

**NELSON PADDLING CLUB**

**COVID-19 RESPONSE PLAN  
& RETURN TO PADDLE PROTOCOL  
Version 2.0**

**Prepared for:  
Nelson Paddling Club, Nelson, B.C.**

**and  
Canoe Kayak BC**

**Prepared by:  
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**April 25, 2021**

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April 25, 2021

**Nelson Paddling Club**  
**622 Front Street, Suite 7**  
**Nelson, B.C.**  
**V1L 4B7**

Attention: Canoe Kayak B.C.

**Subject: Nelson Paddling Club**  
**Covid-19 Response Plan and Return to Paddle Protocol – Version 2.0**  
**Nelson, B.C.**

## **1.0 Introduction**

At the request of Canoe Kayak BC (CKBC), the Nelson Paddling Club (NPC) has completed a Covid-19 Response Plan and Return to Paddle (RTP) Protocol for the 2021 paddling season.

The intent of this document is to:

- Identify Priorities in RTP;
- Identify a detailed list of considerations for the NPC;
- Identify COVID-19 Response Plan and RTP Policies, and
- Identify COVID-19 Response Guidelines for RTP.

This document is based on the CKBC's Covid-19 Return to Paddle (RTP) Protocol and ViaSport's Return to Sport Guideline Overview - Phase 2 - Transition Measures. It is important to note that COVID-19 is a rapidly changing phenomenon. The NPC should be prepared for a rapidly changing environment as we enter into RTP. As a result these guidelines may change as COVID-19 information evolves on a regular basis. CKBC will be posting updated documents on their website and communicate directly with paddling clubs when significant changes occur.

## **1.1 Priorities in Returning to Paddle**

As the sport of paddling (Canoe/kayak/paddle boarding) enters into a "new normal" for paddling and paddling operations this document is intended to provide the NPC members with minimum standards for returning to paddle.

### ***Priorities:***

1. The #1 Priority is the Health and Safety of all Members.
2. The NPC will abide by and consider Provincial and Municipal health authority requirements. **Physical and Social Distancing must remain in sport participation at this time.**

3. Sport is going to play a critical role in the physical and mental health of people as the Province reopens and rebuilds and as such it is important a reopening is done properly.
4. Paddling at this time is to be community focused at the NPC, no cross community participation, no competitions until further notice, and all participants must be aware of and acknowledge the risks of participation.
5. The NPC is committed in providing cost effective programming.

**1.2 BC Government Restart Guidelines**

The NPC is a member of CKBC. Under the guidance and direction of CKBC, the following guidelines have been used to develop NPC’s RTP.

**Areas of Action:**

- Personal Care
- Social Interaction
- Economic Activity

**Five Principles for Every Situation:**

1. Personal Hygiene
2. Stay at Home if You Are Sick
3. Environmental Hygiene
4. Safe Social Interactions
5. Physical Modifications

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> <li>• Frequent handwashing</li> <li>• Cough into your sleeve</li> <li>• Wear a non-medical mask</li> <li>• No handshaking</li> </ul>	<ul style="list-style-type: none"> <li>• Routine daily screening</li> <li>• Anyone with any symptoms must stay away from others</li> <li>• Returning travellers must self-isolate</li> </ul>	<ul style="list-style-type: none"> <li>• More frequent cleaning</li> <li>• Enhance surface sanitation in high touch areas</li> <li>• Touch-less technology</li> </ul>	<ul style="list-style-type: none"> <li>• Meet with small numbers of people</li> <li>• Maintain distance between you and people</li> <li>• Size of room: the bigger the better</li> <li>• Outdoor over indoor</li> </ul>	<ul style="list-style-type: none"> <li>• Spacing within rooms or in transit</li> <li>• Room design</li> <li>• Plexiglass barriers</li> <li>• Movement of people within spaces</li> </ul>

**Phased Approach to Reopening:**

BC’s restart plan is a four phase approach which can be found online at:

