

ACT Government's COVID-19 Restrictions: Stage 3; Step 3.1

SUMMARY of Guidelines as per BGCC Operational Plan towards Returning to Play (full document available on website)

The decision to participate in canoe/kayaking at BGCC is made solely by you with regard to your health and personal circumstances. If you chose to go for a paddle or use the shed, you are making your own risk assessment after reading the **BGCC Operational Plan towards Returning to Play** and agreeing to the BGCC guidelines. A summary is provided below. Detailed instructions are provided in the shed in the form of signage.

1. DO NOT come to the shed if you are experiencing shortness of breath, fever, coughing, sore throat, loss of sense of smell, if in the last 14 days you have been unwell or in contact with known or suspected case of COVID-19, if you have taken a COVID-19 test and have not yet heard if your test is NEGATIVE, if you have visited a hotspot area, if you have returned a positive test for COVID-19.
2. Register your attendance at the club even if you do not enter the shed or its annexes. Register via QR code or manually using the sign in sheets at the fridge. If you use the showers, you must register your use using the sign in register.
3. Get in, Train, Get out. Some gathering is permitted as long as occupancy and personal hygiene recommendations are adhered to.
4. Maintain physical distancing inside the shed, whilst preparing your boat as well as whilst moving around outdoors and on the water (4 m² /person or at least 1.5 m from anyone at all times). Numbers of people allowed in the shed are governed by floor space. Please follow occupancy guidelines in each room.
5. Practise excellent personal and community hygiene. Detergent, disinfectant and hand sanitiser are provided throughout the shed:
 - Treat all communal surfaces in and around the shed as CONTAMINATED.
 - Wash your hands before and after touching communal surfaces using provided soap and hand sanitiser.
 - Sanitise your hands after opening and locking all shed doors.
 - When using SHOWERS, wash communal surfaces with detergent and then disinfect BEFORE and AFTER use.
 - When using the TOILETS, disinfect communal surfaces before and after use.
 - Dispose of hand towels (supplied) used to disinfect surfaces in the lined bin.
6. Limited sharing of equipment is permitted during training sessions as long as occupancy and personal hygiene recommendations are adhered to and equipment is appropriately sanitised between and after use. This includes boats, paddles, erg and gym equipment.
7. The COVID-19 landscape is changing all the time. Please monitor your email for updates from the BGCC Committee. The latest Return to Play document is available on the BGCC website.