

Process for using changing rooms and showers during COVID -19

Introduction

In order to reopen the changing rooms and showers in a safe and as risk free manner as possible, we are going to ask people to use the changing rooms and showers in a slightly different way to how we used to.

The changing rooms and showers are an enclosed space and so we will need to limit the number of people in the changing room at any time.

The cleaning/disinfecting of the changing rooms and showers on a regular basis will be key to maintaining a clean safe environment.

Cleaning and disinfecting of hard surfaces is relatively easy, but the same is not true for fabric. The main risk of contamination is most likely from transfer from clothing, touching, airborne or water borne transfer.

The club has defined changing areas within each changing room to limit the number of people changing in the room, and to encourage social distancing. There are markers on the benches about 2m apart, and only one person is allowed between each set of marks.

If members are unable to conform to the social distancing rules and the capacity is exceeded, the changing rooms may well be shut again.

Initially the showers will be available for non -peak times to avoid crowding in either the changing rooms or the shower areas.

Lockers maybe used for storing non clothing items.

Priority MUST be given to people changing / showering from wet canoeing kit to dry clothes

Changing for gym or circuits or paddle machine sessions is discouraged at this time.

If the changing rooms become crowded because people are not prepared to wait, then the changing rooms may be closed again.

Process – Club

The club will mark out changing spaces in the changing rooms with highly visible tape. One person can change between two taped lines.

The club will purchase and supply disinfectants as deemed suitable for the purpose of destroying the majority of viruses and bacteria. The disinfectants will be supplied in wipe form.

The club will arrange a suitable cleaning protocol 2 – 3 times per week, which will include a level of disinfecting surfaces.

The club will provide and leave in the changing rooms disinfectant wipes to be used for general disinfecting and spot disinfecting.

Coaches of junior sessions are responsible for ensuring that the club is closed up properly including

windows if there are no following sessions.

If juniors wish to change in the changing rooms, they should be discouraged from jumping in the river before hand. The club does not want soaking wet people traipsing through the club house.

Process – Club members

The use of the changing rooms is prioritised for the use of paddlers.

Club members should come to the club dressed for the activity they are participating in.

Club members participating in gym sessions, paddle machine sessions, circuit sessions, are expected to arrive at the club changed and leave the club in the same clothes without changing or using the changing rooms.

For those allowed to change, a change of clothes, including shoes, should be brought into the club building ideally in a sealed (zipped) bag. The bag should initially be left in the boatshed around the wall, not in the way, and absolutely not in or just outside the changing room. **Bags found left in the changing room will be removed.**

A bag for wet kit should also be brought to hold wet kit after paddling.

If changing before paddling is required, the changing room may be used, **but this is not the normal process, you should make every effort to come to the club ready to paddle. Priority must be given to paddlers in wet kit.**

- On entering the changing room, check that there is a free changing area.
- One person is allowed between each pair of lines marked on the benches. If there are no free spaces wait outside the changing room until one is free. **Queue outside in a socially distanced manner. Do not impede access to the toilet area.**
- On entering the changing room, if possible / practical, open at least 2 windows to allow fresh air into changing area. These may be left open when paddling.
- Take a wipe and wipe 'your' changing area, your locker front, the bench that you will be changing at. Dispose of the wipe in the bin.
- When changing in the changing room you may change only at one of the available change spaces.
- You should aim to minimise the contact between yourself/clothing and the benches I.e., take clothes on/off and place immediately in bag.
- If you are changing before paddling, take your bag with you when you leave the changing room and leave in the boatshed whilst you are paddling. **Do not leave your bag in the changing room. Any bags left in the changing room will be removed.**
- When changing after paddling do not place used kit on the floor or on the bench or hang up on a peg. As soon as an item of kit is removed, place in a suitable (wet) kit bag.
- If you are showering, please consider if you really need to.
- Only use 'every other shower' and try to maintain social distancing within the shower area as best as possible.
- Try to avoid splashing and face to face contact as much as possible.
- Shower as quickly as possible.
- Dry as much as possible in the shower area, but avoid causing a queue for the showers or a group drying. Keep 'wetness' on the changing room floor to a minimum.
- Change as quickly as possible, and leave the changing room as quickly as possible,

there may be others waiting.

- If you believe that you are the last to leave the changing room, shut all the windows before leaving.

Do not leave any kit in the changing room at any time. Any kit left in the changing room will be removed and may be disposed of.

Priority usage of the changing rooms is for paddlers. Those participating in gym or circuits or paddle machine sessions should attempt to come already suitably dressed and leave in the same kit.

There are likely to be situations where there are multiple activities happening at the club at the same time, and should all participants attempt to use the changing rooms, there would not be enough capacity, so changing room capacity is prioritised for paddlers in wet kit.

Version	Date	Author	Comment
V1	03/10/20	David Sackman	Created from changing room document to allow shower usage.
V1a	03/10/20	David Sackman	Spelling corrections and bullet points