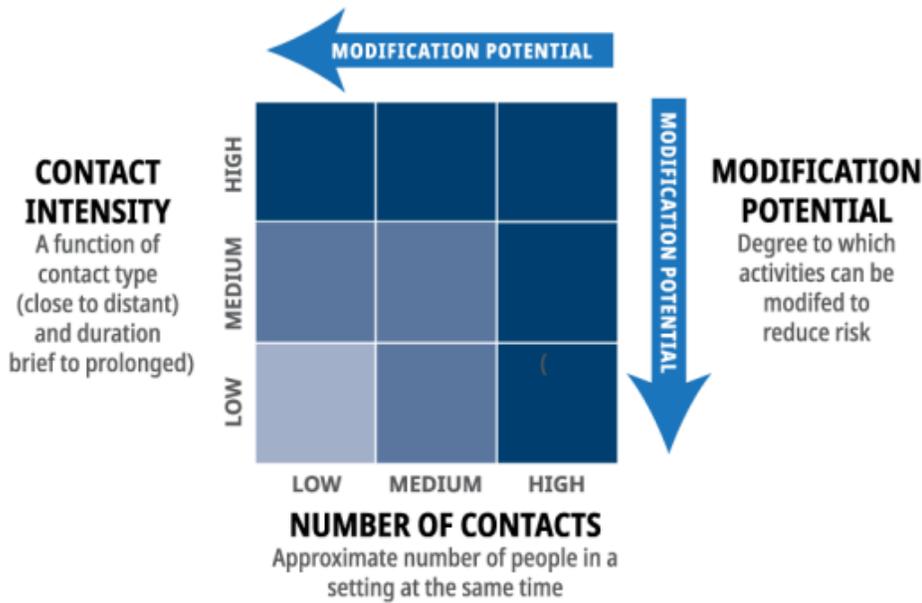
[https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/bcs\\_restart\\_plan\\_web.pdf](https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/bcs_restart_plan_web.pdf)

**ViaSport Return to Sport Guideline Overview - Phase 2 - Transition Measures**

1. Allow for participants to maintain physical & social distancing.
  - Non-contact activities only.
  - No handshaking, high fives, hugging, etc.
2. Look to reduce touch points with respect to equipment.
3. Focus on skill development or low risk activities.
  - Activities should be those typically done in practice and/or training environments.
  - Individuals will have had limited exposure to physical activity for the last 6+ weeks while confined to their homes. Ensure that activities consider their ability that day (not where they previously may have been) and have injury prevention top of mind.
4. Remain community focused:
  - Stay within the home sport community or club(s) where participants are members.
  - Try to avoid cross-regional, inter-provincial or cross-country travel unless approved by the PSO. Note that non-essential travel within B.C. and Canada is very strongly discouraged. International travel is subject to quarantine rules and raises other risks including unpredictable flight schedule changes, cancellations, and the potential for sudden changes to border controls.

## Not in Scope during this phase:

- Activities that cannot maintain physical distancing (including contact activities).
- Activities that have a high risk of injury.
- Competitive activities (competition) that encourage large group gatherings.
- Large public events or gatherings. The current gathering size is:
  - 10 for outdoor adult recreation sports (Adult defined as 22 or older).
  - 12 for Youth/Child (21 and under) as per the Canoe/Kayak sport specific guidelines.



Below is an overall guide to number of contacts and contact intensity for each Return to Sport phase:

BC Restart Phase	Sport Phase	Number of Contacts	Contact Intensity
Phase 2	Transition Measures	Low	Low
Phase 3	Progressively Loosen	Low-Medium	Low-Medium
Phase 4	New Normal	High	High

### 1.3 NPC Facility Access Considerations

**The NPC's #1 Priority is the Health and Safety of all Members.**

#### 1. Facility Restrictions

a. The number of paddlers at any given time will be limited to 10 participants and 2 coaches. Given the small space in the club's boat house, only two people will be allowed at a time inside the boat house. Only four people will be allowed at a time on the dock. If paddlers choose the option of using the beach for put in/take out, then paddlers should practice social distancing protocols.

b. The arrival and departure process for paddling programs will be staggered to ensure limiting the number of people gathering at the facility; this will be communicated and planned among those members paddling. In the event that too many people are gathering at the facility due to unforeseen circumstances, then some people will have to wait in the Lakeside Park area near the facility while waiting for their turn.

## 2. Facility Scheduling

Both the NPC and the Nelson Rowing Club (NRC) are planning a return to paddle for their members this season. Each club's boat house is located adjacent to each other but are not shared. However both clubs share same boat dock. In order to avoid crowding and gathering of too many people, the NPC intends to coordinate separate scheduling, including summer programming with the NRC to ensure there is no overlap.

## 3. Limiting Areas – Washroom Facilities

Public washroom facilities are located within Nelson's municipal Lakeside Park some distance from the NPC boat house and are managed by the City of Nelson. Facilities will soon re-open under the City of Nelson's Municipal Operations Relaunch Strategy.

# 1.4 NPC Participant Considerations

## 1. Group Size Considerations

- a. Group size for the NPC programs is set to a maximum of 12 (this includes participants & coaches).
- b. Group sizes as per the Provincial Health Order are:
  1. 10 for outdoor adult recreation sports (Adult defined as 22 or older).
  2. 12 for Youth/Child (22 and under) as per the Canoe/Kayak sport specific guidelines.
- c. The rule of two must be adhered to and a consideration in group size.

## 2. Hand Hygiene

The NPC has set a goal of maintaining cleanliness and sanitization standards.

