



Nelson Paddling Club

The Nelson Paddling Club (NPC) is striving to ensure a safe return to paddling for the 2021 paddling season in light of the on-going Covid-19 pandemic. Following and implementing the BC Provincial and Municipal Health Authority requirements, as well as the recommended guidelines and protocols of Canoe Kayak Canada and Canoe Kayak BC, the NPC has set up the following rules and protocols which are in place for the health and safety of our members and the community in order to reduce the spread of COVID-19. It is critical that all paddlers read, understand and comply with the rules and protocols described in this safety document. Our paddling season is currently scheduled from May till October 2021, however the NPC should be prepared for any changes to the Covid-19 situation based on any revised guidelines that may be set out by the Provincial Health Authorities.

Daily Health Screenings

- Daily health screening using a self-assessments tool is required and will have to be completed online every time prior to members going paddling. The link is posted on the NPC website. Completion of the daily screening self-assessment form will have to be confirmed on the sign-in sheet at the NPC boathouse. Any member exhibiting any one of the listed Covid-19 symptoms is required to stay home and avoid the NPC boathouse for a period of 14 days. This also applies to members who may have come into contact with a person who has tested positive or has confirmed COVID-19 symptoms or having travelled outside the country.

Paddling Schedule and Boathouse

- The Nelson Rowing Club (NRC) and the NPC share different spaces in the main Boathouse and share the same boat dock. The NRC has an established rowing schedule for the 2021 season, and the NPC is currently developing a paddling schedule for its summer-fall youth and adult programs. Therefore it will be essential that the NPC coordinates its schedule in order to avoid overlap. The NPC will ensure its paddling programs are staggered to ensure limiting the number of people gathering at the boathouse and dock.
- Aside from the developing NPC schedule, there is no formal paddling schedule for members who wish to go paddling.
- The number of paddlers in a group at any given time will be limited to 10 participants and 2 coaches. Members are required to practice social distancing and remain 3 m apart as practical. Only two people will be allowed at a time inside the boathouse at a time.
- If paddlers choose the option of using the beach for put in/take out, then paddlers should practice social distancing and remain 3 m apart.
- Members who are private boat owners are required to complete the daily online health self-assessment and to sign-in and sign-out at the boathouse.
- Please allow an extra 30 minutes to complete cleaning and sanitation of your equipment (see protocols below).



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Boathouse and Boat Dock

- The Nelson Rowing Club (NRC) and the NPC share the same boat dock. In keeping the tradition of a good relationship and mutual respect between the clubs, the NPC will adhere to the rules and protocols pertaining to the use of the dock established by the NRC.
- Only two people will be allowed at a time inside the boathouse, maintaining a physical distance of 3m from one another.
- Only four people will be allowed at a time on the dock. Maintain a physical distance of 3m from one another as practical. There are some instances when this rule cannot be followed such as sharing space on the dock and teaching beginners, during these times, all participants need to wear masks.
- Recommended cleaning and sanitizing protocols have been put in place. Please refer to the document describing: '[Sequence of Steps required at the Boathouse and Dock](#)' posted in the boathouse as well as on the web site.

Equipment

- During this phase of return to paddle, paddling will be in singles boat only. The exception to this rule is household members who are allowed to take out doubles.
- Life jackets: All paddlers are encouraged to buy their personal PFD.
- Bringing an excess of personal belongings into the boathouse is not allowed. Please arrive on site with as little things as possible.
- If you arrive at the club by bicycle it must be left outside of the boathouse during the paddling session.

Cleaning & Sanitizing Protocol

- As a minimum, hands have to be sanitized upon arrival at the boathouse, before and after cleaning equipment and when leaving the boathouse. The boathouse will be equipped with a 5-gallon water tank, hand soap, paper towels and hand sanitizer.
- The following cleaning and sanitizing protocol applies to the NPC's equipment:
 - Every paddler is responsible for cleaning their own boat and paddle (this also applies to private boat owners).
 - Boats and paddles need to be washed with soap and water, and then rinsed inside and out. Use the provided buckets, sponges and soap and water from the lake. Make sure to include foot rests and seats
- Before leaving the boathouse, all frequently-touched surfaces inside and outside of the boathouse have to be sanitized with either a disinfectant spray or sani-wipe. This includes the outdoor sanitizing station, light switches, locks, hooks and shelves at sign-up area, water tap, washing buckets, soap and sanitizer bottles, garbage can, pens and clipboard.



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Weekly deep-clean of the Boathouse

All NPC members should commit to at least one deep-clean of the boathouse for the season. This deep-clean will have to be done every Saturday. It will include sanitizing all frequently-touched surfaces inside and outside of the boathouse, refilling water into the handwashing water container, checking if any supplies need to be re-stocked and notify the NPC, and emptying the garbage. Detailed instructions will be available in a separate information document which will be posted in the boathouse. Members will sign-up for this duty on a sign-in sheet posted in the boathouse.

Get in – Paddle - Get out

The NPC encourages its members and participants to get in, paddle and get out. It simply means arriving at the boathouse ready to paddle and then going home immediately after paddling. As an important reminder, our conduct will reflect on the community. If there is any improper conduct, such as not complying to social distancing rules, the NPC may face some unfortunate consequences. It is also advised we be careful about posting on social media.

Sequence of Steps Required at the Boathouse and Dock

Please refer to the document describing: 'Sequence of Steps required at the Boathouse and Dock' posted in the boathouse as well as on the web site.

Risk Acceptance

- While the NPC is taking all possible measures to prevent the spread of COVID-19, it is impossible to entirely eliminate the risk. Your signature below indicates your awareness and acceptance of this risk.
- The NPC cautions all members and participants that COVID-19 can be spread by asymptomatic individuals. Declarations of members do not provide absolute certainty that they have not been infected. Paddling and interacting with others involves a risk of infection.
- Each member must carefully assess this risk for themselves and the members of their family household and social bubble. The decision to paddle or not to paddle is a personal one. The NPC is committed to providing opportunities for paddling in as safe a manner as possible given the current environment.