



COVID-19 Return to Activity Action Plan for Paddle SA

Introduction

Paddle SA is committed to the health and safety of its members, volunteers, staff, coaches, athletes and their families, and the broader paddling public.

This Action Plan is prepared for rebooting organised canoeing/kayaking activities in South Australia, which encompasses club members' social paddling and HP/Talent Development training and education squads.

Strict boundaries and expectations have been set, and they will be managed vigilantly. We also advocate the uptake of the COVIDSafe app to assist with detection and tracking of the coronavirus.

Paddle SA intends to take a cautious and measured approach to reactivation of all activities. In the immediate term we are therefore focussed on Level B only, as per the AIS Framework for Rebooting Sport and State Government advice and guidelines.

We will provide further communications when confident that we are ready to prepare for the progression to Level C/Stage 2 activities.

Level B

Cleaning Facilities/Equipment

- Prior to re opening, all facilities will be professionally cleaned.
- All equipment to be used by HP/development/training squads will be disinfected prior to reactivation
- All used property to be cleaned after each session with disinfectant (this includes taps, water cans/hoses, door handles, locks, tables, ramps, stationery etc.). Cleaning protocols and management will be the responsibility of the nominated session supervisor.
- If club toilet/hand washing facilities are provided they must be cleaned prior to exiting.
- At the completion of each session, boats will be thoroughly cleaned on ramps that are appropriately spaced
- Boats/paddles will then be returned to the same space, and marked with an indicator/signage that they are ready for future use.
- No more than two people will be permitted in the boatshed at any time, whilst maintaining social distancing requirements.

Paddling Gear / Sports Bag:

- Each person needs to keep personal items in their possession eg locked in the car.
- No personal items are to be left/stored in the club sheds or change rooms. Only boats and paddles are to be stored in boatsheds in an allotted space. Items must be clearly labelled as to ownership (eg name tag).
- No sharing of drink bottles. Drink bottles are to be kept in the owner's possession at all times. The bottles should be cleaned after each session with soap and water, and re filled at home.

Training Session Guidelines:

- We will adopt the 'Get in, Train, Get Out' principles
- Paddlers must arrive dressed and ready to get on the water. This includes PFDs if required. Spare clothing must be kept in the owner's vehicle while undertaking training/paddling.
- Shower and change at home as there will be no access to the change rooms/showers
- 'Home Tasking' will be strongly encouraged eg recovery sessions, online meetings, tutoring etc

Social Distancing

- The minimum of 1.5 metres distance between each person must be maintained at all times. This happens naturally on the water. On land, pre and post paddling, leaders to direct and remind participants of their responsibility to keep minimum distance and density requirements.
- No more than 10 people, plus coaches, in a group. Coaches/leaders of groups to organise and communicate this information amongst their group.
- Team boats (doubles/fours) will not be used at Level B
- There is to be no personal contact such as hugging, kissing or hand shaking when you arrive or depart your session.
- These social distancing principles must be maintained during all aspects of paddling, including but not limited to accessing boats/equipment, set up, on water, boat washing and pack up.

Hygiene/Illness

- Soap/hand sanitiser/wipes will be available at entry/exit of paddling facilities, and in the toilet areas.
- Paddlers are strongly encouraged to bring and use their own sanitiser.
- If you have any cold/ flu like symptoms including a cough, runny nose or fever do not present at any facility or session. If a paddler demonstrates any symptoms they will be asked to leave, and their circumstances noted in a register
- In the event any paddler or family member/associate of the paddler is diagnosed with COVID-19 Paddle SA must be notified immediately.
- If you or a family member are diagnosed, you must self isolate for a minimum of 14 days. You will not be permitted to return to any facility or session until cleared and approved to do so.

Access to Facilities

- The only permission given to enter the clubrooms/boatsheds will be to access boats and paddles.
- Where club facilities have dual entry points, one will clearly be marked 'ENTRY ONLY' and the other 'EXIT ONLY'. One way foot traffic at all times
- Where there is only one entry point, no person will be permitted to enter the premises until all other persons have exited
- Only designated site managers/supervisors will have access keys. Club members will need to surrender all keys before facilities are permitted to reopen
- Signage/posters relating to COVID-19 management will be provided to all clubs

Paddling Attendance/Logbook

- All sites must record attendance and log in/out details for all session participants. This will include asking specific COVID-19 questions relating to recent activities. Paddle SA will attempt to facilitate this online, but if that is not possible, one nominated person for each session will record and retain this information
- In the event of a positive diagnosis this information will be provided to SA Health to assist tracing and advising known contacts. This is the responsibility of the person supervising the group (eg. Coach)

Gyms at Boatsheds/Facilities

- Onsite gyms/equipment will be inaccessible. These areas will be locked and clearly signed

Spectators/Parent Supervision/Support Staff.

- One support person ie parent, carer only per athlete
- Spectators/parents/carers to remain in cars, where possible. If not, social distancing and density regulations must be adhered to at all times. Spectators/carers/parents are NOT PERMITTED in boatshed/facilities.
- Any support staff including coaches will be included in the group limit numbers of 10 persons. Limit to one additional support staff where possible.

Competitions/Events

- No on water competitions or events permitted at Level B.
- This includes Canoe Polo – no on water activities, off water game simulation/training only
- Time trial based (virtual) competition will be permitted to promote physical activity and development

Other Specific Considerations

- As paddling activities are undertaken on public access waterways, we can only control participants under our supervision. However, we will ensure social distancing and density guidelines are adhered to at all times in public spaces, which includes car parks.

Action for Increased/Revised Restrictions

- Paddle SA will closely monitor all updates provided by federal and state authorities regarding revision to permitted activities under Level B
- Any such advice will be immediately communicated to all stakeholders, as outlined in the Introduction above.
- If directed, we will lock down all facilities and suspend all training sessions immediately. This shutdown will remain until formal approval is provided to resume.