



## **Paddling & COVID-19 Phase 2 GUIDELINES**

CKC has been monitoring the response to the COVID-19 pandemic in Canada, and the impact of the evolving government and public health authority directives on a safe return to paddling in communities from coast to coast to coast. As such, while CKC continues to ask the Canadian paddling community to respect the directives and regulations of all public health authorities and governments at every level, we wanted to provide an update to the previously issued guidelines.

In this regard, the guidelines below have been updated to reflect the changing responses to the COVID-19 pandemic across the country, and are designed for our member organizations to use to assist in their modification of operations to align with the varied and evolving public health measures. **As previously indicated, these guidelines should never be interpreted as superseding or providing a justification for not closely following public health directives, government regulations or further canoe kayak specific or general return to sport guidelines in a given member organization's municipality/province/territory.**

Although ultimate decision-making authority rests with member organizations regarding any actions to be taken as confinement measures evolve, CKC will continue to provide support and ongoing outreach to all member organizations and clubs as they make their own decisions on returning to operations and paddling, based on the unique situations in their own jurisdictions.

As before, the chart below includes links to all relevant Federal, Provincial and Territorial COVID-19 public health sources. **Member organizations and clubs should consult with their respective Provincial/Territorial Sport Organizations for further guidance and measures that may be applicable.** As restrictions around risk mitigation, exercise and physical distancing evolve in different jurisdictions, return to paddling and programming plans should be approved and must comply with the directive issued by the relevant Public Health and the Sport administration authorities in each jurisdiction.

It is important to note that [CKC's On-Water Safety Policies](#) apply at all times. CKC has updated our template Assumption of Risk and Release document to include language around COVID-19. [This template is available here for our members to use](#), all members should ensure that this waiver is compatible with your insurance providers coverage before using it with your participants.

## Guidelines on Canoe Kayak Specific Measures ONCE ACTIVITIES are PERMITTED BY PUBLIC HEALTH AUTHORITIES

<b>Personal Health</b>	<ul style="list-style-type: none"> <li>• All paddlers, coaches/leaders or anyone else who will be part of the paddling environment should be acutely aware of and must continuously monitor their own personal health.</li> <li>• All individuals in the paddling environment should self-monitor for symptoms of COVID-19 on a daily basis. Any person showing symptoms should self-isolate, and must refrain from entering the paddling environment or coming into close contact with others and seek appropriate medical attention. Any further screening guidelines in a given jurisdiction should be closely followed.</li> <li>• The Government of Canada COVID-19 Self-Assessment Tool is available here:</li> <li>• <a href="https://ca.thrive.health/covid19/en">https://ca.thrive.health/covid19/en</a></li> <li>• Parents/guardians should similarly monitor all participants under their care for symptoms of COVID-19 and facilitate the isolation of said participant should they become symptomatic and seek appropriate medical attention.</li> <li>• If available in a given jurisdiction, symptomatic individuals should work with health care providers to seek a test for COVID-19.</li> <li>• Any person who has had a confirmed case of COVID-19, or who has come into close contact with a person who has a confirmed case, should isolate, not be part of the paddling environment for at least 14 days and seek appropriate medical attention. Any individual who is at elevated risk for COVID-19 infection should take any necessary further precautions to protect themselves.</li> <li>• Paddlers and Coach/Leaders should work together to support and implement these further measures to ensure an inclusive and safe environment. If an individual is concerned about their risk level, they should consult with a medical professional. Information related to who may be at elevated risk for infection is available here <a href="https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html?topic=tilelink">https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html?topic=tilelink</a></li> <li>• <a href="#"><u>A record of all individuals who are part of the paddling/club/camp environment should be kept. The presence of any individual in the environment for longer than fifteen minutes should be recorded.</u></a></li> </ul>
<b>Modified use of Club/Recreation Facilities</b>	<ul style="list-style-type: none"> <li>• Clubs/Divisions/PTSOs should consult Provincial/Municipal health authorities to understand the local risks and implications of resuming outdoor paddling activities, in addition to the use of club facilities or any public areas to support outdoor activity. This may include, but is not limited to, removal of boats/equipment and accessing public waterways.</li> </ul>



