

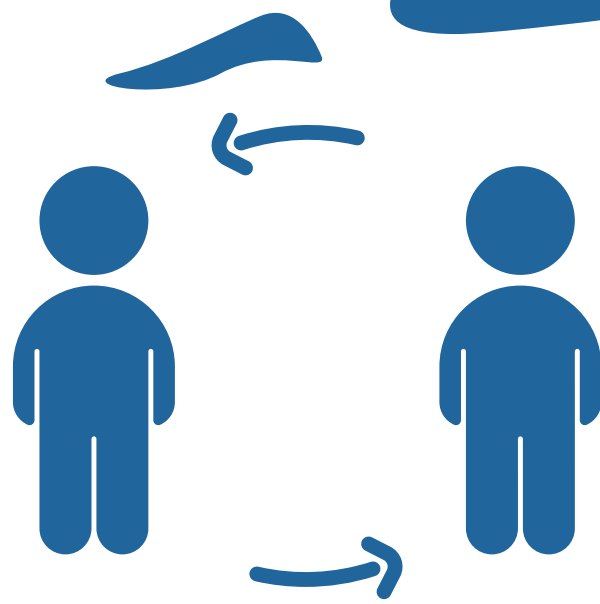
PADDLE SAFE

TIPS FOR SAFELY ORGANISING PADDLING
FOR INSTRUCTORS, GUIDES & COACHES



LESS IS MORE

Observe local restrictions around group sizes and minimise numbers of paddlers where possible.



PHYSICAL DISTANCING

Maintain physical distancing of 1.5m on and off the water. Touch paddles instead of shaking hands. Avoid contact training sessions (Eg. Rolling).



HAND HYGIENE

Supply hand sanitiser for all participants before and after activities.



GET IN, PADDLE, GET OUT

Require that paddlers arrive ready to paddle (Eg. Paddling clothes on prior to arrival). Streamline your program so that participants are only on location when required.



STOP THE SPREAD

Do not paddle if you're unwell or have been in contact with others who are unwell. Ensure your participants follow the same requirements.



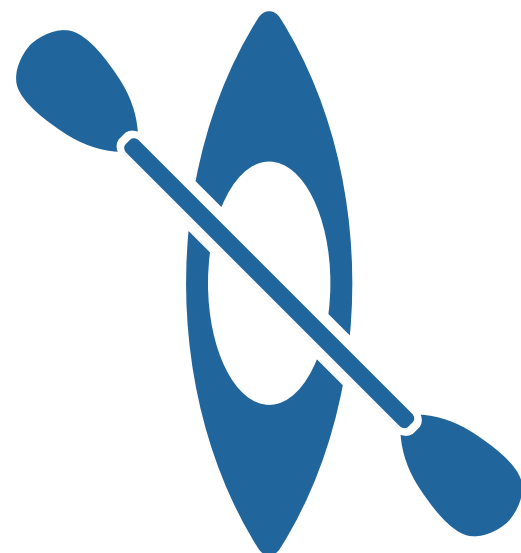
PADDLE LOCAL & SAFE

Ensure that paddlers know the waterways you are paddling - now is not the time to explore new paddling locations or push the limits of participants' capabilities.



BRING YOUR OWN

Paddlers and staff should bring their own sunscreen, food, water bottle etc to avoid contamination.



EQUIPMENT SHARING

Ensure all equipment is thoroughly washed and sanitised after each user.



DOCUMENT

Ensure that an accurate attendance record is taken of all programs.