- a. The NPC will provide appropriate hand sanitizing station including: hand sanitizer, soap and other disinfecting supplies as required by Ministry of Health Guidelines. These guidelines can be found at: [https://www2.gov.bc.ca/assets/gov/careers/about-the-bc-public-service/coronavirus\\_handwashing.pdf](https://www2.gov.bc.ca/assets/gov/careers/about-the-bc-public-service/coronavirus_handwashing.pdf)
- b. Signage will be posted regarding hand washing. Frequent hand washing is required by all participants. For handwashing guidelines, please refer to: <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-handwashing/covid-19-handwashing-eng.pdf>

## 3. High Risk Population

- a. Seniors

- b. Physical disabilities
- c. Intellectual disabilities

#### 4. **Non-Compliance with COVID-19 Related Policies and Guidelines**

- a. Participants are expected to abide by all COVID-19 related policies and guidelines. The NPC will adopt a zero tolerance approach and therefore participants who are not compliant will be ejected from the program with no refund and lose their paddling privileges.

#### 5. **Participant Health and Wellness Questionnaire and Checklist**

- a. All participants must answer a Health and Wellness Questionnaire at the beginning of the season; refer to Appendix B. Afterwards, participants are expected to review the Health and Wellness Checklist that will be posted at the entrance of the boat house each time prior to paddling and using the club's facilities.
- b. All participants must agree that in the event of feeling sick or signs of feeling sick they must self-quarantine for 14 days, and notify the NPC immediately.
- c. All participants agree to abide by physical distancing measures.

#### 6. **Refund Policy**

- a. The NPC will adopt a refund policy (document pending) for any participant who gets sick before or during a paddling program.

#### 7. **Sickness Guidelines**

- a. For any individuals coming into the facility, are required to stay home if they experience any of the following symptoms: **fever, chills, cough, shortness of breath or difficulty breathing, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, loss of appetite.**
- b. When self-isolating at home, individuals are required to stay home for a minimum of 14 days.
- c. Individuals are required to notify the NPC if they experience symptoms and are self-isolating.
- d. The NPC will notify all club members and individuals accessing the club that a member has shown symptoms and they may have been exposed to a virus.
- e. The NPC will notify local health authorities and CKBC as well as the neighboring NRC of the potential exposure.

### 1.5 **Sport Operations Considerations**

#### 1. **Cleaning and Sanitization Guidelines**

- a. The BC Ministry of health cleaning and sanitization guidelines can be found at:

[http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting\\_PublicSettings.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf)

- b. Members and participants using the NPC facilities will be responsible for cleaning facilities as well as for cleaning shared and personal equipment.
- c. The NPC will provide two hand wash/sanitizing stations, one inside the boat house and one outside the facility.

## 2. COVID-19 Education Plan

- a. The NPC will develop an education plan with respect to health cleaning and sanitization guidelines and ensure that the BoD, coaches and members are all trained and educated prior to the start of the paddling season.
- b. Information regarding the education plan will be communicated to the NPC members mainly via email but also including some signage at the facilities.

## 3. Outbreak Policy

In the event of an outbreak within the NPC, the following procedures must be followed:

- a. Immediate shut down of all club for a minimum of 14 days.
- b. The NPC must notify the local health authorities immediately.
- c. All club members and program participants must be notified of the outbreak and agree to self-quarantine for 14 days.

## 4. Program Considerations

- a. The NPC will adopt a measured approach to return to paddling with member only programming permitted to begin. There will be no drop in programs at this time. Thorough cleaning and disinfecting of the NPC facilities and equipment must be performed before re-opening of the facility after 14 days.
- b. The NPC plans to start with two community focused paddling programs this summer including a summer camp program and a recreational program for members. It should be noted that programming may evolve through the summer depending on the government regulations that may also change. In light of the current challenges with RTP, the NPC is striving to provide low cost, highly effective programming.
- c. The NPC will allow at least 60 minutes between programs to ensure adequate time for the facility to be disinfected.

## 5. Registration Requirements

- a. All coaches, participants, volunteers, and anyone who is to be insured must be registered in CKCmember.ca.

## 6. Shared Equipment Guidelines

- a. Each individual (athlete/participant/coach) is responsible for wiping down their equipment (boat, paddle, seat, knee block etc.) before AND after use.
- b. Each coach is responsible for wiping down coach equipment (motor boat, handles, watches etc.)

- c. Each participant entering the facility is responsible for wiping down surfaces that they have touched.
- d. Each participant is encouraged to use hand sanitizers before entering the facility and after each paddling activity.
- e. The NPC will provide all necessary cleaning products (Lysol wipes, cleaning solutions and bucket & rags, etc) for individuals to use.

