

# ISYA COVID19 SAFETY PLAN

## PLAN

- Ensure you are permitted to use your SUP yoga location, ensure it is open and no restrictions are in place imposed by the local authorities/maritime authorities.
- No sharing of boards for example Partner Yoga. Only 1 person per board
- No Acro SUP Yoga until social distancing restrictions have lifted
- Additional distance between boards may be necessary to comply with social distancing regulations. Your SUP Yoga class set up on the water may therefore cover a larger surface area.
- Consider reducing participant numbers if you are not permitted or physically cannot increase the size of the set up (i.e in a swimming pool)

## SET UP

- Anchoring system set ups may need to be altered to comply with social distancing regulations. Longer lines for wider distances between each board. Longer lines cover more water surface area, increasing the drag.
- Consider if your anchors are fit to hold additional weight, this is the weight of people in addition to the drag of this weight in the water. Not forgetting the effect of current, tides and wind may have on your SUP Yoga class set up. You may require your anchors to be weighed down with additional chain.
- Consider if a brick formation is more suitable for you. This covers less water surface area, but needs additional planning for the line/rope set up. .
- Ensure spacing between boards adheres to your government's social distancing rules. This is in addition to the standard ISYA 1 meter safety distance between boards.
- Group size as per your country's government's regulations

## WELCOME

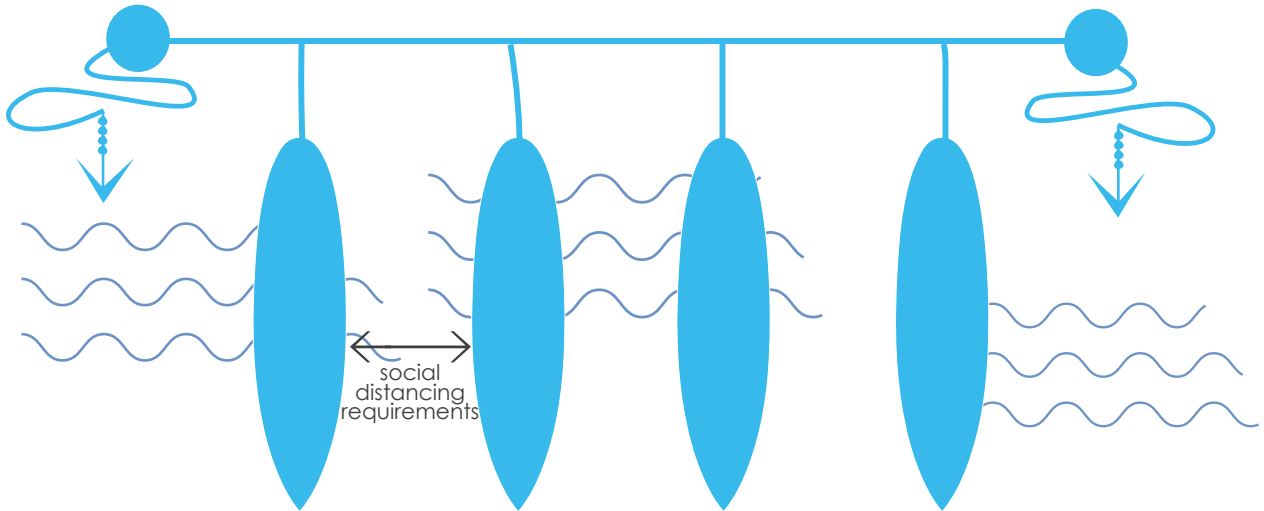
- Inform participants that should they feel unwell with flu like symptoms, to stay home
- Keep a record of all participants in case contact tracing is required
- Participants to use hand sanitiser before signing waiver form prior start of SUP Yoga class
- Instructor to wash hands regularly
- When on land welcoming your participants, maintain social distance as regulated by your country's government
- Ensure hand sanitiser is available for participants to use before they touch any equipment
- No sharing of equipment, i.e. boards, paddles, leg rope etc
- Participants to carry their own equipment
- During the SUP Yoga class, your participants may be further away from you than usual due to social distancing requirements. Be aware of your voice projection, you may need to speak up so everyone can hear you.

## PACK AWAY

- Instructor to wear gloves when disinfecting/washing equipment immediately after use
- Disinfect all SUP Yoga equipment following each participant's use
- Use hot soapy water to wash equipment so this does not damage equipment

# ISYA COVID19 BOARD FORMATION

## TRADITIONAL FORMATION



**BRICK FORMATION** - Fit more boards on same length rope. You will only need more rope & ensure that your anchor set up can hold additional weight.