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	<ul style="list-style-type: none"><li>• If the activity is being organized at a location other than an organization's conventional training location, all potential restrictions or considerations for the place of meeting/launching should be understood (for example, if a city park is being used, or private property.)</li><li>• Coaches/leaders should ensure proper medical and sanitation equipment is available to meet all guidelines related, and should be properly instructed on how to use these products.</li><li>• Coaches/ leaders should arrive ahead of paddlers and prepare the club environment/safety boats/facility for paddler arrival. Any special considerations for paddlers at an elevated risk, or for whom specific assistance will be required should be planned and follow proper infection protection protocols.</li><li>• Specific communication for Parents/guardians of participants under their care, and the participants themselves, should be provided ahead of arrival at a programing site to ensure proper preparation on the part of the participants. Parent/guardian and staff information meetings could be conducted over video conferencing ahead of time to limit contact and to ensure an understanding of all protocols between parents/guardians, participants and program leaders.</li><li>• Paddlers should not enter facilities except where necessary and where permitted by relevant public health directives. Anyone entering a facility should follow all relevant guidance in relation to physical distancing, limiting contact with surfaces, and facility managers should follow sanitation guidelines (see below). A necessary reason to enter a facility could be related to safety, sanitary or health-related reasons.</li><li>• As public health restrictions change in different jurisdictions pertaining to indoor facility use (for example gyms, recreation rooms, change rooms), applicable provincial guidelines must be strictly followed to ensure any indoor activity is safe.</li><li>• Where possible, boats and paddles should be stored outdoors to eliminate the need to enter a facility.</li><li>• Paddlers should arrive wearing their paddling clothing.</li></ul>
<b>Programing Groups</b>	<ul style="list-style-type: none"><li>• Programing group size, including all paddlers, coaches/leaders and required safety personnel, must respect Provincial/Municipal group gathering size restrictions. Notwithstanding these regional restrictions, CKC recommends training groups be kept to a minimum practical size to reduce risk</li><li>• Programing/training groups should be kept to the required group size as dictated by relevant restrictions.</li></ul>



## Guidelines on Canoe Kayak Specific Measures ONCE ACTIVITIES are PERMITTED BY PUBLIC HEALTH AUTHORITIES

	<ul style="list-style-type: none"><li>• The level of experience of participants, duration of programming and type of activity that is undertaken must be reviewed through the lens of properly following all relevant and applicable COVID-19 measures.</li><li>• These groups should be kept separate and intact for the duration of a program or training cycle whenever possible.</li><li>• When different groups must use the same facility or equipment, proper sanitation procedures must be followed between use by each group</li><li>• Any items brought from home should be limited (backpack, spare clothing, sunscreen, snacks), and should be kept in a designated spot for a given individual and group.</li></ul>
<b>Physical Distance (2 metres)</b>	<ul style="list-style-type: none"><li>• Always maintain 2 metres between all individuals before, during and after paddling activity.</li><li>• For Crew Boat Guidelines related to Physical Distancing see specific Crew Boat Guidelines Below.</li><li>• Drop-off and pick-up times for group programming should be staggered to avoid periods of congestion and unnecessary crowding.</li><li>• Paddlers entering boat storage facilities should enter one at a time or carefully in pairs, to retrieve boats/paddles/PFDs. If car-top transporting boats, caution should be taken while unloading and loading boats to maintain physical distance. If shuttling participants between start and finish points is a necessary part of the planned paddling activity, all measures should be taken to ensure this can happen while maintaining physical distancing where possible, and further risk mitigation must be put into effect if it is not (for example, wearing masks while in vehicles).</li><li>• For paddlers requiring assistance with launching or disembarking, further precaution (wearing a mask) should be taken to lower risk if this process may bring individuals closer than 2m from one another.</li><li>• Paddlers should prepare and get on the water while remaining physically distanced (one person on dock if necessary).</li><li>• Be conscious while on the water to respect physical distance between boats. Wash riding should only be employed in a way that ensures 2m of distance is maintained at all times.</li></ul>
<b>Sanitation</b>	<ul style="list-style-type: none"><li>• All surfaces that may be touched by multiple individuals should be sanitized before and after each training session.</li></ul>



