

Coach's Guide for Return to Paddling (COVID-19)

Before Every Paddling Session

- Wash hands
- Set up Hand Wash Station (Water, Soap, Paper Towels and lidded trash can with disposable plastic liner) outside club, clean with disinfectant spray(Spray9/Scrubbing Bubbles) or wipe
- Open Bay Doors
- Disinfect all door handles, washroom taps, toilet handles, Bay door handles, boat stretchers with a wipe or spray (Spray 9/Scrubbing Bubbles)
- Update cleaning log
- Place Hand Sanitizer at Bay door entrances.
- Set up an arrivals/screening location for parents & children as they arrive, complete with 2 metre separation, hand sanitizer. Screener should wear a face mask and eye protection (sunglasses, glasses or face shield)

As paddlers arrive

- Complete paddler assessment/screening at arrivals/screening location
 - Do you, or any members of your household, have any of the following symptoms: Fever/feverish, new or existing cough, or difficulty breathing? Yes, No
If yes then:
Take paddler to isolation area (Gazebo), they will not be able to paddle.
Contact paddler's parents Paddler to return home and contact public health, they may be required to self-isolate. Refer to Medical Response and Management of Athletes document on NBCC Website and posted on outdoor bulletin board.
 - If no then:
 - Have you travelled outside Canada in the past 14 days? Yes, No
 - Did you provide care or have close contact with a person with COVID-19 (probable or confirmed) while they were ill and you did not have appropriate PPE? Yes, No
 - If yes to one or more then:
Paddler to return home and contact public health, they may be required to self-isolate.
Contact paddler's parents
- Update online log with paddler name, arrival time and who was with them in their vehicle
- Monitor social distancing, single person in each bay during boat prep and warmup.
- Lock club

On the water.

- Used assigned boat, motor, gas tank, paddle, safety kit and ladder
- Monitor social distancing

After paddlers return from water

- Set up boat wash area
- Ensure all boats, and paddles are cleaned with sanitizing spray and rinsed with a hose.
- Monitor social distancing
- Put a sticker on cleaned boats after they are back in the boat bay
- Update online log with paddler departure time, who picked them up

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After all paddlers have left

- Disinfect all door handles, washroom taps, toilet handles, Bay door handles, boat stretchers with a wipe or spray (Spray 9/Scrubbing Bubbles)
- Clean Hand Wash Station with disinfectant spray(Spray9/Scrubbing Bubbles) or wipes, return to club.
- Remove all disposable plastic liners from lidded trash cans, tie and place in large, lidded garbage cans outside club. Place new disposable liners in trash cans and disinfect trash cans with wipe or spray.
- Clean boat motor, gas can, safety kit, paddle and ladder with disinfectant spray or wipes.
- Update cleaning log & disinfect pen

If at any time a paddler, staff member, parent or volunteer becomes ill with COVID-19 symptoms:

- Fever (temperature of 37.8°C or greater)
 - New or worsening cough
 - Shortness of breath (dyspnea)
- 1. Put on gloves, face mask and face shield, take the individual to the isolation area (Gazebo), they will not be able to paddle.**
 - 2. Contact paddler's parents – paddler to return home and contact public health, they may be required to self-isolate.**
 - 3. Refer to Medical Response and Management of Athletes document on NBCC Website and posted on outdoor bulletin board for detailed steps to follow.**

If a paddler experiences any of the following:

- severe difficulty breathing (struggling for each breath, can only speak in single words)
 - severe chest pain (constant tightness or crushing sensation)
 - feeling confused or unsure of where you are
 - losing consciousness
- 1. Put on gloves, face mask and face shield, take the individual to the isolation area (Gazebo)**
 - 2. Call 911**