



## Covid-19 Return to Play Protocols

### Screening

All staff must self-monitor for symptoms and report to the Executive Director if they have concerns about possible COVID-19 exposure or possible symptoms.

All staff and participants will be asked at arrival each day if they have any of the following symptoms: cough, fever, shortness of breath or a general feeling of being unwell. Staff and participants with any of these symptoms cannot attend.

Any staff developing symptoms of COVID-19 at work must immediately perform hand hygiene, put on a mask, report to the Executive Director, avoid contact with others and leave as soon as it is safe to do so. Call 811 to arrange testing.

If a participant develops any of these symptoms during the day, they will be removed from the group. Parents or guardians will be contacted immediately and asked to pick up their child. The participant, and any staff interacting with the participant, will be provided with masks.

Symptomatic staff member will be required to self-isolate until tested for COVID-19 and then follow the guidance of the public health professional (e.g., nurse). If the test results are negative for COVID-19 but the staff member remains ill and/or symptomatic, they will remain on sick leave and follow the guidance of the public health professional.

### Physical Distance Requirements

Participants will maintain a physical distance of at least two (2) metres at all times: pre- and post-session, when launching their canoes/kayaks, and when paddling.

All training will be done in single-person canoes and kayaks, and canoes that allow for 2 m physical distance.

When paddling, participants will be reminded regularly to respect the 2 m physical distance protocol and to avoid wash-riding.

### Sanitation

All surfaces and equipment which may be touched by multiple individuals will be sanitized before and after each training session.

A hand sanitization station and hand washing station will be available to all participants. All participants will be encouraged to have their own supply of hand sanitizer.

## Safety Contingencies

Participants will continually be reminded to reduce all undue risks which might necessitate responses by emergency personnel and/or unnecessary personal contact.

In the event of an incident, the physical safety of our participants and coaches will take precedence over physical distancing measures to allow for required intervention and preservation of life.

In the event that the physical distancing measures cannot be respected due to immediate physical need, face masks and gloves will be used.

## Operational considerations

All participants and staff are personally responsible for understanding and implementing all the required measures to reduce the risk of COVID transmission at all times. One staff member on site will be assigned to ensure consistent application of the protocols: disinfecting surfaces, screening participants, communicating with participants to encourage compliance, etc.

The number of participants training in a group, including all participants and coaches is limited to 10. Training groups will be kept intact so that the same participants always train at the same time – thereby minimizing circles of potential contact.

Participants will not share equipment, they will be assigned a boat for the week, paddle and PFD, that will be stored together. When possible, we recommend participants provide their own PFD. Boats and equipment will be sanitized before another participant may use.

Only authorized staff will enter the club to retrieve equipment, no participants will enter the seacans.

Staff will arrive before participants prepare for their arrival (i.e. preparation of safety boats, setting up sign in table, disinfecting any surfaces/equipment used by others).

Participants are encouraged to arrive dressed in their paddling gear. Changeroom use will be limited to necessity. Hand sanitization will be required before entering changerrooms.

Participants will be assigned boats in which they are not likely to capsized, therefore limiting the potential need for rescue.

Participants will, at all times remain close to shore, in order to facilitate self-rescue in the case of tipping and limit the need for contact.

## Communication

To ensure consistent application of these protocols, and any subsequent changes to the protocols, all participants, their parents/guardians will be regularly informed by staff and/or the Flatwater North executive.

Signage and markings will be put into place on site to ensure that all protocols are easy to follow.

Before participating in any program, all participants will be required to sign an acknowledgement that they are cognizant of, and agree to fully comply with, all Flatwater North protocols.