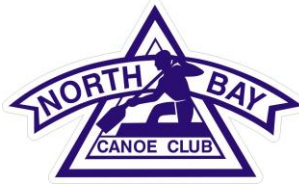


NBCC COVID-19 Return to Paddling Policy (Sprint Racing Program)

The following rules have been developed by NBCC in alignment with CKC and CKO guidelines to ensure a safe return to paddling for our Sprint Racing Programs during the 2020 COVID-19 pandemic. Due to the serious nature of COVID-19, strict adherence to these rules is mandatory. Any violation of a rule for any reason will result in a warning to the individual and notification of parents, a second violation will result in suspension from the day's practice and multiple violations will result in suspension from the program.

1. All program registration forms and waivers must be signed and submitted with fees paid before paddlers will be allowed to join on-water practices.
2. Practice groups will be limited to 10 participants at a time.
3. All practices will be in single boats or recreational canoes that permit 2 metre physical distancing..
4. All individuals, including camp participants parents/guardians staff and visitors must be are screened including daily temperature checks at home prior to arrival at the club. Anyone with symptoms outlined in the [COVID-19 Reference Document for Symptoms](#) on the Ministry of Health's [COVID-19 website](#) or who has come in close contact with a person with symptoms of or confirmed COVID-19 in the past 14 days should stay at home. One of many self-assessment tools can be found at <https://covid-19.ontario.ca/self-assessment/>
5. Coaches will also conduct a brief assessment of each paddler on arrival at the canoe club and anyone demonstrating any COVID-19 symptoms will be asked to return home.
6. Paddlers will have to arrive at the club ready to paddle in training clothes, sunscreen already applied and with their own towel, hat, and running shoes. The club will have hand sanitizer and a hand wash station available but paddlers are encouraged to bring their own hand sanitizer.
7. Paddlers and coaches are to thoroughly wash their hands at the hand wash station before and after every practice, placing paper towels in the lidded trash can
8. Any bags or backpacks containing personal items are to be given to the participant's coach or Cohort Instructor who will store them in the change room and retrieve them when needed.
9. Water bottles must be filled at home and if taken in a boat must contained in a sealed zip lock type bag along with any gels or nutrition snacks.
10. Paddler access to the club will be limited marked areas in limited numbers. Only one person will be allowed in each boat bay at a time. If necessary, washroom access will follow a one-directional flow through the building.
11. Paddlers using club equipment will have a boat, and paddle assigned to them for each practice or camp session. Boats will be assigned by the coaches considering that: the paddler needs to be able to be stable in a medium wind coming from any direction and need minimal assistance adjusting floorboards, footboards and seats.
12. ALL boats and paddles are to be cleaned and disinfected after every practice or camp session (including private boats and paddles).
13. Wet or sweaty clothing must be placed in a plastic bag and taken home to be washed and dried.

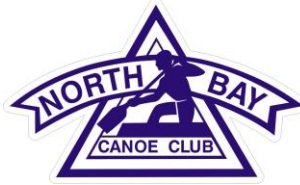


14. Coaches and paddlers must maintain a 2 metre distance from other paddlers and coaches before, during and after paddling activity.
15. No spitting or clearing of nasal passages except into a disposable tissue that is to be hygienically disposed of in a lidded trash can immediately.

Winter Training in the Club

Except as noted below, all the previously established COVID-19 policies and procedures will remain in place throughout winter programs. The following measures will be in place during winter training:

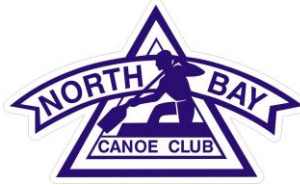
16. No more than 10 people including athletes and coaches will be permitted in the building at the same time.
17. Access to changerooms will be available, but only for a maximum of 2 athletes at a time and for a 15-minute time limit
18. Masks must be worn at all times while inside the building.
19. Athletes will still be expected to arrive ready to train to minimize the requirement to use the changerooms.
20. 2 metre physical distancing must be maintained inside the building unless spotting another athlete
21. Athletes will be paired with ONE other athlete or coach for spotting.
22. Pairs will be required to stay at their exercise station until all pairs have completed their respective exercises and stations have been thoroughly sanitized by the athletes that used the equipment
23. Cleaning supplies will be available for use between each station transition



COVID-19 Materials and Procedures

NBCC has taken the following measures in support of these rules:

1. Secured an ongoing supply of the following items:
 - Hand Sanitizer
 - A portable Hand Wash Station (Water, soap and paper towels)
 - Lidded trash cans and plastic liners for washrooms and the Hand Wash Station
 - Disposable Gloves
 - Disposable masks and Face Shields
 - Sanitizing cleaning products
2. Established the following cleaning and sanitization procedures
 - Portable handwash stations consisting of water, soap, paper towels and a lidded trash can lined with plastic bags will be set up outside of the club before every paddling session.
 - Trash cans will be emptied daily, liners will be tied and placed in lidded outdoor garbage containers for municipal pickup
 - All hard surfaces and heavy use areas will be cleaned at least twice per day in summer and after each workout in winter. Door handles, washroom taps, toilet handles and other heavily used metal surfaces will be disinfected with a wipe or spray after each workout session or paddling group.
 - A cleaning log will be maintained at the club
 - If the paddler does boat adjustment:
 - Personal tools ONLY are to be used.
 - Tools are to be cleaned and sanitized BEFORE and after the repair or adjustment.
 - If boats are adjusted by anyone other than the paddler then:
 - Person doing adjustment is to wear gloves and sanitize the boat afterwards
 - All tools are to be cleaned and sanitized after each repair or adjustment.
 - Immediately after each session boats are to be placed on boat racks in a designated washing area in front of the club. The ENTIRE boat (including seat, footboards, buns) and paddles are to be washed with a disinfecting cleaner and rinsed with a hose.
3. Had this document and other COVID-related materials reviewed by the North Bay Parry Sound District Health Unit and made adjustments based on their feedback



4. Developed the following communications plan and aids
 - An online log of all paddlers and staff/volunteers attending the club, their paddling arrival and departure times, equipment used and any commuting companions will be kept
 - The following information will be posted at the club and added to the NBCC Web Site and Facebook:
 - This document
 - Public health advice on clinical features of COVID-19 and preventive measures (respiratory etiquette, hand hygiene practices, physical distancing)
 - Public advice on the meaning of the following measures: quarantine, self-isolation and self-monitoring
 - Information on at-risk populations to help make an informed decisions on attendance based on personal risks
 - Links to additional resources for COVID-19 education, public health awareness and self-assessment tools, the North Bay Parry Sound Health Unit and City of North Bay
 - Physical distancing Poster
 - Contact lists and procedure on who to call and how to do so if anyone feels unwell at the club
 - Poster indicating the location of the First Aid