

waterski & wakeboard scotland



SCOTTISH GOVERNING BODY OPERATING GUIDANCE FOR PHASE 1 OF THE GOVERNMENT'S ROUTE MAP OUT OF COVID-19 LOCKDOWN MAY 2020

Contents:

- Introduction
- Guidance for Clubs/Venues
- Guidance for Participants
- Closing Note

INTRODUCTION

On 28 May 2020 the Scottish Government announced a move to Phase 1 of their Route Map out of the lockdown restrictions which were implemented as a result of the COVID-19 pandemic. This phase includes a limited extension to physical exercise which will allow some sporting activities to be undertaken outdoors, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene.

Our waterski and wakeboarding community has been given a very welcome opportunity to be benefit from the relaxed restrictions. As your Scottish Governing Body, we urge everyone involved in the sport to be respectful of the guidelines. This will help us ensure that we can advance to a fully phased reintroduction of the sport as we all know and love it, when the time is right.

The Scottish Government continues to monitor the situation closely and has not ruled out the reintroduction of restrictions, which could see activity suspended once again if public health measures dictate, or if the guidelines are not followed. It is therefore really important that waterski and wakeboard clubs and venues take the necessary steps outlined in this document prior to re-starting any activity and adhere to the guidelines, which could be subject to update or change at any time.

There may be a variance in guidelines and procedures throughout the UK, and it is therefore important clubs and participants in Scotland follow procedures outlined by Waterski and Wakeboard Scotland and the Scottish Government.

Waterski and Wakeboard Scotland is committed to representing and being supportive to all involved in the sport. We will be continually monitoring the advice from government as well as our sporting partners (BWSW and sportScotland) and posting regular updates on our website and social media to ensure clubs and participants have the most up-to-date sector specific clarification of guidelines.

Whilst Phase 1 sees an extension to physical exercise, the pandemic will continue – so it's important that all operational procedures continue to reinforce and maintain the base guidelines to reduce virus transmission. Our recommendations for Clubs/Venues and Participants are detailed below.



GUIDANCE FOR CLUBS/VENUES

The following procedures set out the basis on how waterski and wakeboard clubs/venues can open and provide a safe environment for participants as outlined by the Scottish Government's Phase 1 relaxation of restrictions. Please check the WWS website regularly for updates

www.waterskiandwakeboardscotland.co.uk

All activity needs to be consistent with current guidance on health, physical distancing and hygiene – facilities should also make sure they can adapt to changes in guidance at short notice. If your club/venue cannot adhere to the guidelines, you should not re-start activities.

This section includes advice on:

- General Guidelines
- Staff and Volunteers
- Facility/Venue Guidance
- Coaching
- Bookings and Payment
- Health, Safety & Hygiene
- Equipment
- Communication

General Guidelines:

- Travel restrictions outlined by the Scottish Government should always be adhered to by members
<https://www.gov.scot/publications/coronavirus-covid-19-staying-at-home-and-away-from-others/pages/exercise/>
- Physical distancing rules outlined by the Scottish Government should always be adhered to.
<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-physical-distancing>
- Members who are in the highest risk (shielding) group outlined by the Government should stay away from the club/venue
<https://www.gov.scot/publications/covid-shielding/pages/highest-risk-classification/>
- Members with colds or any symptoms of COVID-19 should not be allowed on the premises of the club/venue
- Appropriate management processes must be in place to oversee and maintain the implementation of measures outlined in this document. Venues are advised to take time to ensure they reopen safely
- Risk assessments should be carried out and documented for all activities and facilities. Consider safety first, particularly minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are protected



- Club deliverers and operators should check with their insurance company that correct and fully insurance cover is in place and valid before any activity takes place.

Staff and Volunteers

- Clubs and venue operators must ensure that relevant workplace guidance is followed for contractors and staff/volunteers and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.
- Competitions
 - The initial focus during this phase should be on facilitating recreational and social play, and letting participants practice and exercise.
 - Some formats of competition will be able to resume before others and updates should be provided at the appropriate phase.

Facility/Venue Guidance

- All indoor facilities should remain closed to the public including clubhouses, toilets, locker rooms, retail outlets and activity areas.
- Clubs and facilities are permitted to carry out routine maintenance, but the primary consideration must be to ensure the safety of staff
- No spectating should take place but where a parent is supervising a child or vulnerable adult, this will be allowed if social distancing measures are followed
- Only one participant allowed to enter the facility/on the water at any one time - to ensure appropriate social distancing can be maintained
- Meeting outdoors with members of more than 1 other household at a time for outdoor exercise or activity is not permitted. This means that organised events such as competitions that would involve people from more than two households are not permitted.

Coaching

- Coaches, personal trainers or instructors can now work outdoors, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene – you will also need to make sure that you can adapt to changes in guidance at short notice.
- One on one personal training or coaching is permitted if it is outdoors, physical distancing can be maintained, and is with members of your household and/or members of 1 other household.
- At all times, coaches, personal trainers, instructors, and participants should adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from others. <https://www.gov.scot/publications/coronavirus-covid-19-staying-at-home-and-away-from-others>
- Coaches, personal trainers, and instructors should not deliver training to more than 1 household at any one time or provide training to more than 1 household per day.
- Appropriate insurance policies should be in place for all coached activities and checked for validity with the relevant insurance provider before undertaking work with clients.