## 7. Staffing Guidelines

- a. Two coaches will deliver the summer programs.
- b. Two coaches will deliver the recreational member program, depending on number of participants. If there are <4 participants, then only one coach will deliver the program.
- c. Staff hygiene protocols will adhere to frequent hand washing that will be required for all staff. Refer to

<https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-handwashing/covid-19-handwashing-eng.pdf>

- d. Staff Sickness Policy

Staff, coaches, volunteers are encouraged to remain at home in the event they feel sick. They will be required to self-isolate for 10 days. This is not to suggest they have contracted COVID-19, rather as a precautionary measure.

- 1. The NPC will not terminate any staff, coach or volunteer in the event they self-report any type of flu like symptoms.
- 2. The NPC will have a back-up plan for staffing programs for non-COVID-19 related health and wellness concerns.

- e. Staff Training

- i. All staff should be trained on proper cleaning guidelines and safety measures which includes (masks, gloves, hand sanitizers).

- f. Staff Refusal

- i. Staff have the Right to Refuse Unsafe Working Conditions (WorkSafe BC Requirement).

## 1.6 NPC Sport Modifications Considerations

- 1. In this current Phase 2 of the BC Restart Plan, the use of “Cohort” groups have been approved for widespread use. For the purpose of this RTP Plan, cohorts are considered the members of the NPC.

2. In this first phase of the RTP plan, the NPC will focus on recreation (general activity) versus organized play (i.e. programs).
3. Physical Distancing considerations:
  - a. Physical distancing of 2 meters.
  - b. When drafting or paddling behind someone, physical distancing extends to 4 meters (due to heavy breathing).
4. Currently, the NPC has not determined the club's return to training strategy/plan, however this strategy/plan will be discussed if and when that decision is made.
5. Modifications to the NPC's operations include:
  - a. Crew boats are permitted if you can maintain 3m physical distance (unless participants are from the same household). As such, the type of boat being used MUST be considered and scrutinized.
  - b. Maintain physical and social distancing while on water and paddling with the exception of a rescue.
  - c. Any off water workouts will be permitted in Lakeside Park provided physical distancing protocols are followed and when abiding by the guidelines and regulations of the City of Nelson.
  - d. The NPC's sport modifications are not expected to change the nature of their activities to a point that the NPC would need to have it reviewed by the insurer.

## 1.7 Canoe Kayak Canada Guidelines

CKBC is a proud partner of Canoe Kayak Canada (CKC). CKC has developed the following guidelines for clubs that must be considered.

<https://canoekayak.ca/covid-19/>

## 1.8 Contacts and Resources

**BC Provincial Health Orders -**

<https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>

**BC's Restart Plan:** [https://www.scribd.com/document/460236402/B-C-s-Restart-Plan-Next-Steps-to-Move-Through-the-Pandemic#fullscreen&from\\_embed](https://www.scribd.com/document/460236402/B-C-s-Restart-Plan-Next-Steps-to-Move-Through-the-Pandemic#fullscreen&from_embed)

**BC COVID-19 Go-Forward Management Strategy:**

[https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/bc\\_covid-19\\_go-forward\\_management\\_strategy\\_web.pdf?bcgovtm=20200506\\_GCPE\\_AM\\_COVID\\_9\\_NOTIFICATION\\_BCGOV\\_BCGOV\\_EN\\_BCNOTIFICATION](https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/bc_covid-19_go-forward_management_strategy_web.pdf?bcgovtm=20200506_GCPE_AM_COVID_9_NOTIFICATION_BCGOV_BCGOV_EN_BCNOTIFICATION)

**B.C. Go Forward Strategy Checklist:** [https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go\\_forward\\_strategy\\_checklist\\_web.pdf](https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go_forward_strategy_checklist_web.pdf)

**PHO Orders:** <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>

**REGIONAL HEALTH AUTHORITIES**

**Fraser Health:** <https://www.fraserhealth.ca/>

**Interior Health:** <https://www.interiorhealth.ca/Pages/default.aspx>

**Island Health:** <https://www.islandhealth.ca/>

**Northern Health:** <https://www.northernhealth.ca/>

**Vancouver Coastal Health:** <http://www.vch.ca/>

**HEALTH RESOURCES****COVID-19 (B.C.) Provincial Support:**

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>

**BC COVID-19 Self-Assessment Tool:** <https://bc.thrive.health/covid19/en>

**Health Canada Handwashing Guidelines:**

<https://www.canada.ca/content/dam/phac-aspc/documents/services/diseases-maladies/reduce-spread-covid-19-wash-your-hands/eng-handwashing.pdf>

**Health Canada Personal Protective Equipment against COVID-19:**

<https://www.canada.ca/en/health-canada/services/drugs-health-products/medical-devices/covid19-personal-protective-equipment.html>

