

NOTE TO PARENTS – THE 2020 JUNIOR PROGRAMME

We are delighted to restart the junior programme with appropriate health and safety measures in place. There are some changes, so I will explain how things will work in this note. Please also read our general Risk Assessment and Guidance Note to members which is now published on the club website.

Junior Development Programme

We confirm that junior development sessions are by invitation only. It is not possible to swap groups as we need to manage numbers and match paddler ability to each group.

Juniors and young adults invited to these development sessions are not to attend the Wednesday adult club sessions which we have reserved for people who are not in the development group

Membership and coaching subs

Juniors may only take part in these sessions if they are current members. If they are not our club insurance does not cover the activity, so paddlers without current membership will, I am afraid, be turned away.

We are once again providing an extensive coaching programme and have expenses to meet. Ann has sent a separate note about coaching subs. Please pay or set up a standing order as requested. These subs are due now.

Boat and equipment

All juniors in the development group, except Lightning paddlers, now have their own kit. Lightning boats will be loaned 'free of charge' and stored at the club on the outside rack. Your junior will be allocated a specific Lightning boat and is only to use that boat.

Coaches will not move or touch loaned or personal equipment. You must move Lightnings between the trailer and launch area. The boat will not have been used by anyone else and will have been outside since last use, but for your safety, you must ensure contact areas are wiped clean with disinfectant before and after use.

Parents of Lightning paddlers must, however, take out a loan of paddle and buoyancy aid if they do not already own one. This is to avoid the risk of kit sharing.

Changing rooms and toilets

We do not have cleaning arrangements in place for the toilets, so they must remain closed at junior sessions. Your junior should 'arrive changed and go before you leave home'.

With additional volunteer support, we could make toilet facilities available for Saturday sessions, provided they are cleaned after that session or before Wednesday evening. Contact Sue Colby if you are willing to take this on.

Coaching Younger Juniors

BC guidelines restrict the level of support coaches can provide on the water. Coaches should not come into close proximity of your junior paddler. It is essential therefore that paddlers are either competent to self-rescue or you are available to help rescue in the event of capsiz.

Distancing at Lower Wharf

We've asked our coaches to be assertive about ensuring that people not in a family group stay a 'paddle length' apart. Please help us maintain social distance. We've also marked out areas at the club and coaches will explain where paddlers and parents can and can't stand.

Our system is intended to be simple. You may be inside the red and white tape if collecting a boat or helping a junior to launch. You must remain outside the tape at all other times. Please listen to them if asked to move.

Please don't bring vehicles to the club site and restrict numbers to one parent per paddler. Anyone else should go to the main wharf area to await the paddlers. If you're bringing a boat, you can launch it at the wharf and paddle back to the club.

Your attendance at sessions

During the COVID-19 restrictions we insist a parent is present throughout session and remain within sight of the group to assist with rescue if needed. Club coaches will advise boundaries for the session and advise where you can observe and provide support if necessary.

Please be on time at all sessions to avoid delay which shortens the session for everyone. Equally, don't turn up too early as the site at Lower Wharf will get congested! At the end of the session move quickly away with your paddler. This will make more space for the next group and for coaches to prepare and clear up.

Good hygiene practice

We have two sanitizers at the club. Please reinforce good habits by asking juniors to clean their hands before and after each session.

All equipment, whether loaned by the club or owned, should be cleaned in fresh water and left to dry for 72 hours. This is the best defence against infection spread and the transfer of invasive species from one waterway to another.

Emergencies and first aid

Our coaches are trained in aquatic first aid and CPR. They will always intervene to perform first aid and/or save a life in the event of an emergency, though we have restricted what they can do in line with emergency service guidelines.

We have a first aid kit and PPE at the club. Coaches will perform first aid in the event of a genuine emergency, though must avoid putting themselves at risk by using PPE if close contact becomes unavoidable in an emergency. You may be asked to assist with providing support in an emergency or first aid to your junior.

In the unlikely event that coaches need to resuscitate injured people, they cannot check for breathing and may only apply chest compressions.

Any questions please ask Bev Hunter, the group coach, Mark Bouch or Ann Slator.