



## Coronavirus (COVID-19) Update – September 2020

***As we enter September, we acknowledge the sense of loss that you may feel in the cancellation of the 2020 dragon boat season. Still, we must continue to channel that sense of team responsibility toward enforcing the health and safety of ourselves and our teammates. We understand that different regions of the country have different rates of active COVID-19 infections. As such, we have revised our guidelines for risk management and mitigation. Please continue to use your best judgment if your team is considering small group training, either on land or on the water.***

***Most importantly, we urge you to contact your local Public Health Dept. before implementing this phase. Different regions have different concerns and viral intensities and it is thus imperative to not make these guidelines standard across the country. So please get local approval!***

***Athletes with pre-existing medical conditions, or are over the age of 65, should carefully weigh if they are willing to risk their health by returning to a sport with intrinsic social distance limitations during a time of a viral epidemic. Perhaps OC's or SUP would be a wiser choice for this demographic.***

***It is imperative, at EVERY practice, to have someone charged with marking down the date, name of attendees and contact phone number, in case there is a need for contact tracing, and to perform a COVID SCREENING QUESTIONNAIRE. Your club may also want to consider having a waiver for each paddler to sign.***

***These guidelines may seem somewhat restrictive but we are returning to the sport we love in greater numbers and must weigh the risk that we are in the midst of a viral pandemic that is NOT under control and to which we do not yet have immunity.***

***So for your own sake and that of your Team and our sport, please play it slow, deliberate and safe.***

Our sport is facing unprecedented and unique challenges during the COVID-19 pandemic. Our first concern for our dragon boat communities, during this crisis, is for the health and safety of all athletes, coaches and support staff.

Our DBC crisis intervention group has prepared these guidelines for a Risk Management tool for clubs, teams, and events to follow as we paddle through these murky waters allowing us to safely return to our sport.

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. All content is provided for general informational purposes only. You should seek advice from medical professionals/public health officials if you have specific questions about your return to training and competition.

The knowledge and circumstances around COVID-19 are changing constantly and as such, the authors and contributors make no representation and assume no responsibility for the accuracy or completeness of this

information. The guidelines in this document are subject and subordinate to federal, provincial and municipal laws, rules and regulations that apply to your location.

The authors and contributors do not condone or recommend disregarding or engaging in conduct that do not conform with applicable laws. In the event of any conflict or inconsistency between the guidelines in this document and any applicable laws, the applicable laws shall apply.

DBC has established three key areas of accountability to support the implementation of this document:

Group	Accountabilities
<b>Dragon Boat Canada</b>	<ul style="list-style-type: none"><li>• Interpret Federal directives and guidelines</li><li>• Provide the membership and broader dragon boat community with tools and frameworks to implement dragon boating safely in their community</li><li>• Liaise with Federal, Provincial, and Municipal governments as needed</li></ul>
<b>Clubs/Teams</b>	<ul style="list-style-type: none"><li>• Read, disseminate, and understand the contents of this document</li><li>• Read, disseminate, and understand provincial guidance, directives, and orders (<i>see appendix</i>)</li><li>• Read, disseminate, and understand municipal guidance, directives, and orders</li><li>• Implement and communicate a COVID-19 safety plan including, but not limited to: enhanced disinfecting of surfaces, universal PPE (mask, goggles), active screening of participants, group sizes in accordance with provincial and municipal directives</li></ul>
<b>Individual Athletes</b>	<ul style="list-style-type: none"><li>• Understand the contents of this document</li><li>• Understand provincial guidance, directives, and orders (<i>see appendix</i>)</li><li>• Understand municipal guidance, directives, and orders</li><li>• Practice personal safety precautions in accordance with club/team safety plan</li><li>• Monitor yourself for symptoms and complete the screener each time you participate in dragon boat</li><li>• If you're sick – stay home!</li></ul>

## **Context**

Unlike many other sports, dragon boating is a sport that involves a large number of participants, paddlers, coaches and support & safety staff being present for practice, workouts, training and race venues.