**Health Canada List of Disinfectants for use against COVID-19:**

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

**BCCDC Cleaning and Disinfecting:** [http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting\\_PublicSettings.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf)

**POSTERS**

**COVID-19 Protection:** <http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-Prevention.pdf>

**Physical Distancing:** [http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19\\_PhysicalDistancingPoster.pdf](http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_PhysicalDistancingPoster.pdf)

**Handwashing:** [http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19\\_Handwashing%20Poster\\_MD%20offices.pdf](http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf)

**Do not enter if you are sick:**

[http://www.bccdc.ca/Health-Info-Site/Documents/COVID19\\_DoNotEnterPoster.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_DoNotEnterPoster.pdf)

**Vulnerable Populations:** <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-vulnerable-populations/covid-19-vulnerable-populations-eng.pdf>

**Occupancy Limit:** <https://www.worksafebc.com/en/resources/health-safety/posters/help-prevent-spread-covid-19-occupancy-limit?lang=en>

**WORKSAFE BC RESOURCES**

**Returning To Safe Operations:** <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation>

**COVID-19 Safety Plan Template:**

<https://www.worksafebc.com/en/resources/health-safety/checklist/covid-19-safety-plan?lang=en>

**SPORT AND RECREATION RESOURCES**

**Return to High Performance Sport Framework:**

<https://www.viasport.ca/sites/default/files/Canada%20->

[%20COVID-19%20Return%20to%20HP%20Sport%20Framework%20-%20May%202020.pdf](#)

**BCCDC guidance for recreation facilities:** <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/community-settings/recreation-facilities>

**BCRPA Sector Guidelines for Restarting Operations:**  
<https://www.bcrpa.bc.ca/covidguideline>

Respectfully submitted,

**Nelson Paddling Club**

Prepared by:  
Marc Deschênes, Safety Officer – NPC

Reviewed by:  
NPC – Board of Directors

## APPENDICES

### Appendix A - Policies

COVID-19 and the COVID Pandemic is a serious health threat that is evolving daily. As such CKBC in an effort to allow Members to reopen their clubs and with the support of our partners (NSO, Funding Partners, etc.) has developed the following policy and guidelines to manage our sport.

#### **Policy #1 - CKBC COVID-19 Response Plan Policy**

As of May 7, 2020 and effective until further notice all CKBC member clubs will adopt the following policies as their own. Member clubs will also use the provided guidelines as minimum standards with their own clubs. Clubs may enhance these minimum standards, but at minimum meet these standards. Clubs will be expected to submit their RTP plans by filling out the [COVID-19 RTP form on our website](#)

Acknowledged	Date	Signatory

#### **Policy #2 - Outbreak Policy**

An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced clearing measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. Implement the aforementioned illness policy and advise all club members to:
  - a. Monitor symptoms daily using the [COVID-19 Self-Assessment Tool](#) to help determine if further assessment or testing for COVID-19 is needed.
    - i. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
    - ii. Individuals can learn more about how to manage their illness at <http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid--19/if-you-are-sick>
4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Call 8-1-1. Implement the illness policy and enhanced cleaning measures.
5. In the event your club is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

Acknowledged	Date	Signatory

### Policy #3 - Illness/Sickness Policy

In this policy, "Team Member" includes any employee, contractor, volunteer, participant, parent/spectator.

1. **Inform an individual in a position of authority (coache, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19** such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, loss of appetite, nausea, or diarrhea.
2. **Assessment**
  - a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID-19 symptoms.
  - b. If Team Members are unsure please have them use the BC COVID-19 Self-Assessment tool at <https://bc.thrive.health/covid19/en>
  - c. Managers/Coaches may visually monitor Team Members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
3. **If a Team Member is feeling sick with COVID-19 Symptoms**
  - a. They should remain at home and contact Health Link BC at 8-1-1.
  - b. If they feel sick and/or are showing symptoms while within the sport environment, they should be sent home immediately and contact 8-1-1 for further guidance.
  - c. No Team Member may participate in a practice/activity if they are symptomatic.
4. **If a Team Member Tests Positive for COVID-19**
  - a. Follow the direction of health officials
5. **Quarantine or Self-Isolate if:**
  - a. You have travelled outside of Canada or the Province within the last 14 days.
  - b. You have come into close contact with someone who has tested positive for COVID-19.
  - c. You have been advised to do so by health officials.

