

ACCESSING THE WATERWAY DURING THE PROVINCIAL STAY-AT-HOME ORDER

Welland, ON – With input from the Provincial Sport Organizations, the City of Welland's Municipal Emergency Control Group (MECG), has approved Affiliate Flatwater Clubs to have limited access to City-owned facilities and with the following guidelines:

- Only recreational boating in singles is allowed, no training is permitted as per Provincial restrictions and no team boating is permitted
- Cold water rules are to be followed
- No more than 5 people are permitted to gather on site at one time
- Only staff are permitted in the buildings to retrieve equipment
- Equipment is to be brought out of the facilities and set up outdoors for participants
- Clubs are to create a launch and return schedule to ensure no cross over of groups of participants
- Face coverings are to be worn when not exercising

Cold water can be dangerous and warm air does not always mean warm water in lakes, streams or canals. Plunging into cold water of any temperature becomes dangerous if you are not prepared for what the sudden exposure can do to your body and brain. Warm air temperatures can create a false sense of security, so if you are planning to be on or near the water, arrive knowing the conditions and how to protect yourself:

- Always dress for water temperature, not for air temperature, examples are
 - Wet suit
 - Dry suit
 - Flexible clothing that protects from loss of heat

For more information, please visit http://www.lifesavingsociety.com/water-safety/cold-water-and-ice.aspx

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