



## **SURFING LESSON: COVID-19 NORMAL OPERATING PROCEDURE RESPONSE**

Tel: 07982649635 northcoastwatersports500@gmail.com

We have new measures in place to ensure our lessons are as safe and to reduce the spread of the virus. We have conducted risk assessments to ensure we are minimising the transmission of the virus as much as possible. Please read before your lesson to familiarise yourself with our lesson procedures.

### **Overview**

We are offering Private lessons only with up to 4 people from the same household. We will continue to monitor & adhere to government advice relevant to this sector, and reserve the right to change this policy at any time.

### **Before**

- We are increasing our pre lesson communication so we can get as much information across to you before you arrive. This will mean you are more aware of how the lesson will be run, the measures we have in place and vital safety information before the lesson begins.
- All lessons must be booked and paid for in advance.
- We recommend you bring your own wetsuits where possible- our suits will still be available if you don't own a suit yourself.
- All participants must complete the online waiver form, prior to the lesson. This will be emailed to you upon booking.
- If you or a member of your household show any symptoms of Covid-19, you must not take part in surf lessons or visit the surf school. Any cancellations due to this will be rescheduled or refunded.
- Any staff members showing symptoms of Covid-19, will not attend the surf school.
- The 'pre lesson' video will be sent to you to watch before the lesson day. This will visually prepare you for what to expect and how the lesson will be run. Please watch it carefully.

### **On Arrival**

- Our blue van will be parked in the carpark with cones set in a 2 meter radius around the vehicle.
- Only 1 customer can approach the van at a time. Please observe the scene before exiting your car.
- Once you're at the van, please stay behind the cones. There will be hand sanitiser available, please use this as soon as you arrive.
- We will size you up for your wetsuit, boots & gloves and pass it to you by hanging it on the hanger railings for you to collect. Then go back to your cars to get changed.

**During**

- We will always maintain a safe distance between you, other beach users and our instructors, both on the beach and in the ocean.
- The instructor will of already set the boards up for everyone at the correct 2m distance apart. People will be asked to stay on the board they are allocated.
- We will talk over all the surf theory on the beach then enter the water spaced out.
- The instructor will try to minimise contact with you however if you need help getting into the waves will push your board from the tail (back of the board).

**Afterwards**

- A box will be left out for you to return your wet wetsuits into.
- All boards will be wiped down with disinfectant and wetsuits will be washed in soapy water and dried before the next use.
- Please give us any feedback to let us know how we did:)