Acknowledged	Date	Signatory

**Policy #4 - COVID-19 Return to Paddle Education Policy**

Each club must develop and submit their COVID-19 RTP education policy to CKBC. It should include a multi-faceted approach to communicating your club's COVID-19 safety precautions. Examples of ways to communicate include:

- Participant Info Sheet
- Email
- Website
- Webinar
- Pre-paddle meeting

Acknowledged	Date	Signatory

**Policy #5 - Non-Compliance to COVID-19 Related Policies and Guidelines**

All club members will abide by the COVID-19 Code of Conduct. In the event a participant is non-compliance to your Club’s policies and/or guidelines the following call to action will be in place:

1. Warning to the participant.
  - a. If the participant is warned for the third time in a paddling session, they must be removed from the session immediately.
2. Written email to the participant.
3. Suspension of club privileges until further notice.

Acknowledged	Date	Signatory

**Policy # 6 - COVID-19 Code of Conduct Participation Agreement (all athletes, coaches, members, participants, volunteers)**

All Participants of CKBC Member Clubs agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

- I acknowledge that I have read and agree to all the Return to Play Guidelines as outlined by my club and its governing bodies.
- I agree to check the Participant Health and Wellness Questionnaire, and let my club know if I have experienced any of the symptoms in the last 10 days.
- I agree to stay home if feeling sick, and remain home for 10 days if experiencing Covid-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the club facility, with hand soaps or sanitizers.

- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment). This can include any of the following: boat, paddle, seat, knee block, coach boat, motor, coaching watch etc.).
- I agree to sanitize with approved cleaning products provided by the club any specific surfaces that I touch within the facility, if I have not sanitized my hands beforehand. This can be any of the following: door handles, light switches, taps/sinks, toilets, boatbay doors, etc.
- I agree to continue to follow social distancing protocols of staying at least 2m away from others in general, and 4m away from others while performing a workout, and breathing heavily. In the event I participate in a multi-person boat, it will be my responsibility to monitor my cohort.
- I agree to not share any equipment during practice times.
- I agree to communicate with my club/coach/athletes, if I feel there are items that need to be sanitized before use.
- I agree to abide by all of my Clubs COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I will abide by the scheduling set out by my coach to ensure that only 4 athletes are in the facility at 1 time.
- I acknowledge the risk associated with COVID and participating in paddling programming at this time.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Guardian Signature: \_\_\_\_\_

(if under 18 years)

## **Appendix B - COVID-19 Guidelines**

### **Guideline #1 - Facility Access Guidelines**

The following facility access guidelines are required to be implemented by all member clubs:

1. A thorough cleaning of the facility must be done before any participants access the facility for the first time.
2. All Members, Staff, and Participants will have completed RTP Questionnaire, and are cleared to enter the facility.
3. Clubs must provide access to approved hand sanitizers and soaps for participants.
4. Only 5 participants in the facility at a time, and physical distancing is required.
5. All users must wipe down surfaces that you use personally (door handles, switches, paddles, boats etc.).
6. All Members, Staff, and Participants will continue to practice physical distancing from others during their practice times (remain 2-3m away at all times).
7. When possible continue to wear masks/gloves if you have them.
8. If needed: Sneeze and cough into your sleeve.
9. If you use a tissue, discard immediately and wash your hands afterward.

10. Avoid touching your eyes, nose or mouth.
11. Refrain from using communal fridges at this time.
12. Refrain from sharing personal equipment (water bottles, clothing, paddling equipment, etc.).

Acknowledged	Date	Signatory

### **Guideline #2 - Cleaning and Disinfecting Guidelines**

1. A Full thorough cleaning of the facility must be done (by club volunteers, wearing appropriate PPE) before club activity can resume. Please see Cleaning grid for list of common cleaning tasks to perform. These tasks may differ slightly from club to club.
2. This cleaning must be done with Health Canada approved cleaning and disinfecting products. A list of approved products can be found here at the following links:

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

[http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting\\_PublicSettings.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf)

3. Read and follow manufacturer's instructions for safe use of cleaning and disinfection products (e.g. wear gloves, use in well-ventilated areas, allow enough contact time for disinfectant to kill germs based on the product being used).
4. Frequent washing of hands with soap and water or use alcohol-based hand sanitizer after removing gloves.
5. Use damp cleaning methods such as damp clean cloths, and/or a wet mop. Do not dust or sweep which can distribute virus droplets into the air.
6. Contaminated disposable cleaning items (e.g. mop heads, cloths) should be placed in a lined garbage bin before disposing of them with regular waste. Reusable cleaning items can be washed using regular laundry soap and hot water (60-90°C). Clean and disinfect surfaces that people touch often.
7. In addition to routine cleaning, surfaces that are frequently touched with hands should be cleaned and disinfected more often, as well as when visibly dirty.
8. Athletes & Coaches are responsible for wiping down their equipment before and after use. This include paddling equipment, as well as, weight training equipment or other equipment around the facility (ie. tables, chairs, lockers/cubbies, eating utensils etc.)

