

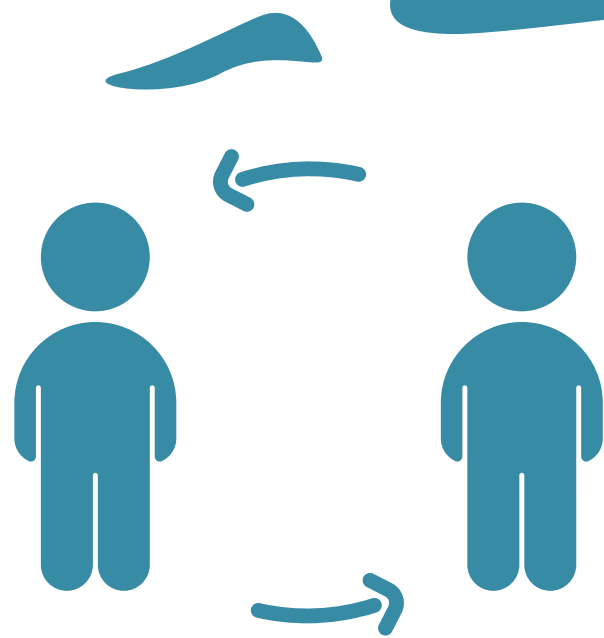
PADDLE SAFE

TIPS FOR YOUR SAFE RETURN TO PADDLING
AS A RECREATIONAL PADDLER



LESS IS MORE

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



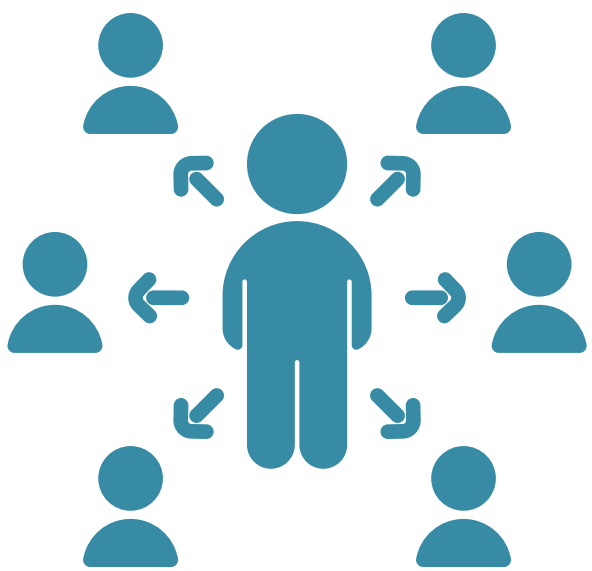
PHYSICAL DISTANCING

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



HAND HYGIENE

Wash and sanitise your hands before and after each session.



GET IN, PADDLE, GET OUT

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



STOP THE SPREAD

Do not paddle if you're unwell or have been in contact with others who are unwell.



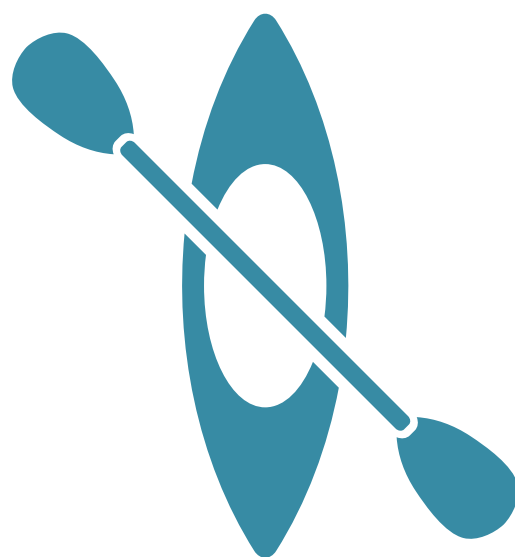
PADDLE LOCAL & SAFE

Know the waterways you are paddling - now is not the time to explore new paddling locations or push the limits of your paddling abilities.



BRING YOUR OWN

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



USE YOUR OWN

Use your own paddles and equipment when you are on the water.



BE COVID SAFE

Download the COVID-19 Safe App.