We are required to, and will continue to follow the Guidelines set out by Federal, Provincial and Municipal governments. At present, our crews are unable to train or to race as the numbers allowed to congregate and the maintenance of social distancing would not lend itself to adherence of the Guidelines mandated by our Public Health Department.

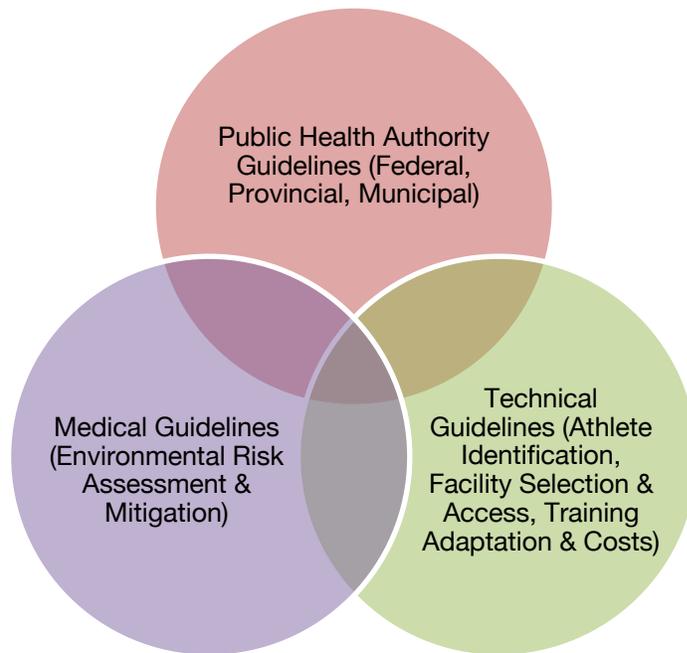
Please follow the [Public Health Guidelines](#) that all provinces and territories have put in place.

Be mindful that many members of dragon boat crews may be susceptible to more severe consequences of COVID-19 due to their age and to pre-existing health conditions. If you think you have COVID-19 or have been exposed to someone who has tested positive, please take a [self-assessment tool](#). Links to local self-assessment tools and assessment centres are available at each provincial/territorial link.

Please review the [CASEM \(Canadian Academy of Sport and Exercise Medicine\) Risk Management Assessment Tool](#) which will be necessary to follow in order to return to National and Local Race events. It

covers risk and risk mitigation for large gatherings. Application of the CASEM Risk Management Assessment Tool should be completed for all activities throughout all phases of our Return To Dragon Boat.

These Return to Dragon Boat Guidelines will be updated regularly as more knowledge is gained and information received.

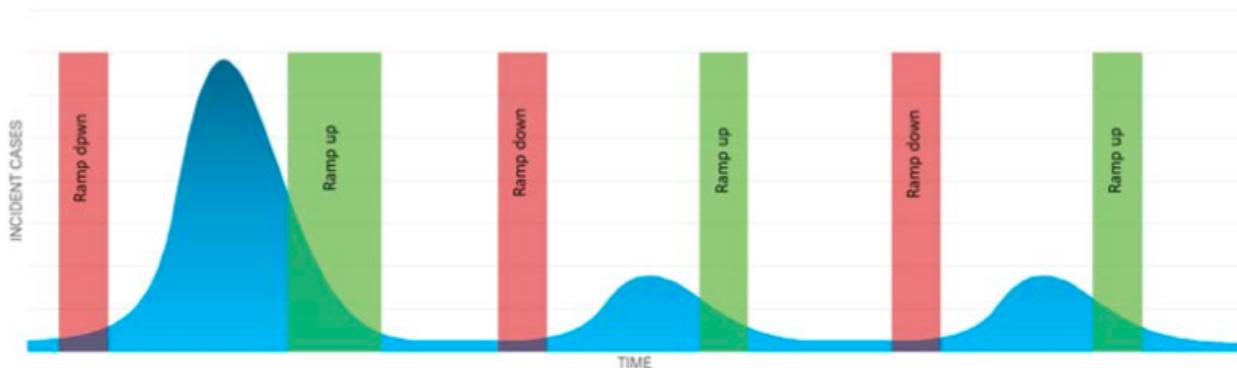


## Guidelines for Risk Management & Mitigation for Dragon Boat Events/Clubs/Teams

DBC will monitor the Canadian Government and Public Health sources in order to assess and modify any changes in restrictions due to the COVID-19 pandemic, and the CASEM Risk Management Assessment Tool will be used to plan for implementation.

