



British Dragon Boat Racing Association

www.dragonboat.org.uk

v2.1

Following on from a change in Government advice and the lifting of some restrictions from **Wednesday 13th May**, and further changes to advice on physical activity on **Monday 1st June** the BDA is issuing an update to guidance around the usage of O1s.

Government advice remains that you should stay at home as much as possible to prevent the spread of the virus. Please ensure you continue to follow the NHS and Public Health guidelines and are familiar with the general BDA guidelines in our Coronavirus/Covid-19 subsection on the website (<https://www.dragonboat.org.uk/the-bda/coronaviruscovid-19/>).

With the lifting of some restrictions by the government around permitted activities and travel, the use of O1s could be considered as long as you follow the guidelines below, and your club has also agreed.

- Ensure you are aware of the general BDA guidelines on O1 usage, available in the Policy Documents section of our website under “guidelines-for-the-use-of-o1s-2017 “ (<https://www.dragonboat.org.uk/media/1129/guidelines-for-the-use-of-o1s-2017.pdf>)
- You should check who controls the water and make sure it is open and the authority (Environment Agency, Canal River Trust, local dock authority etc) has consented to the activity.
- It is essential that both the club and launch area controller has consented for boats to be launched from the intended area as well.
- A risk assessment should be carried out which includes good hygiene of both yourself and the equipment, especially if coming into contact with any shared surfaces. You should also check and ensure you know where to get help in an emergency, or if first aid is needed, as this might have changed during the current period.
- If you are using shared or club boats then you must ensure your risk assessment includes a good sanitising regime on the equipment before and after using the boats. You should also keep records of this activity.
- The BDA encourages you to not travel too far to launch the O1. It is advised that where possible the use of walking and cycling to travel to take part in your O1 training should be considered first, followed by the use of private cars containing only members of your household. Public transport is discouraged.
- Paddlers should behave in a responsible manner, not to go to areas that they have less knowledge of or know might stretch their capabilities. Paddlers should acknowledge that if they go out they could potentially endanger emergency personnel or those who might need to help them, as well as themselves.



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- BDA members should always follow government guidance on social distancing if paddling with a member that isn't part of their household. This is especially important when getting the equipment and launching and bringing in the boats.

Additional Guidance from 1st June

- As government guidance also advises you should only be going out in a maximum group of six people (5 people other than yourself), socially distancing from with members who aren't in your household.
- You should ensure that there is enough space at the launch facilities and on the water for the number of people you intend to go out with, and that the club has agreed it is enough to maintain good social distancing
- Coached groups are also now allowed assuming that all the above advice has been followed, especially a risk assessment is carried out and social distancing is practised.

O1 Activities fall under the BDA group Insurance policy as a recognised club activity. As long as you follow the guidelines and your club has consented you will be covered via your club membership. If you are an individual BDA member you will also be covered by personal accident insurance. If the guidelines are not followed the insurance does not cover you.

To understand more about our insurance policy please go to our Insurance microsite accessible through the Policy Documents subsection of the website (<https://www.bluefinsport.co.uk/british%20dragon%20boat/>)

If you have any concerns or questions on this advice, please contact us at info@thebda.org.uk