



A Summary of Liquid Footprints' Covid19 Processes and Procedures

Activity: Sea Kayaking and Sailing Holiday

Group sizes

- Liquid Footprints will only take groups up to a maximum of eight per trip.
- Social distancing during the sea kayaking part of the holiday will be achieved by participants and instructor maintaining social distancing.

Face masks and protective gloves

- Prior to the trip Hebridean Adventures will communicate with the participants to confirm that they may bring their own face mask and protective gloves if they wish.

Prior to the trip

- A summary of Liquid Footprints Covid19 processes and procedures will be provided to Hebridean Adventures.
- Liquid Footprints will also request that Hebridean Adventures checks with all participants if there are anyone in their household has had any symptoms of Covid19 in the past fourteen days. If so then Liquid Footprints will insist that said participant is not allowed on the trip.
- Prior to equipment being loaded the instructor will clean their hands with hand sanitizer.

Travel and Transport for the trip

- Liquid Footprints will open up the possibility for participants to bring their own vehicle to the start of the trip.
- Where transport is required both passengers and driver alike will wear face masks for the journey.
- The windows of the bus will be opened to allow a steady stream of air through the bus.
- No eating or drinking will be allowed in the bus at any time.
- All passengers will be required to wear a face mask unless they have a medical or behaviour condition that excuses them from this.
- After the trip the bus will be cleaned using anti-bacterial wipes and spray and the floor of the bus will be mopped using disinfectant floor cleaner.

Handwashing facilities and procedures during the kayaking section

- Liquid Footprints will provide anti-bacterial hand sanitizer throughout the kayaking part of the trip.

Meet point for first day

- Meeting point for the first day will be in an open space and be arranged so that the instructor can maintain the current guidelines for social distancing from the participants.
- All participants will be asked to clean their hands with hand sanitizer before proceeding with the activity.

Liquid Footprints

The logo for 'Liquid Footprints' features the text 'Liquid Footprints' in a blue, rounded font. The word 'Footprints' is stylized with two footprints integrated into the letters 'o' and 'o'. A blue teardrop shape is positioned below the letter 'i' in 'Liquid'.

Handing out of equipment

- Before handing out equipment the instructor will clean their hands with hand sanitizer.
- Once equipment has been handed to an individual this equipment will remain theirs throughout the trip and no sharing or exchanging of equipment will be permitted.
- The instructor will take a note of who has what equipment so that this may be referenced during the trip if needs be.
- All equipment will be labelled with coloured cable ties so that they can be identified easily by the participants during the trip.
- The instructor will give a demonstration on how to don equipment and will then guide the participants in said process from current social distance guidelines.
- If participants are struggling with equipment the instructor will make every effort to guide another member of their household to assist or if they do not have another member of their household the instructor will assist from the correct social distance.
- The instructor will directly assist a participant as a last resort and shall be wearing a protective face mask.
- The instructor will visually check all participants' equipment to ensure that it is correctly fitted before starting the trip.
- The instructor will encourage participants to store their own equipment behind the back rest in the sea kayak to avoid the use and touching of the sea kayak hatches.
- For any equipment that must be stored in the sea kayak hatches, the instructor will open the hatches for the participants, and they shall place their own equipment in the hatches. The instructor will then close the hatches.
- The instructor will demonstrate how to move the footrests on their own sea kayak so as to avoid touching participants sea kayaks. If a participant requires direct assistance the instructor shall ask the participant to step out of the sea kayak until the instructor is finished.
- Liquid Footprints will bring a range of spares on the trip for the group.
- Any equipment not being used for the trip will be moved by the instructor to an area within the ship to ensure that it does not get mixed up with used equipment at the end of the trip.

Launching of sea kayaks

- Ship's crew, instructor and participants will be asked to clean their hand with hand sanitizer before starting. Everyone directly involved in the launch will also wear facemasks.
- Launching of sea kayaks will be done in most cases of the side of the ship.
- A safety boat will be used for this and members of the ship's crew who are assisting with this will be wearing face masks.
- If a member of the ship's crew or the instructor has to handle the kayak they will do so via the hull lines leaving the kayak handles free for the participants.