## Guidelines on Canoe Kayak Specific Measures ONCE ACTIVITIES are PERMITTED BY PUBLIC HEALTH AUTHORITIES

	<ul style="list-style-type: none"><li>• Equipment should not be shared among athletes in a group. Club boats, PFDs, paddles, polo balls or other equipment should be assigned to an individual paddler for as long as public health measures remain in effect and kept separate from other paddlers and their equipment (brought home).</li><li>• If boats must be shared among paddlers in different groups, sanitation practices should be strictly applied between uses.</li><li>• Sanitation practices should follow the Canadian Government guidelines for cleaning hard surfaces - <a href="https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html">https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html</a></li><li>• <u><a href="#">Motorboats, other coach/safety boats or any other space or equipment shared between those responsible for programing must be properly sanitized between each use.</a></u></li></ul>
<p style="text-align: center;"><b>Safety Contingencies</b></p>	<ul style="list-style-type: none"><li>• All participants (paddlers, coaches/leaders) are strongly encouraged to wear a Government of Canada approved PFD at all times while in the boat, irrespective of their age or swimming ability.</li><li>• Tipping/rolling/capsizing is part of introductory and youth programing. To properly plan for rescuing those that have exited their boat on the water, proper planning should take place in accordance with the Water Rescue &amp; COVID-19 Guidelines found below.</li><li>• Coaches/Leaders should have a mask with them at all times should they be required to come in close contact with participants.</li><li>• During this time, unnecessary risks should be avoided. Paddlers and coaches/leaders should use common sense to avoid any situation that involves undue risk and the potential need for emergency personnel to respond or unnecessary personal contact.</li><li>• Occupational Health and Safety Standards related to COVID-19 should be understood and followed by all organizations that act as employers.</li><li>• Education and training should be provided to all responsible persons who will be running programing for participants. Member organizations are encouraged to consult their Provincial/Territorial public health and worker safety resources, including online education modules if available.</li></ul>

## Guidelines on Canoe Kayak Specific Measures ONCE ACTIVITIES are PERMITTED BY PUBLIC HEALTH AUTHORITIES

<b>Suspected Case of COVID-19 Contingency</b>	<ul style="list-style-type: none"> <li>• If a participant begins to experience symptoms of COVID-19 while attending programming, the following steps should be taken:</li> <li>• The symptomatic individual must be immediately separated from others in a supervised area until they are picked up. Where possible, anyone who is providing care to the participant should maintain a distance of at least 2 metres.</li> <li>• Contact the local public health authorities to notify them of a potential case and seek advice regarding the information that should be shared with other parents/ guardians of participants in the program.</li> <li>• The space and items used by the participant showing symptoms must be sanitized once the participant has been picked up.</li> <li>• Further direction for managing a possible case and any subsequent contact tracing should be sought from local public health authorities.</li> </ul>
<b>Communication &amp; Governance</b>	<ul style="list-style-type: none"> <li>• Paddlers, guardians, and all relevant community members should be fully informed of all measures so that they can be safely followed at all times.</li> <li>• Relevant signage and marking should be put in place so that all measures are easy to follow and that participants are continually reminded of the modifications required. (For example, distancing markings on the ground to reinforce 2 metres of distance, signage to ensure paddlers stay outside facilitates, etc.)</li> <li>• Member organizations should ensure participants are properly registered and insured, proper waivers have been signed and all other normal membership considerations have been taken into account.</li> </ul>



## Water Rescue & COVID-19 Guidelines

Tipping/rolling/capsizing is part of introductory and youth programming. To properly plan for rescuing those who have exited their boat on the water, two contingencies should be planned for:

1. Ideal/No Contact Rescue
2. Rescue Involving Contact

The following chart provides the general approach for each contingency. The process for both types of rescue should be made clear to all participants ahead of any on-water activity. Further discipline-specific guidelines are linked below.