- When participating in training or coaching, where possible, avoid touching surfaces and sharing equipment and touching your mouth and face.
- Personal equipment should not be shared, and measures must be put in place to reduce the risk of contamination.
- Communication with participants is important and should be planned for:
 - Coaches, personal trainers, and instructors should ensure they have an approach to activity that is feasible to deliver safely.
 - Participants should know what to do before/during/after attending their coached session.

Bookings and Payment

- Online bookings should be taken if possible. If not, alternative measures should be put in place including phone bookings.
- Given the fluidity of the situation, bookings may be subject to late changes. Clubs/venues should endeavour to give individuals as much notification to changes as is possible
- Session times to be extended to avoid build up of waiting participants and sanitising of equipment/boat between sets
- Where possible and in line with Data Protection regulations, a register of users should be kept in case there is a need to track and trace.
 - Consider introducing buffer periods between sessions to stagger start times so that participants do not all arrive/leave at the same time.
 - Where possible use online or contactless payment options and avoid handling cash.
 - o Where possible and in line with Data Protection regulations, a register of users should be kept

Health, Safety & Hygiene

- Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
<https://www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/>
- Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles, handrails etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken. Detailed guidance is available at:
www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/
- Only one person on the dock at a time
- Unless otherwise specified in local by-laws/insurance – only 2 persons, including the driver/operator to be involved in the activity. Where an observer is required, guidelines on social distancing must be observed
- Where possible one driver only to be used for the whole session
- Where possible equipment should not be shared
- Activity to start and finish at dock rather than boat start. If boat start is necessary then participant must sit on the back of the boat until ready to start, maintaining social distancing guidelines at all times
- Participants should stay within their skill level and comfort zone, avoiding unnecessary risk of injury
- If participant has been on the back of the boat they must wipe down the area with antiviral spray and disposable paper towels (dispose of in onsite bin)

- If using venue equipment or sharing equipment then a careful wipe down of all equipment between sets will be required using antiviral wipes / spray & disposable paper towels. Disposed of in on-site bin.
- Handle or rope end should be immersed in bucket of disinfectant between skiers/boarders.
- 20second Hand washing required after activity/before leaving site.
- Content of all used onsite bins to be safely disposed of and wash stations/equipment/buckets etc cleaned down at the end of each set of activity – wear disposable plastic gloves

Equipment

- Clubs and venue operators should, where possible, remove equipment including benches, scoreboards, tables and any other objects that are not essential for participation purposes.
- Where the above is not possible appropriate cleaning measures, including provision of sanitiser and disposable gloves, should be put in place to reduce the risk of contamination.
- Ideally all participants should have their own equipment including handles to avoid contact and the risk of cross infection
- Personal handles must be changed by the participant before and after riding
- No use of personal ropes
- No sharing of wetsuits (outside of immediate household)
- Ropes/length only to be changed/adjusted by driver
- Changing rope is to be avoided as would require breaking 2m social distancing or subjecting driver to possible contact contamination.)
- If driver is swapped then the leaving driver must wipe down steering wheel / keys / gear handle / boats side and windscreen with antiviral spray and disposable towels. (Dispose of in onsite bin)

Communication

- Clubs and operators should communicate clearly and regularly with members and participants setting out what they are doing to manage risk, and what advice they are giving to individuals before, during and after visits to the venue/activity.
- Make them aware in advance of measures you are putting in place at your venue, and guidelines they are asked to follow.
- Ideally clubs/operators should publish an action plan detailing their plans to re-open safely.
 - Communicate clearly opening times and how people can safely access a facility, if relevant, for example through a booking or queuing system.
 - It is more important than ever to consider inclusive guidance for people who need support to be active and clubs/operators should consider this as part of their work to encourage people to return.
 - Ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed and up to date.
 - Booking reminders should contain reminders re steps participants will be required to follow.
 - Clear signage to be in place at the facility – including: mandatory 2m social distancing; do not enter etc, Operating Procedures clearly visible



GUIDANCE FOR PARTICIPANTS

The following procedures, which have been established to ensure a safe environment for all participants and all on-site staff, set out the basis on how skiers and wakeboarders can return to the water in a safe environment as outlined by the Scottish Government's Phase 1 relaxation of restrictions. Not only are participants expected to comply with the rules they must also observe the government and public health restrictions <https://www.nhsinform.scot/coronavirus>

Both sets of regulations / procedures are subject to change, we would ask all participants to regularly check with Waterski and Wakeboard Scotland and their Waterski/Wakeboard club/venue for regular updates.

To ensure the safe return to watersports in Scotland participants should adhere to the guidelines.

