

Club Sessions – Instructions

DO NOT come to club sessions if you are showing signs of Covid 19

Only attend sessions that you have booked onto

There are NO drop in sessions



Arrive at the club no more than 20mins before your session starts.

The Club House will be closed. This will mean limited toilet and changing facilities.

Remember to practice social distancing at the base and on the water.



NO CROWD



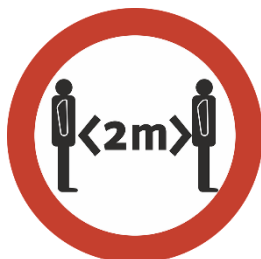
NO HANDSHAKE



NO CONTACT



NO TOUCH



Take care when manually handling the Kit and equipment.
(Two people to carry a Kayak / Canoe as minimum).

Disinfect hands regularly.



Wash Kit and equipment after use



Leave the club once the kit and equipment is washed and put away.