Ideal/No Contact Rescue	Rescue Involving Contact
<ul style="list-style-type: none"> <li>• Self-rescue occurs while maintaining 2 metres of distance from all other individuals.</li> <li>• The capsized paddler should be monitored, by the coach or paddling buddied, for signs of fatigue, panic and distress, as they swim to shore, or undergo the process of reentering their boat.</li> <li>• Programming, equipment, water chosen for activity are all planned to anticipate the possibility of a no contact rescue and for ease of exit from a boat where this could be an issue.</li> <li>• All participants are encouraged to wear a PFD at all times to help facilitate a no contact rescue by reducing other water safety risks.</li> </ul>	<ul style="list-style-type: none"> <li>• In some instances, rescue involving contact or a rescuer coming closer than 2 metres will be required either because an urgent situation has arisen on the water, or because an individual is simply unable to exit the water on their own due to their circumstance.</li> <li>• In these instances, a mask should be worn by the rescuer, if it is safe and practical to take the time to put it on.</li> <li>• Contact should be limited to what is necessary to keep all individuals safe.</li> <li>• Once the situation is safely resolved, 2 metres of distance should be maintained if possible (for example, driving in to a dock in the same motorboat or once all individuals are on shore).</li> </ul>



## Water Rescue & COVID-19 Guidelines

- Where possible, paddlers should stay close to shore in an area where rescue on shore is possible.
- If a motorboat or a difficult shoreline is to be used to facilitate a rescue, proper equipment should be utilized to allow paddlers to exit the water on their own (ladders, rescue rope, throwline, gaff for securing boats).
- All rescues should be recorded, including who was involved.

- As soon as possible after a rescue involving contact, all individuals involved should wash their hands and sanitize any surfaces or equipment that were touched by either individual.
- All rescues should be recorded, including who was involved.

Slalom Rescue Guidelines

<https://canoekayak.ca/wp-content/uploads/2020/06/Initiation-to-Whitewater-Paddling-COVID-19-procedures.pdf>

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## Crew Boat & Physical Distancing Guidelines

Crew boat paddling is an essential part of many of Canoe Kayak Canada's paddling disciplines. As COVID-19 Public Health directives change across the country, CKC recommends the following guidelines for Crew boat paddling in relation to 2 metre physical distancing. In all instances, Public Health directives must be followed and contact between paddlers, if permissible under applicable directives, should be limited to where necessary for crew boat paddling or other important activities.

CKC's Crew Boat Guidance is divided between situations where:

- 2m Physical Distancing is in Place
- Public Health Measures Allow Less Than 2m of Physical Distancing

2m Physical Distancing in Place	Public Health Measures Allow < 2m of Distancing
<ul style="list-style-type: none"> <li>No crew boat paddling in boats where paddlers are placed within 2 metres of each other at any time, unless the entire crew can be quarantined in self-isolation together (for example living in the same house.)</li> <li>If paddlers who are <u>not</u> quarantined together choose to paddle in a boat that will allow all crew members to remain 2 metres apart always, all precautions should be taken to avoid incidental contact and any applicable measures regarding this type of incidental contact should be taken (for example, wearing a face mask).</li> </ul>	<ul style="list-style-type: none"> <li>If less than 2 metres of physical distance is permitted by local health authorities, crew boat paddling may be permissible, provided that the conditions and restrictions put in place around this situation are carefully understood and followed.</li> <li>Paddlers who will be paddling in crew boats should be kept to a strict programming group which does not mix or come into contact with other groups. The number of paddlers in this group should be capped based on the relevant public health directives in a given jurisdiction, and should be kept to the minimum practical size to reduce risk.</li> <li>Program leaders/coaches who will not be part of crew boat paddling, should remain 2 metres physically distant so that they are not part of the programming group and do not represent a contact point between different groups.</li> </ul>



## Crew Boat & Physical Distancing Guidelines

- If a program leader needs to come into contact with a paddler for a rescue or other urgent situation the “Rescue involving contact” guidelines above should be followed.
- Attendance and tracking of participants within the programming groups should be carefully recorded to allow for contact tracing if necessary. See “Suspect Case of COVID-19 Contingency” section above.
- All cleaning and sanitation protocols must be carefully followed and equipment including boats should only be shared when necessary and within a programming group between cleaning.

