

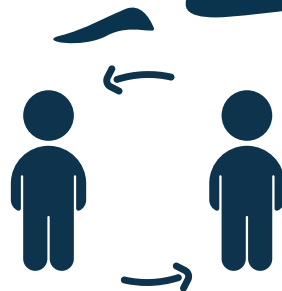
# PADDLE SAFE

## TIPS FOR SAFELY ORGANISING PADDLING FOR CLUBS



### LESS IS MORE

Limit the numbers around your meeting spots, clubhouse or boatshed, and observe local restrictions around group sizes.



### 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 and minimise the amount of time spent at paddling facilities.



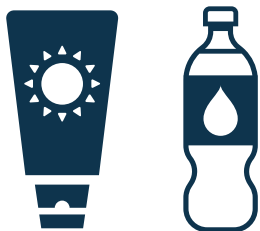
### STOP THE SPREAD

Do not allow paddling if participants appear unwell or have been in contact with others who are unwell.



### PADDLE LOCAL & SAFE

Ensure that paddlers know the waterways they are paddling - now is not the time to explore new paddling locations or push boundaries.



### BRING YOUR OWN

Paddlers 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.