As our sport involves large groups and many teams, it is extremely important for individual teams and coaches, event organizers, local cities to go through the risk assessment tool carefully to plan for the safety of the athletes, coaches, support and safety staff, volunteers and the large number of spectators in general when we can return safely to our sport. Be aware that these restrictions will be modified or changed at different times across Canada depending on the risk factors in each province and territory. As a sport organization, we will always follow the best practices and guidelines set out by our Public Health services. Our goal is to maintain a safe and healthy environment for all of our “paddling families.

### 3 PHASES to Return to Dragon Boat



*Sample of expected pandemic curve, included epi-curves*

The above graph provides an example of how the expected pandemic curve will look. As such, we may find ourselves moving back and forth between phases. Currently (June 2020) most of Canada is experiencing the curve to the left side of the first green bar. Triggers that activate moving between phases are established by Public Health Guidelines, and may have some variation between provinces and territories.

In accordance with federal and provincial direction and guidance we will work to address our unique sport needs as quickly as possible. Given the inability to predict future COVID impacts, we can anticipate that these plans (phases) are subject to change. We understand this creates additional challenges for our sport; we will continue to provide updates. At this time, Dragon Boat Canada has assessed itself to be in phase 1 of the Return to Dragon Boat Plan. As such Dragon Boat Canada will be cancelling all events (including the Canadian Championships and National Team events) for 2020. **DBC is continually monitoring the situation, and - as federal, provincial, and local guidance evolves - DBC will communicate to the dragon boat community when we are prepared to move to phase 2. We acknowledge that areas of the country may be able to progress, locally, in accordance to their own provincial and municipal directives.**

Phase	Risk	Mitigation
Phase 1 Social Isolation	<ul style="list-style-type: none"> <li>Acquisition/spread of COVID-19 in regions with decreasing but still active cases of COVID-19</li> </ul>	<ul style="list-style-type: none"> <li>Focus on online coaching &amp; fitness resources</li> <li>Strength and sport specific training restricted to solo activities or virtual group exercises</li> <li>Single craft paddling (e.g. outrigger)</li> <li>Groups of 5 or less with adequate distancing (ie. Groups individual craft paddlers) <ul style="list-style-type: none"> <li>⇒ 1 individual per 4 square metres maintained</li> </ul> </li> <li>Consistency of training group <ul style="list-style-type: none"> <li>⇒ Staying in same “bubble” of 5 or fewer individuals, where possible</li> </ul> </li> </ul>
Phase 2 Physical Distancing	<ul style="list-style-type: none"> <li>Groups larger than 5</li> <li>Athletes/Coaches in high risk category for severe COVID-19 symptoms (age/underlying medical issues)</li> <li>Viral transmission from shared surfaces</li> </ul>	<ul style="list-style-type: none"> <li>Continue a virtual first approach for large group gatherings</li> <li>Single craft paddling continues to be strongly recommended</li> <li>Groups of more than 5 with adequate distancing <ul style="list-style-type: none"> <li>⇒ 1 individual per 4 square metres maintained</li> </ul> </li> <li>Consistency of training group <ul style="list-style-type: none"> <li>⇒ Staying in same “bubble” of individuals where possible</li> </ul> </li> </ul> <p><b>LAND TRAINING</b></p> <ul style="list-style-type: none"> <li>Use masks universally</li> <li>High Risk participants should wear PPE (masks, gloves) <u>OR</u> avoid group activity</li> </ul> <p>While not recommended, if equipment for training is required:</p> <ul style="list-style-type: none"> <li>Disinfecting of shared equipment (weights, ergs etc.) after each use</li> <li>No shared use of close contact equipment (e.g. mats)</li> </ul> <p><b>WATER TRAINING</b></p> <p>While not recommended, if shared craft training is required:</p> <ul style="list-style-type: none"> <li>5 people only (4 paddlers and steersperson) in standard Dragon Boat seated on alternating sides, seats 1, 3, 5 and 7) to maintain physical distancing</li> <li>Use only personal paddle, pfd, seat pad, water bottle etc.</li> <li>Should paddles have to be shared, they are to be sanitized after each use</li> <li>Use masks and protective eye wear universally</li> <li>Liberal use of hand sanitizer, before, after, and during activity</li> <li>No loitering/socializing before or after training</li> <li>Wash hands with soap and water for 20 seconds before and after training</li> <li>Sanitize gunwales and boat seats after each use with gloves and disinfectant spray or wipes</li> <li>Sanitize steering oar after each use with gloves and disinfectant spray or wipes</li> <li>Refer to <a href="https://dragonboat.ca/news/covid-19-updates/">https://dragonboat.ca/news/covid-19-updates/</a> for Guide to Cleaning and Disinfecting</li> </ul>
Phase 2b With approval of Local Public Health	<ul style="list-style-type: none"> <li>Groups larger than 5</li> <li>Athletes/Coaches in high risk category for severe COVID-19 symptoms (age/underlying medical issues)</li> <li>Viral transmission from shared surfaces</li> </ul>	<ul style="list-style-type: none"> <li>Continue a virtual first approach for large group gatherings</li> <li>Single craft paddling continues to be strongly recommended</li> <li>Groups of more than 5 with adequate distancing <ul style="list-style-type: none"> <li>⇒ 1 individual per 4 square metres maintained</li> </ul> </li> <li>Consistency of training group <ul style="list-style-type: none"> <li>⇒ Staying in same “bubble” of individuals where possible</li> </ul> </li> </ul> <p><b>LAND TRAINING</b></p> <ul style="list-style-type: none"> <li>Use masks universally</li> <li>High Risk participants should wear PPE (masks, gloves) <u>OR</u> avoid group activity</li> </ul> <p>While not recommended, if equipment for training is required:</p> <ul style="list-style-type: none"> <li>Disinfecting of shared equipment (weights, ergs etc.) after each use</li> <li>No shared use of close contact equipment (e.g. mats)</li> </ul>

