

VSKC Committee's COVID-19 activity guidelines for members

The guidelines in this document are drawn from the DHHS, Paddle Australia and the VSKC Committee as they apply to the VSKC trips and training. Members are expected to abide by these guidelines.

When not to attend club trips

Please do not attend VSKC events if you fall into one of the following categories:

- You or a member of your household has been diagnosed with COVID-19 by a medical practitioner.
- You have been directly exposed to a person who has been diagnosed with COVID-19 and have been directed by a medical practitioner to self-isolate.
- You are experiencing any fever/cold/flu-type symptoms. Stay home if you are sick, even if you have tested negative for coronavirus.
- www.coronavirus.vic.gov.au/hygiene-physical-distancing

In the event you, or someone you have had contact with is diagnosed with COVID-19 and you have participated in VSKC events in the past 14 days, we ask that you alert the VSKC committee so that we can seek advice and take appropriate measures within our VSKC community.

Participating in club trips

The VSKC aims to cultivate sea kayaking as an enjoyable adventure – inclusive, safe and sustainable.

The current pandemic has added a further risk to sea kayaking. These guidelines aim to reduce the risk to club members. The easing of restrictions does not indicate that the COVID-19 pandemic is over. There is plenty of information available on the dangers of contracting COVID-19, the ease of transmission, and the fact that infected people can be asymptomatic. This means that paddlers might attend a trip in good faith but be asymptomatic and therefore unwittingly infectious.

Each paddler needs to make a decision about whether to attend a trip. Each individual is responsible for assessing the risk to them of contracting COVID-19 and the risk that they may be infectious and pass it on to another club member. Each paddler is responsible for managing their personal measures to prevent exposure to COVID-19. Each paddler who chooses to attend a VSKC paddle accepts the risk of contracting COVID-19.

Registering for club trips

Paddlers must contact trip leaders before attending any club trip, to indicate their interest in attending. This applies to all club trips, even those regular trips that are less formal, such as the Saturday morning Red Eye or the monthly Canadian Bay paddle. This is required to ensure group size limits and, in the event that a paddler is subsequently found to have COVID-19, notify other paddlers who attended that trip.

Travelling to the launch location

- Paddlers should bring hand sanitiser and masks for their own use and keep this readily accessible. Hand sanitise on arrival.

Getting boats off cars and to the water

- Any paddler, before and after assisting another paddler to carry their kayak to or from the water, should use hand sanitiser. Avoid handling other equipment belonging to other members.
- Kayaks should be spaced at the launch point sufficiently apart to allow physical distancing of at least 1.5m between paddlers.

Trip hygiene and physical distancing

- Greet people with a smile or wave – don't shake hands, hug or kiss as a greeting.
- Stay 1.5 metres away from people you don't live with.

Pre-launch briefing and post-paddle debriefs

- Ensure physical distancing from other participants of at least 1.5m.

Launching, paddling and coming off the water

- Paddlers should maintain physical distancing of at least 1.5m.
- Use of shared sporting equipment should be minimised and there should be no sharing of equipment that touches the face or head (e.g. helmets, goggles or masks).

Staying safe - [Hygiene and physical distancing](#)

Everyone should be taking the following hygiene actions:

- Wash your hands regularly with for at least 20 seconds, using soap and water or use a hand sanitiser that contains at least 60 percent alcohol.
- Wash your hands when you get home, arrive at other people's homes, at venues or at work.
- Wash your hands after blowing your nose, coughing, sneezing, or using the toilet.
- Don't cough or sneeze into your hands
- Cover your nose or mouth with a tissue, then throw it away and wash your hands.
- If you don't have a tissue, cough or sneeze into your elbow or upper sleeve.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Do not share drink bottles, glasses, crockery or cutlery other than with people you live with.
- Stay home if you are sick
- If you feel unwell, even if you have tested negative for coronavirus, you should stay at home until completely well and it has been 3 days (72 hours) since your last fever (if you had a high temperature or fever).
- If you have the [symptoms of coronavirus](#) you should get tested.

VSKC insurance

The VSKC's insurance cover does not extend to any losses that specifically arise in relation in relation to any COVID-19 related illnesses or events. Our best protection is to abide by government requirements and directions.