ram your hand as they try to connect.

Rescues & Towing for Injured Paddlers

Participants and Sea Leaders attending club paddles will need to acknowledge that there are some situations where a kayak rescuer may have to abandon physical distancing e.g. when managing a paddler with a dislocated shoulder, you need to scoop rescue and you need to support them during towing. In this case you can use items of personal protective equipment (PPE) to minimise risk of infection. Consider improvised PPE such as pulling up a buff over your nose and mouth, putting sunglasses on or wearing your snorkel mask. You may consider having a pair of face masks accessible. We experimented with ways of supporting a seasick or tired paddler for towing. Offsetting kayakers, the distance apart was more like 1m (see pool noodle as a visual reference in the adjacent photo). In this assisted tow, the rescuer's back is to the rescuee and the buff and sunglasses were used as PPE. A tow could be attached to these rafted kayakers.



Stirrup Assisted Re-entry

This one may evolve further. The rescuer carries a long webbing strap with adjustable sliding buckle, this is looped around the kayak and then slid forward and the strap placed over the rescuee's kayak so that they have a stirrup of strap to stand in for climbing up and re-entering. Watch:

<https://youtu.be/EGTaT--qOv4>

Advantages: Could be used for an extremely tired kayaker or an injured kayaker (maybe), really easy for the rescuer to stabilise the kayak, positive strap hand hold for the rescuee to pull up on and stirrup to step in, good social distancing, another paddler can come in at the stern to assist in T-formation

Disadvantages: Complex set-up would be best practiced prior so everyone understands it, limited capability as not suitable for rough water, paddler can get strap wrapped around their legs.



Rafting Up



After our SKCWA workshop, we found that a Danish Kayak Instructor, **Tue Olesen**, had written up some similar techniques to those we discussed and added in some ideas about formations for distanced **rafting up**. It is definitely worthwhile taking a look at his instructional videos here, the photos above are screenshots from Tue's videos:

https://www.onadventure.dk/assisted-kayak-rescues-and-rafts-with-increased-distance?fbclid=IwAR3t6fVyNdGeXkFtOa7Mede4gZr2_UDxeAulVoekPqr6liku7UGC7hTrhQl

A paddler from Canada, **Mike Gilbert** has also shared a video of rescue techniques that he tried out with some useful judgement comments which helps you decide which rescue technique you'll pull out of your toolbox. His idea of stabilising using a paddle between the kayaks was interesting: <https://youtu.be/fEG7Zqh0y9I>

As more videos emerge, let's share them on the Sea Kayak Club WA Facebook Page.

We are mindful that things keep changing in the government and community responses to COVID19, so our response as a club will also be a dynamic one. When paddles recommence, you may start to notice and will be informed about some small changes in the way that we organise things. For example, Sea Leaders may email out the paddle sign on sheet and ask you to sign off on the paddle disclaimer and submit your emergency contact information prior to the paddle via email. These are just small changes that reduce our risks and they are a part of our COVID-safe plan. We will be keeping diligent records of paddlers attending club events so that we have lists required if contact tracing is necessary. Paddle Australia encourages all members to download the COVID-safe phone app.



Barry Roberts from SKCWA kindly photographed our distanced rescues workshop and captured the images in this write-up. Original SKCWA video footage is created by **Pel Turner & Sandy Robson**. Thanks to the SKCWA paddlers who participated in the ideas workshop: **Andrew Munyard, Steve Haddon, Kevin Piper, Jill Sievenpiper, Ann Smithson, Pel Turner & Sandy Robson**. Here's our Tangled mess of Out-takes Video: <https://youtu.be/B2Hi2W5qoOI>



Sport and Recreation

COVID Safety Plan

Please use the following form to document your plan for how your staff and patrons will be kept safe during the COVID-19 pandemic.

Premises name:

has a maximum capacity of Number: patrons and agrees to the following Phase 3 safety requirements:

- | | |
|--|---|
| <input checked="" type="checkbox"/> A strict limit of a minimum of 2sqm per person | <input checked="" type="checkbox"/> Frequent cleaning and disinfection |
| <input checked="" type="checkbox"/> Comply with patron limit | <input checked="" type="checkbox"/> Carefully manage shared spaces to ensure physical distancing |
| <input checked="" type="checkbox"/> Clean shared equipment between each use | <input checked="" type="checkbox"/> Maintain records of patrons for the purposes of contact tracing |

- 1 Refer to the COVID Safety Guidelines: Sport and Recreation for information on the expectations for COVID Safety Plans, including the application of the patron limit, and to assist you in completing this plan. These are available at [wa.gov.au](https://www.wa.gov.au)
- 2 Discuss and share relevant details of your plan with staff, contractors and suppliers so everyone is aware of what to do and what to expect.
- 3 The COVID-19 pandemic is an evolving situation – review your plan regularly and make changes as required.
- 4 Print and display the **COVID Safety Plan Certificate** available at the end of this form.

**We're all
in this
together.**

Premises details

Premises name:		Prepared by:	
Type of premises:		Position title:	
Street address:		Completion date:	
Contact no:		Revision date:	
Email:			

* For the sections below, please complete the form and attach additional pages or information as required.

1. Physical distancing

• What will be done to implement physical distancing guidelines?

Consider: physical distancing for staff and patrons; occupancy limits based on 2sqm requirements; management of waiting areas etc.

2. Hygiene

• How will you ensure required hygiene standards are maintained?

Consider: hygiene protocols and practices; supply of cleaning and sanitiser products etc.

3. Training and education

- How will you ensure all your workers know how to keep themselves and others safe from exposure to COVID-19?

Consider: staff training; records of training; additional education; signage; guidance material etc.

4. Compliance

- I am aware that in addition to the legal obligations arising from the Emergency Management Act 2005 and the Directions made under that Act, I must continue to comply with relevant existing legislation and regulations, including WorkSafe legislation.

Yes No

Comments:

5. Response planning

- How will you respond to an exposure or suspected exposure to COVID-19 within your premises?

Consider: records of patrons; cleaning procedures; referrals to relevant authorities; regular review of procedures etc.



Premises name

COVID Safety Plan Certificate: Sport and Recreation

Number:

Welcome.

We can accommodate **patrons and agree to maintain the WA Government's safety measures**



2sqm per person



Cleaning of shared equipment



Separate activity zones



Contact tracing

**We're doing our part to help keep you safe.
Please respect the rules and our staff.**

We're all in this *together.*

Prepared by:

Date: