

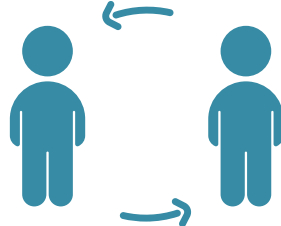
# PADDLE SAFE

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.



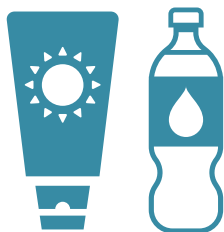
## STOP THE SPREAD

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



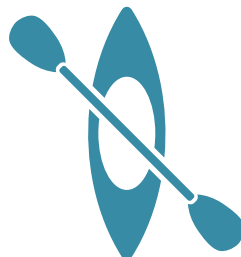
## PADDLE LOCAL & SAFE

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.