



## COVID-19 Operating Procedures

All-Aboard Watersports, Bristol BS1 6XG. Updated 19/07/2021.

PLEASE NOTE: All Operating Procedures outlined below are specific to operating during the COVID-19 pandemic. These should be read in conjunction with our Standard Operating Procedures which still apply. We are taking guidance from our Governing Bodies in conjunction with the Government.

### 1. General

Anyone who has either experienced COVID-19 symptoms themselves, or lives with someone who has, either 7 days before attending the Centre, or within 7 days after attending the Centre, should let us know immediately. In this situation we will do our best to reschedule activities for a later date.

If you have experienced COVID-19 symptoms, please follow Government guidelines about self-isolation. (<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>)

#### 1.1 Use of the Centre

All activity, including session arrival and departures, briefings and fitting of kit will take place outside the Centre as much as possible.

Use of all bathrooms is now permitted. We kindly ask that if you are coming inside to use the downstairs bathroom, that you wear a face mask at all times whilst inside the Centre (unless medically exempt).

Use of the kitchen and changing rooms is now permitted, however changing rooms are limited to **one adult** at a time. Child groups should continue to use the outside changing areas.

We will continue to provide hand sanitiser for staff & customer use, and continue to encourage regular 20-second hand washing.

Meeting rooms & classrooms are now available for use, windows & doors to be opened to allow for maximum ventilation and mask wearing encouraged.

Wetsuits, water shoes, splashsuits & lockers are now be available and will follow the same cleaning procedures as our Buoyancy Aids and kit (see below). If you have your own Buoyancy Aid please use it, alternatively these will be provided. We recommend swimwear is worn at all times underneath wetsuits or old clothing.

**If your child is booked on to our Holiday or After-School Clubs, please ensure they arrive with a change of clothes, sun cream, hat, pocket money and if rain is likely they will also need waterproofs.**

Office doors should be propped open at all times that the team are in. Windows should be open to allow for good ventilation.



## 2. Cleaning

All open areas of the Centre (downstairs bathroom and walkway through to the bathroom) will be cleaned thoroughly by the AAW cleaner on each day that there is activity running.

Antibacterial wipes, PPE, bins and hand sanitiser will be placed in the bathroom with guidelines to wiping down surfaces after use.

Buoyancy Aids, wetsuits, watershoes, splashsuits, oars and paddles will be cleaned after each use and left to dry before re-use.

Boats will be sprayed after each use with an eco-friendly disinfectant.

Powerboats will be allocated to instructors for use on a whole day basis and will be sprayed using eco-friendly disinfectant after use.

Radios will be allocated to instructors for use on a whole day basis and wiped after each use.

## 3. Activity Sessions

We will resume standard working ratios, so:

- **Paddling sessions: 1:8/12 depending on activity**
- **Sailing sessions: Recreational: 1:9; RYA Courses 1:6**
- **Powerboat courses: 1:3**

Groups should arrive ready to go on the water (i.e personal wetsuits/swimsuits/clothes).

On arrival groups should make their way around towards the back of the Centre and enter through the boat yard to be met by their instructor/volunteer. Bags/kit can be stored in the boat yard under a shelter, and groups should leave the way they came in.

Sessions will be either 1.5, 2 or 2.5 hours in length, to include full enhanced safety briefing.

Instructors have the right to change the activity from what is planned if needed.

### 3.1 Safety Equipment

Participants should use their own Buoyancy Aid/wetsuit if possible, otherwise these will be provided. Splash suits are also available if required. Water shoes/old trainers will need to be worn at all times.

### 3.2 First Aid

Wherever possible, minor first aid should be administered by the casualty themselves or a member of their household.

The instructor/volunteer can supply first aid/PPE equipment and give instructions.

### 3.3 Rescue Procedure

Instructors/Volunteers will check that each participant is water confident at the start of the session.



As a first port of call, the individual should self-rescue. This is advised where possible. If this is not possible, the instructor/volunteers driving the powerboats will perform the rescue. In this instance, the instructor/volunteer should use a throw/towline to drag the participant to the steps where they can climb out themselves, or the instructor/volunteer should assist the individual out of the water using their buoyancy aid.

#### **4. Sailing**

All recreational sailing sessions will be a maximum of 9 participants to 1 instructor/volunteer ratio.

All training sailing sessions (RYA Courses) will be a maximum of 6 participants to 1 instructor/volunteer ratio.

All boats can now be used.

Instructors will maintain precautions with regard to wind/weather and tide conditions and find alternative activities as necessary, such as land drills.

All boats will be sprayed with eco-friendly disinfectant after use.

#### **5. Paddling**

Group size 1:8 or 1:12 depending on activity.

Full kit now available to use.

All kayaks/canoes/katakanus/bellboats/paddles will be sprayed with eco-friendly disinfectant after use.

#### **6. Stand up Paddleboarding**

All boards & paddles will be sprayed with eco-friendly disinfectant after use.

#### **7. Rowing**

Rowing is now permitted in line with guidance from British Rowing. Groups of 4-6 from mixed households may now row without the need for face masks. A cox must be present in every session. Oars, life jackets/buoyancy aids & boats must be cleaned after use in line with All-Aboard cleaning procedures.

#### **8. Raft-Building**

Now available.

#### **9. Motorboats**

All powerboats now available to use.

Maximum group size of 9 people for Aiming Higher trips. Maximum 2 wheelchairs at a time depending on size.