		<p><b>WATER TRAINING</b></p> <p>While not recommended, if shared craft training is required:</p> <ul style="list-style-type: none"> <li>• 11 people only (10 paddlers and steersperson) in standard Dragon Boat seated on alternating sides, seats 1 through 10) to maintain physical distancing (athletes should not be sat on the same bench, or immediately in front or behind of another paddler (alternating sides, alternating benches)</li> <li>• Boat must be loaded one seat at a time from front to back or back to front and unload one seat at a time in reverse order</li> <li>• Practices will not exceed 60 minutes including loading and unloading of boat</li> <li>• These 11 individuals should remain in a “bubble” so the same athletes train with each other and only each other consistently.</li> <li>• Use only personal paddle, pfd, seat pad, water bottle etc.</li> <li>• Should paddles have to be shared, they are to be sanitized after each use</li> <li>• Use masks and protective eye wear universally at all times; paddlers and steersperson (as there is not the ability to have 2 metre distancing)</li> <li>• Liberal use of hand sanitizer, before, after, and during activity</li> <li>• No loitering/socializing before or after training</li> <li>• Wash hands with soap and water for 20 seconds before and after training</li> <li>• Sanitize gunwales and boat seats after each use with gloves and disinfectant spray or wipes</li> <li>• Sanitize steering oar after each use with gloves and disinfectant spray or wipes</li> <li>• Refer to <a href="https://dragonboat.ca/news/covid-19-updates/">https://dragonboat.ca/news/covid-19-updates/</a> for Guide to Cleaning and Disinfecting</li> </ul>
<p>Phase 3 Lightening of Public Health Restrictions</p>	<ul style="list-style-type: none"> <li>• Still potential of COVID-19 spread until vaccine</li> <li>• Movement from Phase 2 to Phase 3 without vaccine or broad surveillance is unlikely</li> <li>• Athletes/coaches/support staff with high risk factors (age/underlying medical conditions)</li> </ul>	<ul style="list-style-type: none"> <li>• Full training &amp; competition may resume <ul style="list-style-type: none"> <li>⇒ Follow the CASEM Risk Management Assessment TOOL</li> </ul> </li> <li>• Continue basic hygiene procedures and social distancing where possible</li> <li>• No sharing of paddles, PFDs or water bottles</li> <li>• Should paddles have to be shared, they are to be sanitized after each use</li> <li>• High Risk participants need to assess whether they wish to participate prior to the availability</li> <li>• Wipe down boats (gunnels and seats) after each use</li> <li>• Wipe down steering oar after each use</li> <li>• Drummers seat and drum in including sides should be wiped down after each use</li> <li>• Officials/coach equipment e.g. walkie talkies, cameras etc. should be assigned one person and should be wiped down after each use</li> </ul>