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## Federal, Provincial and Territorial – COVID-19 Public Health Links

Federal	<a href="https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html">https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html</a>	<a href="https://www.canada.ca/fr/sante-publique/services/maladies/maladie-coronavirus-covid-19.html">https://www.canada.ca/fr/sante-publique/services/maladies/maladie-coronavirus-covid-19.html</a>
Alberta	<a href="https://www.alberta.ca/coronavirus-info-for-albertans.aspx">https://www.alberta.ca/coronavirus-info-for-albertans.aspx</a>	<a href="https://www.alberta.ca/assets/documents/covid-19-fact-sheet-french.pdf">https://www.alberta.ca/assets/documents/covid-19-fact-sheet-french.pdf</a>
British Columbia	<a href="http://www.bccdc.ca/health-info/diseases-conditions/covid-19">http://www.bccdc.ca/health-info/diseases-conditions/covid-19</a>	English only
Manitoba	<a href="https://www.gov.mb.ca/covid19/index.html">https://www.gov.mb.ca/covid19/index.html</a>	<a href="https://www.gov.mb.ca/covid19/index.fr.html">https://www.gov.mb.ca/covid19/index.fr.html</a>
New Brunswick	<a href="https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19.html">https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19.html</a>  <a href="https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/COVID19_recovery_phase-1_guidance_document-e.pdf">https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/COVID19_recovery_phase-1_guidance_document-e.pdf</a>	<a href="https://www2.gnb.ca/content/gnb/fr/corporate/promo/covid-19.html">https://www2.gnb.ca/content/gnb/fr/corporate/promo/covid-19.html</a>  <a href="https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/COVID19_recovery_phase-1_guidance_document-f.pdf">https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/COVID19_recovery_phase-1_guidance_document-f.pdf</a>
Newfoundland and Labrador	<a href="https://www.gov.nl.ca/covid-19/alert-system/public-health-orders/">https://www.gov.nl.ca/covid-19/alert-system/public-health-orders/</a>	<a href="https://www.gov.nl.ca/covid-19/fr/ressources/">https://www.gov.nl.ca/covid-19/fr/ressources/</a>
Northwest Territories	<a href="https://www.hss.gov.nt.ca/en/services/coronavirus-disease-covid-19">https://www.hss.gov.nt.ca/en/services/coronavirus-disease-covid-19</a>	<a href="https://www.hss.gov.nt.ca/fr/services/maladie-%C3%A0-coronavirus-covid-19">https://www.hss.gov.nt.ca/fr/services/maladie-%C3%A0-coronavirus-covid-19</a>
Nova Scotia	<a href="https://novascotia.ca/coronavirus/">https://novascotia.ca/coronavirus/</a>	<a href="https://novascotia.ca/coronavirus/fr/">https://novascotia.ca/coronavirus/fr/</a>
Nunavut	<a href="https://www.gov.nu.ca/health/information/covid-19-novel-coronavirus">https://www.gov.nu.ca/health/information/covid-19-novel-coronavirus</a>	<a href="https://www.gov.nu.ca/fr/sante/information/covid-19-nouveau-coronavirus">https://www.gov.nu.ca/fr/sante/information/covid-19-nouveau-coronavirus</a>
Ontario	<a href="https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus">https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus</a>	<a href="https://www.publichealthontario.ca/fr/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus">https://www.publichealthontario.ca/fr/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus</a>



## Federal, Provincial and Territorial – COVID-19 Public Health Links

Prince Edward Island	<a href="https://www.princeedwardisland.ca/en/topic/covid-19">https://www.princeedwardisland.ca/en/topic/covid-19</a>	<a href="https://www.princeedwardisland.ca/fr/sujet/covid-19">https://www.princeedwardisland.ca/fr/sujet/covid-19</a>
Quebec	<a href="https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/">https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/</a>	<a href="https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/">https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/</a>
Saskatchewan	<a href="https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/public-health-measures">https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/public-health-measures</a>	English only
Yukon	<a href="https://yukon.ca/en/health-and-wellness/covid-19/current-covid-19-situation">https://yukon.ca/en/health-and-wellness/covid-19/current-covid-19-situation</a>	<a href="https://yukon.ca/fr/sante-et-bien-etre/covid-19/covid-19-situation-actuelle">https://yukon.ca/fr/sante-et-bien-etre/covid-19/covid-19-situation-actuelle</a>

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