



## Let's Go Hydro Cable Wakeboarding

How we can provide good physical and mental wellbeing with outdoor sport, whilst adhering to social distancing.

STEP 1

# Health of Employees and Participants

- Employees must all be briefed on best practices of not contracting Covid-19 coronavirus.
- Employees and Participants are not permitted if they have any symptoms of Covid-19 coronavirus. People must not travel to a cableway and they must stay at home if they have either:
  - a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
  - a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- Employees and Participants are not to visit a cableway if they are at an increased risk of severe illness from Covid-19 coronavirus. This group includes those who are:
  - Aged 70 or older (regardless of medical conditions)
  - Under 70 with an underlying health condition outlined by the NHS
  - Those who are pregnant







## Participant Capacity Management and Limiting Facility Visitors

- Use of an online booking system must be used, with ability to:
  - Manage capacity of bookings
  - Facilitate the waiver/activity agreement process
  - Take payments
- The number of participants allowed at the cableway will be limited to three times the number of carriers on the full cable system. Therefore, if a cableway can support 8 carriers, the capacity of participants is 24.
- Where possible, booking systems should be configured to allow sessions to start every hour, but be capped at four hours, as this will reduce changeover numbers.
- No spectators or family members are permitted to accompany participants – unless accompanying a disabled participant or a participant who is under 16 (only one carer or guardian from the same household can be at the facility and must maintain social distancing in the designated areas).
- If a participant does not have a current driving licence, they can be driven to the facility, but the driver will be required to stay in their car.

# Arrival at site

- Participants are not to arrive at the facility more than 30 minutes before their booked session.
- Where practical, no access to interior of buildings – participants should arrive “ready to go”, change in car or use a poncho or suitable towel to change in outdoor spaces.
- Participants should not have to open doors; if necessary, then sanitizing hand wash will be supplied at entry and exit points with appropriate signage.
- During check-in, face coverings will be worn by staff, and social distancing guidelines will be followed. Participants will also be encouraged to wear them.
- Good hand hygiene is always to be observed and participants should be encouraged to bring their own hand sanitizer.
- If toilets must be used then participants will have sanitising spray made available at entry and exit points to allow for sanitisation of facilities before and after use. Staff will also sanitise these facilities once per hour.







# Activity

- Beginners will be permitted, and all participants will be requested to provide their own equipment including helmet, buoyancy aid, board/bindings and wetsuit where possible.
- Should rental equipment be required these suits and equipment will be sanitised between each use and wetsuits will only be used once per day to ensure full decontamination between each use.
- Only one participant will be allowed on a sloped starting dock at a time, on horizontal starting docks and queuing areas, floor markings will be used to ensure >2m social distancing is maintained whilst participants are queuing to start.
- The operator will wear gloves and face mask. Cable handles will be swung from the operator to the rider and then a sanitising spray will also be swung to the rider to allow the rider to sterilise the handle and their hands prior to each use of the cable way and ensure no cross contamination.
- Participants should stay within their skill level and comfort zone avoiding unnecessary risk of injury.
- At all times when participants are at the facility, they will be required to remain >2m apart, which they will be reminded of by use of signage.



## End of activity

- Participants are not to leave equipment unattended after their session has concluded, whilst they are preparing to leave the facility.
- Should the participant have used rental equipment they will be required to spray this down with sanitiser available at drop off point prior to changing. Wetsuits will be placed into disinfectant solution for staff to retrieve and dry.
- All participants are to leave the facility as quickly as possible, whilst maintaining social distancing.