- People who are shielding should not visit venues or undertake activities. People who are symptomatic should self-isolate for 7 days; household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.
- **Do not leave home to take part in sport or physical activity if Scottish Government advice means you should stay at home because you, or someone you live with, has or has had symptoms of COVID-19, or you are in the most vulnerable category and have been advised to shield from the coronavirus. People who are shielding should not undertake activities. People who are symptomatic should self-isolate for 7 days; household members for 14 days as per info on NHS guidance.**
- All exercise taken must be consistent with current Scottish Government guidance on health, physical distancing and hygiene. There may be a need to adapt to changes in guidance at short notice. Information on Scottish Government's approach to managing covid-19 is available at www.gov.scot/coronavirus-covid-19
- **Stay up to date**
 - Scottish Government information is available at www.gov.scot/coronavirus-covid-19/ .
 - Be aware that guidance can change, and restrictions may be reintroduced - ensure you have checked the latest version of guidelines for your activity.
- **Travel**
 - Travel restrictions outlined by the Scottish Government should always be adhered to by participants. The latest advice can be found on the Scottish Government at <https://www.gov.scot/publications/coronavirus-covid-19-staying-at-home-and-away-from-others/pages/exercise/>
 - Use toilet facilities at home before you leave.
 - Bring your own hydration / food to the venue.
 - Bring your own hand sanitiser to the venue and use regularly through the activity.
 - Park your car in such a way as to facilitate social distancing.



- Avoid touching fixed equipment including gates, fences or benches.
- After completing your exercise/activity return directly to your car and leave. Do not store equipment at the venue.
- **Clinically vulnerable people**
 - Individuals in the clinically vulnerable groups are still being advised to stay at home. <https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing>
 - If you are living in a household with a possible COVID-19 infection or if you are classified as extremely vulnerable on health grounds, you should remain and exercise at home
- **Bookings and Payment**
 - Where a venue allows, ensure you have booked in advance and made payment online.
 - Only outdoor facilities can be used
 - Ensure you have read the instructions in your booking confirmation before setting off
 - Please note: given the fluidity of the situation, bookings may be subject to late changes
- **Social distancing**
 - Meeting outdoors with members of more than 1 other household at a time for outdoor exercise or activity is not permitted
 - Always stay at least two metres away from other participants including before, during and after the activity or when taking breaks.
 - Please ensure to follow guidance from your sport's governing body, club or operator on maximum numbers able to take part in the activity.
- **Coaching**
 - During Phase 1, it is recommended that experienced, member skiers and skateboarders only participate
 - One on one personal training or coaching is permitted if it is outdoors, physical distancing can be maintained, and is with members of your household and/or members of 1 other household.
 - A coach or personal trainer should not deliver training to more than 1 household at any one time or provide training to more than 1 household per day.
 - When participating in training or coaching, where possible, avoid touching surfaces and sharing equipment and touching your mouth and face.
 - Participants should stay within their skill level and comfort zone, avoiding unnecessary risk of injury
- **Spectating**
 - Spectating is not allowed other than if you are supervising a child or vulnerable person.
 - In all cases social distancing should be maintained.
- **Equipment & Facilities**
 - Do not share equipment, food or drink with anyone else present or use water fountains or other non-essential fixed equipment.
 - Be aware that all onsite indoor facilities including toilets will be closed.
 - Ideally use your own equipment
 - Personal handles must be changed by the skier/boarder before and after riding
 - No use of personal ropes

- No sharing of wetsuits (outside of immediate household)
 - Only the driver can change ropes/length)
 - Only one person on dock at a time
 - Start and finish at the dock rather boat start. If boat start necessary then skier sits on back of boat at least 2m away from driver until ready to start.
- **Hygiene**
 - If you need to sneeze or cough, do so into a tissue or upper sleeve.
 - Avoid touching your face.
 - If sharing equipment then a careful wipe down of all equipment between sets will be required using antiviral wipes / spray & disposable paper towels. Disposed of in on-site bin.
 - Handle or rope end should be immersed in bucket of disinfectant between skiers/boarders.
 - 20second Hand washing required after activity/before leaving site.
 - Skier leaves water at dock maintaining 2m social distancing.
 - Takes all equipment with them including their handle.
 - If using site equipment / handle then skier has to wipe down with antiviral wipe / spray and disposable paper towel.
 - If participant has been on back of boat then they must wipe down with antiviral spray and disposable paper towels (dispose of in onsite bin)
 - 20s hand washing required.
 - All skiers boarders to vacate site as quickly as possible after they have finished

CLOSING NOTE

WWS will remain in regular dialogue with Scottish Government about the procedures outlined in this document and will continue to work collaboratively with partners and stakeholders to support the easing of further restrictions as and when it is determined by Scottish Government that this may be possible.

As participants of this wonderful sport, we must all bear in mind that it is our shared responsibility to ensure that we all play our part in ensuring that a phased return to the water is managed in line with Scottish Government guidelines by adhering to the advice in this document.

Given the fluidity of the current situation there may be a requirement to update and re-issue this guidance at regular intervals to reflect future government advice.