



MU LIFE
Clubs & Societies

M.U.C.K.

COVID-19 STATEMENT

Following public health guidelines on hygiene and physical distancing is the key to safe working in the context of Covid-19. Each member of the University community has a responsibility to take steps to halt the spread of Covid-19 and must take personal responsibility for their actions during this period. All clubs and societies must adhere to the latest public health advice (See: [HSE guidelines](#)) and guidance from the University.

Anyone who exhibits cold or flu-like symptoms should not come on campus or attend an event/activity or trip. They should contact their GP and follow their direct advice.

The guidance below covers general hygiene and public health guidance, and how it will be implemented on the Maynooth University campus.

M.U.C.K. will adhere to both government guidelines and [Canoeing Ireland guidelines](#) in response to COVID-19

With permission from Maynooth University, trainings will be allowed up to and including Level 4 restrictions, events will only take place during Level 1 and 2 restrictions

Physical Distancing

Every effort should be made to ensure that physical distancing is maintained by everyone while on campus and/or attending an event/activity/trip, at the minimum distance between individuals as specified in government advice. This is currently specified as 2m. The University is putting in place measures to assist in this across departments and offices, but individuals must also take personal responsibility for following this advice.

Hand, Respiratory and General Hygiene

Clubs/societies should ensure that they are familiar with and follow hand, respiratory and general hygiene guidance and advice.

Essential hygiene practices:

- Wash your hands frequently with soap and warm water
- If soap and water are not available, then use an alcohol based hand sanitiser
- Always wash your hands after you have been to the bathroom and before you touch door handles
- Cover all coughs and sneezes with a tissue or the crook of your elbow
- Dispose of all used tissues in a bin
- Do not touch your face with your hands, wipe your nose, chew your fingernails, etc.

Face Coverings

The use of face coverings is generally necessary in any situation on campus where 2m physical separation cannot be maintained, or where numbers of people are moving about in a confined space.

All campus users should carry a washable, reusable cloth face covering and wear it as circumstances dictate.

The purpose of a face covering is to prevent the wearer spraying droplets, e.g., while speaking, and so it is a measure that protects those the wearer interacts with.

This is a particularly important measure given that an individual may be asymptomatic and be carrying the virus.

Note: wearing of masks is not a substitute for, but a complement to the fundamental measures of distancing and hand and respiratory hygiene.

HSE advice on use of face coverings is available [here](#).

General Considerations

All club committee members will complete the Sport Ireland “COVID-19 Officer” training.

It is important that everyone recognises their duty of care to other participants and takes responsibility for adhering to social distancing and hygiene regulations.

Equipment

All kayaking PPE (Personal Protective Equipment) should be fitted correctly while maintaining social distancing. This can be done by instruction and demonstration without the need for physical contact.

All equipment will undergo a rigorous cleaning and disinfection process before and after each session. Preventative measures will be introduced to prevent cross-contamination between clean and used equipment.

People

Participants will be instructed to self-rescue when applicable by a more experienced person. When self-rescue is not possible, all possible attempts will be made to maintain social distancing. A member of a person’s household unit can be guided to help the person get back on or into the kayak.

When applicable, participants will be instructed to swim to a suitable location where they can empty and/or re-enter their kayak without assistance from someone else or with the help of a member from their household unit.

Activity

Each activity will be risk assessed in accordance with the government and Canoeing Ireland guidelines.

Safety briefing will include discussions regarding what would take place in the case of someone needing a rescue.

When possible, family/household units will be placed together in the same groupings.

Entry and exit points for the trip will be suitable and accessible by all members of the group.