### Return to safe Team Practice Protocol Guidelines:

You will need a 'key person' to go through a sign in procedure and an exposure history questionnaire in order to mitigate team risk to COVID-19. This will need to be completed every time, for every multi-person, in-person activity. Infection Prevention and Control Canada has Questionnaires available (e.g. <https://ca.thrive.health/covid19/en> ) Questionnaires will involve, and not be restricted to, such questions as:

- *Have you travelled outside of your province or Canada in the last 14 days?*
- *Have you had close contact with a person who has travelled outside of your province or Canada in the last 14 days?*
- *Have you had close contact with a person suspected or confirmed COVID exposure? Do you have any symptoms of COVID?*

Answer YES to any of these questions, then the person will NOT be able to attend practice/training. Should an individual answer YES to any of these questions, it should be reported to their local Public Health Unit.

[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_reference\\_doc\\_symptoms.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf)

<https://www.quebec.ca/en/health/health-issues/a-z/general-information-about-coronavirus/#c46469>

**If you are a frontline healthcare worker, essential worker or first responder:** in addition to rigorously monitoring for symptoms, please consider your level of exposure before participation and, should you choose to participate, consider wearing a mask at all times.

There are many tools that you can use to mark attendance including Spordle, TeamSnap, Facebook etc.

## **Personal Responsibility Code**

1. Mark your attendance on your Team's "Spordle", "TeamSnap or Facebook" ahead of time. NO VISITORS are allowed at this time
2. Masks will be necessary for all paddlers/ coaches at this time
3. Maintain a minimum of 2M social distancing by following marked areas
4. Leave paddle bags and extra paddles in your cars
5. Personal PFD's, paddles, water bottles and eye protection need to have your identification on them and are allowed -no sharing
6. Staggering of boat loading and unloading dependent on your location
7. Must wash your hands, paddles, PFD and eye goggles with soap and water immediately after practice
8. No lingering or gathering after practices - leave the site immediately
9. Cleaning(sanitizing) boats, drums and steering oars before and after all practices. Please refer to
10. Washrooms may or may not be available at your practice site. Be prepared. Bring cleaning wipes to sanitize such facilities before and after you use them. (door knobs, faucets, toilet seats and flushers). This is to protect yourself and teammates

All the steps we take as a team be it crew, club, event or as officials, we do to protect each other.

## Appendix – Important Links

### **World/Federal**

World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Government of Canada

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html#faq>

Canadian Sport Institute

<https://csiontario.ca/news/update-15-advisory-covid-19>

World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

### **Provincial**

Government of British Columbia

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

Government of Alberta

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

Government of Saskatchewan

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus>

Government of Ontario

<https://covid-19.ontario.ca/index.html>

Government of Quebec

<https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/>

Government of Newfoundland and Labrador

<https://www.gov.nl.ca/covid-19/>

Government of Nova Scotia

<https://novascotia.ca/coronavirus/>

Government of Prince Edward Island

<https://www.princeedwardisland.ca/en/topic/covid-19>

Government of New Brunswick

<https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19.html>

<https://www2.gnb.ca/content/gnb/fr/corporate/promo/covid-19.html>

Government of Yukon

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

Government of Northwest Territories

<https://www.gov.nt.ca/covid-19/>

Government of Nunavut

<https://www.gov.nu.ca/health/information/covid-19-novel-coronavirus>