Acknowledged	Date	Signatory

### Guideline #3 - Shared Equipment Guidelines

1. Clubs must provide appropriate cleaning materials for wiping down shared equipment.
2. At the beginning of a paddle, participants must be assigned appropriate shared equipment that is assigned to them, and only them until it has been sanitized at the end of the session.
3. No sharing of equipment during paddle sessions.
4. Each individual (athlete/coach) is responsible for wiping down their equipment (boat, paddle, seat, knee block etc.) before AND after use.
5. Each coach is responsible for wiping down coach equipment (motor boat, handles, watches etc.).
6. Each participant entering the facility is responsible for wiping down surfaces that they have touched.
7. Each participant is encouraged to use hand sanitizers before entering the facility and after each activity (paddling, weight training, using restroom, etc.).
8. Club will provide cleaning products (lysol wipes, cleaning solutions and bucket & rags for individuals to use.

Acknowledged	Date	Signatory

### Guideline #4 - Health and Wellness Questionnaire

1. Have you had any of the following symptoms in the last 2 weeks: Fever, Chills, Cough, Shortness of breath or difficulty breathing, Sore throat and painful swallowing, Stuffy or runny nose, Loss of sense of smell, Headache, Muscle aches, Fatigue, Loss of appetite
2. Have you been in close contact or cared for anyone with the above symptoms in the last 2 weeks?
3. Have you travelled outside of Canada within the last 14 days.
4. Alternatively you can have your members use the BC COVID-19 Self-Assessment tool at <https://bc.thrive.health/covid19/en>

Acknowledged	Date	Signatory

### **Guideline #5 - Sport Modification Policy**

The following modifications must be adhered to during COVID-19 RTP:

1. Physical distancing is suggested throughout your cohort (club) but it is possible to work in closer proximity when required (ie. team boat practices, wash riding etc.).
2. Wash riding is permitted as needed during training.
3. Single boats unless you are paddling with someone from the same cohort (club). Team boats are permitted for athletes from the same club, and skill level. It is suggested that the same teamboat combinations remain the same throughout training & competition.
4. Maximum groupings of:
  - a. 10 for outdoor adult recreation sports (adult defined as 22 or older).
  - b. 12 for Youth/Child (21 and under) as per the Canoe/Kayak sport specific guidelines.
5. Training and practices are on-going, and competitions will be at the discretion of Canoe Kayak BC. Any and all competitions must be sanctioned by Canoe Kayak BC.
6. The 'Rule of Two' must be adhered to.

Acknowledged	Date	Signatory

## Appendix C - ViaSport Activity Chart

This chart outlines the types of activities that can be considered in the various return phases.

	Strictest Controls Phase 1	Transition Measures Phase 2	Progressively Loosen Phase 3	New Normal (Future date TBC)
<b>Restrictions in Place</b>	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> </ul>	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> <li>No group gatherings over 50 people</li> </ul>	<ul style="list-style-type: none"> <li>Refer to PHO and local health authorities</li> </ul>	<ul style="list-style-type: none"> <li>Refer to PHO and local health authorities</li> </ul>
<b>Enhanced Protocols</b>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> </ul>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> <li>Symptom Screening in place</li> </ul>	<ul style="list-style-type: none"> <li>Increased personal hygiene, cleaning protocols and symptom screening</li> </ul>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> </ul>
<b>Facility</b>	<ul style="list-style-type: none"> <li>Outdoor or within home</li> <li>Facilities and playgrounds closed</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor is safest</li> <li>Indoor facilities slowly re-opening</li> </ul>	<ul style="list-style-type: none"> <li>Participants should maintain physical distance while not on field of play</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor/Indoor</li> </ul>
<b>Participants</b>	<ul style="list-style-type: none"> <li>Individual activities</li> </ul>	<ul style="list-style-type: none"> <li>Small Groups</li> <li>No or limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Groups sizes increase based on sport type (i.e. level of contact).</li> <li>Participants and spectators must adhere to 50 people max per event public health guidance</li> </ul>	<ul style="list-style-type: none"> <li>Large groups allowed</li> <li>No restrictions on spectators</li> </ul>
<b>Non-contact Activities</b>	<ul style="list-style-type: none"> <li>Low risk outdoor activities can occur (biking, running, etc.).</li> <li>Virtual activities</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental movement skills</li> <li>Modified training activities, drills</li> </ul>	<ul style="list-style-type: none"> <li>Where feasible, limit contact (i.e. coming within two metres) in training and sport activities</li> </ul>	<ul style="list-style-type: none"> <li>No restrictions on activity type</li> </ul>
<b>Contact Activities</b>	<ul style="list-style-type: none"> <li>Should not occur</li> </ul>	<ul style="list-style-type: none"> <li>Should not occur</li> <li>Contact sports should look for non-contact alternatives to training</li> </ul>	<ul style="list-style-type: none"> <li>Cohort model introduced for sports that cannot maintain 2m physical distancing.</li> </ul>	<ul style="list-style-type: none"> <li>No restrictions on activity type</li> </ul>
<b>Competition*</b>	<ul style="list-style-type: none"> <li>Should not occur</li> </ul>	<ul style="list-style-type: none"> <li>In club play or modified games may slowly be introduced</li> </ul>	<ul style="list-style-type: none"> <li>Competition slowly introduced.</li> <li>Regional competition for sports in cohorts.</li> </ul>	<ul style="list-style-type: none"> <li>Provincial competitions and larger scale events may return</li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>No shared equipment</li> </ul>	<ul style="list-style-type: none"> <li>Minimal shared equipment</li> <li>Disinfect any shared equipment before, during and after use</li> </ul>	<ul style="list-style-type: none"> <li>Enhanced cleaning protocols in place</li> </ul>	<ul style="list-style-type: none"> <li>Shared equipment</li> </ul>
<b>Travel</b>	<ul style="list-style-type: none"> <li>None</li> </ul>	<ul style="list-style-type: none"> <li>None</li> </ul>	<ul style="list-style-type: none"> <li>Limited</li> </ul>	<ul style="list-style-type: none"> <li>Unlimited</li> </ul>