Once out on the water

- During the activity, the instructor will maintain social distancing with the participant's and their sea kayaks.
- The instructor and participants will not be required to wear face masks or protective gloves during this phase of the activity but can do so if they wish.



Rescues and Emergencies

- Liquid Footprints will endeavour, in the first instance, to select venues where self-rescue is easily achieved.
- Liquid Footprints will avoid open water crossings that could result in a participant not being able to swim to shore and self-rescue.
- Before the start of each day, the instructor will give a brief to the participants on self-rescue and how to achieve this.
- All rescues will first be attempted via self-rescue and where same household members are in another kayak assistance will be sought from them.
- If self-rescue and same household assistance is not working or there seems to be an imminent risk to life, then the instructor will provide direct assistance. The instructor will make every effort to wear a face mask during said rescue but this cannot be guaranteed and a dynamic risk assessment and the level of risk to life will determine whether the instructor has time to don said items.
- If possible, any first aid treatment shall be administered by the individual or with the assistance of the same household under the guidance of the instructor.
- If the instructor has to administer first aid directly then this will be done wearing a face mask and protective gloves. However, this cannot be guaranteed and a dynamic risk assessment and the level of risk to life will determine whether the instructor has time to don said items.

Landing of sea kayaks for lunch and breaks

- Before landing the instructor will ensure that any area used is safe and easily accessible by the group.
- Before landing the instructor will give a demonstration of a safe method of landing for the group.
- The instructor will make a dynamic risk assessment as to whether it is best for them to stay on the water or go ashore whilst the participant's land.
- If there is not enough room for social distancing to be achieved, then the instructor will stagger the landing to ensure social distancing.
- If the instructor needs to assist in landing, they shall do so wearing a facemask and use the hull lines leaving the handles free for the clients.

Landing and recovering of sea kayaks at the end of the day

- Recovery/boarding/landing of sea kayaks will be done in most cases of the side of the ship.
- A safety boat will be used for this and members of the ship's crew who are assisting with this will be wearing facemasks and will have cleaned their hands with hand sanitizer.
- If a member of the ship's crew or the instructor has to handle the kayak they will do so wearing a facemask and use the hull lines leaving the kayak handles free for the participants.

Handing back equipment by participants

- At the end of the holiday participants shall be asked to return the sea kayaks to an area near to the trailer.

Liquid Footprints



- Participants will be asked to wipe down their own sea kayak and paddle with anti-bacterial wipes.
- The instructor will load the sea kayaks themselves.
- All paddling equipment worn by the participants will be removed by the participants themselves.
- Participants will place all the paddling equipment they have used inside the Liquid Footprints vehicle in a place identified by the instructor.
- If a client is struggling to remove any paddling equipment e.g. a buoyancy aid, then assistance will be sourced from their own group and guidance will be given by the instructor whilst maintaining social distance.
- If group assistance cannot help with the removal of said equipment the instructor will render assistance whilst wearing a face mask.

Post activity equipment management

- All equipment that has not been used by participants will be returned to the active equipment area.
- All equipment that has been used that can be wiped down with anti-bacterial wipes will be left to dry naturally.
- All equipment that cannot be wiped down with anti-bacterial wipes will be thoroughly rinsed in fresh water and allowed to dry for 72 hours between group use.

Response to a client/instructor confirming a positive Covid19 case post activity

- Liquid Footprints will contact any other groups that the instructor may have worked with since said group and inform that they may be at risk due to their contact with the instructor.
- The instructor will self-isolate for a minimum of fourteen days and so will their family.
- The instructor will also apply to be tested.
- All activities booked in for the next fourteen days will be cancelled and full refunds offered.
- All equipment will be cleaned and wherever possible sterilised with special attention given to those items that were used by the group in question. Equipment will then be quarantined for a minimum of 72 hours.