

Instructions for how to use Canoa's equipment during the pandemic

READ THE FOLLOWING INSTRUCTIONS BEFORE YOU COME TO BREDAN!

Do not come paddling or even visit Breda if you are sick. Please be especially careful if you belong to a risk group.

Wash your hands carefully with soap when you arrive at Breda and again when you leave. Also wash your hands after handling the equipment.

Avoid all possible contact with others while at Breda and when paddling!

Please note that:

- The changing rooms are not in use
- **Lifejackets are not available for general club use during the pandemic**
- The club recommends you use your own lifejacket. If you do not own a lifejacket and cannot or do not wish to buy one, the club will lend you one for your own personal use. Contact Canoa at the following address to borrow a lifejacket: rahastonhoitaja@canoafi.fi You must not store your lifejacket at Breda. Instead, you should take it home with you.
- The club towels have been removed, so **bring your own to dry the kayak**. You must not dry or store your towel in the kayak shed or at Bredan.

Instructions for handling club equipment after kayaking:

- **Rinse the spray skirt** in the sea and hang it on the washing line to dry while you clean and dry the kayak
- Dry the kayak **with your own towel**
- **Clean** the rim of the cockpit, the hatch lids and the paddle with a mild detergent and a disposable wet wipe. You can find wet wipes and a spray bottle with ready diluted detergent in the drawer in the Kayak shed
- Clean other club gear and equipment, such as maps, pumps and paddle floats, with detergent
- Return the kayak, paddle and other equipment to their places
- Return the spray skirt to its place

By following these instructions, we can continue to enjoy paddling during the pandemic. The instructions follow the recommendations of the Finnish Canoeing and Rowing Federation, which are based on Finnish government policy, Regional State Administration regulations and the recommendations of the Finnish Institute for Health and Welfare. The instructions are in force for the time being and will be changed should the need arise. Club members will be informed of any changes.

22.4.2020 Canoa Board