

## Paddlesport Guidance - Level 0 - effective 19th July 2021

This guidance replaces previous paddlesport guidance.

1. **All** indoor and outdoor paddlesport activity is permitted and there is no requirement to physically distance during the activity.
2. **Organised Activities:** are required to meet the following criteria:
  - a. be undertaken in a structured and managed way
  - b. follow SCA guidance and any other relevant guidance
  - c. be overseen by an appointed [COVID Officer](#) who has completed the free [sportscotland elearning](#)
  - d. documented risk assessment is undertaken and mitigating actions put in place to ensure the health, safety and welfare of participants, coaches and officials
  - e. Limited to 500 participants
3. **Informal Activity:** U12s: All activities can take place. 12+ and adults: Groups of up to 15 people from 15 households.
4. **Indoors:** physical distancing is reduced from 2m to 1m, with no requirement to distance during paddlesport activity. The number of participants allowed to take part in organised indoor activity should be determined by venue specific risk assessments conducted using the Scottish Government [guidance on the opening of sport and leisure facilities](#).
5. Follow government guidelines in relation to [travel](#) including car sharing and wearing masks
6. No one who is symptomatic or self-isolating should attend a sports facility or activity.
7. Coaches should consider the needs of participants returning after recovering from COVID-19. Participants should be able to confidentially disclose this so the coach can make suitable adjustments and allowances to the planned activity for the individual and check that input from a medical professional has been sought where appropriate.
8. Where a local area is operating within a protection level, face coverings must be worn by coaches when indoors, except where an exemption applies: Further [Scottish Government guidance on face coverings](#).
9. If you organise any activities or operate a facility, follow the Scottish Government [Test and Protect](#) requirements by collecting the name, contact number, date of visit, time of arrival, and the departure time of all those attending. Store information for 21 days and share it when requested to do so by public health officers.
10. Cleaning of equipment, hand and respiratory hygiene are to be implemented and provision should be made for these.
11. It is not always possible to prevent people from spectating in a public space. In such circumstances, the organisers are required to consider mitigating measures as part of their risk assessment/management plan with an emphasis on discouraging, where possible, informal spectating. Any such measures should be clearly communicated by the organiser in advance which may include, amongst other things, the displaying of notices around the venue to remind the public to follow Scottish Government guidance.

Further information:

- [Scottish Government Guidance](#) [sportscotland Coronavirus \(COVID-19\) guidance, information and resources](#)

If you have any questions about the guidance please don't hesitate to contact us: [hello@canoescotland.org](mailto:hello@canoescotland.org)