Plans for easing of COVID19 Restrictions from 18-may onwards

ECSKC Committee reviewed the government's May 1st announcement on the easing of COVID19 restrictions.
The Committee notes that, with the exception of extended range (to 5Km) the key restrictions on gatherings remain in place. From 18th May onwards, the Committee re-introduce cub activities in a controlled manner. The Committee noted the advice provided by Canoeing Ireland in this regard.

The following is the policy for club led trips:

- Club members should not attend meetings if they have been exposed to or are suffering from any of the symptoms of COVID-19.
- Club meets limited to a maximum of 4 participants at any one time.
- Club members will practice social distancing both on and off the water.
- Members are requested to travel individually to the club trips and avoid gathering in groups larger than four at one venue.
- It is the duty of every paddler to avoid conditions and scenarios where capsizes are likely.

- On the water:
- Helmets will be worn;
- Paddle leash will be used;
- All paddlers must wear a neck gaiter, buff or scarf.

- In the event of a capsize, paddlers are expected to self rescue. If self rescue attempts fail, assistance may be provided, if necessary (e.g. Coast Guard, RNLI or assisted rescue). In the event of paddler assisted rescue the heel hook rescue technique is recommended.
- Good hand hygiene to be observed throughout.

The Committee recommends that club members on non-club trips (peer paddles) follow these guidelines and also refer members to the leaders equipment schedule published on the ECSKC.

ECSKC Committee

20-May-2020