\*Introduction of competitive activities should be in alignment with sport-specific guidelines.

## Appendix D - ViaSport Activities by Sport

\*\* Please note Canoe/Kayak is in Group A

Sport Type	Sports <sup>1</sup>	Application of Sport Activity Chart
<p><b>Group A</b></p> <p>-Individual sports that can maintain physical distancing</p> <p>OR</p> <p>-Sports done in pairs or small teams (up to 10) where there is no contact with those outside your pair/team</p>	<p>alpine skiing, archery, artistic swimming, athletics, badminton, biathlon, bobsleigh, boccia, bowling, canoe, kayak, cross country skiing, curling, cycling, disc golf, diving, equestrian, fencing, figure skating, freestyle skiing, golf, gymnastics, luge, orienteering, para alpine, para athletics, rowing, sailing, skeleton, snowboard, sport climbing, swimming, table tennis, target shooting, tennis, triathlon, waterski, wakeboard, wheelchair tennis</p>	<p>Contact – Maintain physical distancing. Where physical distancing is not possible within a pairing or small team, avoid switching partners/teams for training and competitive activities.</p> <p>Cohort – Where individuals are able to maintain physical distancing and/or team members from one team are able to keep 2 metres from members of opposing teams at all times, cohorts are not required. In disciplines where physical distancing cannot be maintained modifications may be required or cohorts should be introduced up to a maximum of 100 people.</p> <p>Competition - Regional and provincial competitions may be introduced in accordance with <a href="#">viaSport Return to Sport</a> and <a href="#">sport-specific guidelines</a>.</p> <p>Pairs or small teams may compete against other pairs/teams but should maintain physical distancing with their opponents.</p>
<p><b>Group B</b></p>	<p>baseball, lawn bowling, power soccer, softball, speed skating, volleyball</p>	<p>Contact – Any introduction of activities involving close proximity or physical contact should be minimized and done only within the cohort environment.</p> <p>Cohort Size - Cohorts may contain up to 100 people</p> <p>Competition - League play and competitive activities may occur within designated cohorts.</p>
<p><b>Group C</b></p> <p>Sports with frequent or sustained contact</p>	<p>basketball, cheerleading, field hockey, football, goalball, hockey, lacrosse, netball, ringette, sledge hockey, soccer, ultimate, water polo, rugby, squash, wheelchair rugby, wheelchair basketball</p>	<p>Contact – Physical contact within the same team training environment may be introduced. For the game or competition environment rules should be modified to minimize physical contact.</p> <p>All activities that involve any form of close proximity or physical contact should take place only within the cohort environment.</p> <p>Cohort Size – Cohorts may contain up to 50 people or four teams (whichever is deemed most appropriate by the Provincial Sport Organization)</p> <p>Competition - Competitive activities (e.g. game play) may occur within designated cohorts.</p>
<p><b>Group D</b></p> <p>Combative sports</p>	<p>boxing, judo, karate, taekwondo, wrestling</p>	<p>Contact - Skills that require physical contact may be introduced in training environments but should remain within designated cohorts.</p> <p>Cohort size – Cohorts may contain up to 10 people</p> <p>Competition – may only occur within designated cohorts.</p>

<sup>1</sup>Note: This is not an exhaustive list of all sports. Sports not listed to select that grouping that most closely applies to them.