

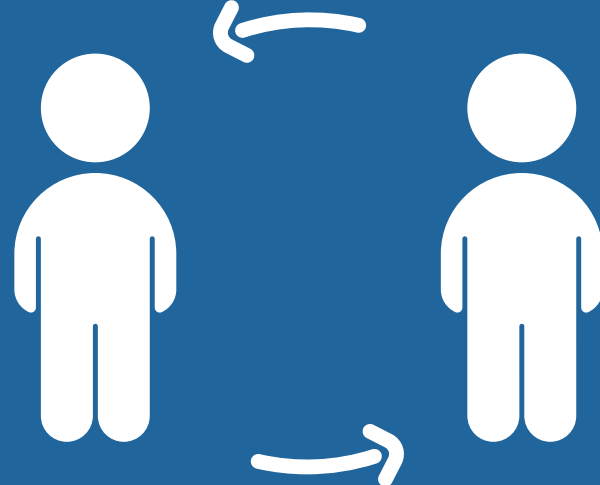
# PADDLE SAFE

TIPS FOR YOUR SAFE RETURN TO PADDLING  
AS A HIGH PERFORMANCE PADDLER



## LESS IS MORE

Limit the numbers around the boatshed and gym, and observe local restrictions around group sizes.



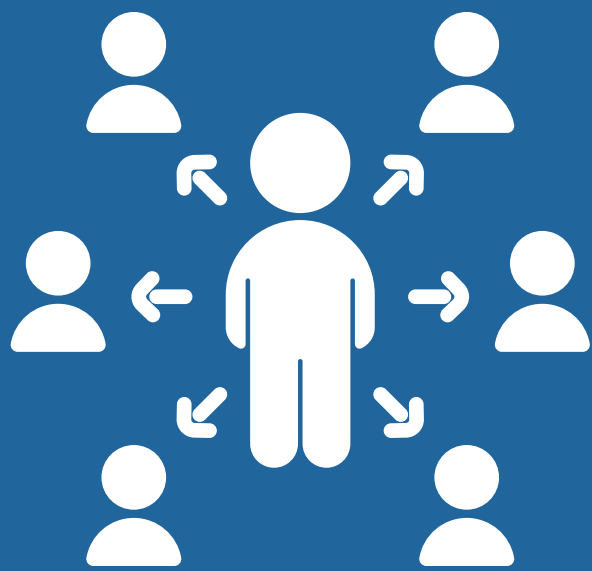
## PHYSICAL DISTANCING

Maintain physical distancing of 1.5m. Touch paddles instead of shaking hands.



## HAND HYGIENE

Wash your hands before and after each session and use hand sanitiser supplied.



## GET IN, TRAIN, GET OUT

Arrive ready to paddle and minimise the amount of time spent at paddling facilities.



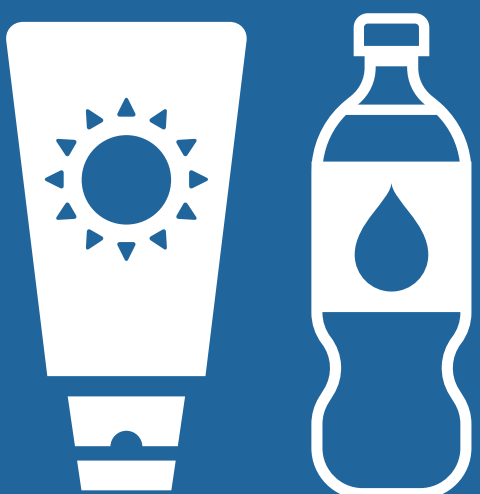
## USE YOUR OWN

Use your own paddles and equipment during your sessions (e.g. heart rate monitor etc.).



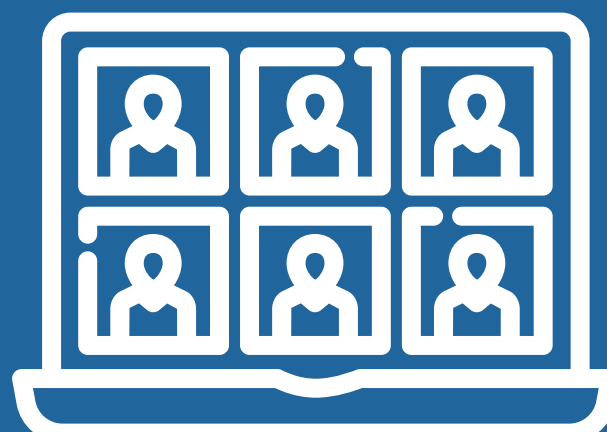
## KEEP THE GYM CLEAN

A fresh towel is to be used every gym session. Use the towel for each exercise. Wipe down equipment after each use with the cleaning products provided.



## BRING YOUR OWN

Bring your own sunscreen, food, water bottle etc to avoid contamination.



## GO ONLINE

Limit face to face team meetings and go online where possible.



## BE COVID SAFE

Download the COVID-19 Safe App.