

# COVID-19 Dragonboat ReEntry Outline

Safety Commission

## Executive Summary

October 2020

### Hierarchy of Controls Methodology

This Version 4.0, combines the latest information scientists, medical and safety professionals understand about the transmission effects of COVID-19 virus. We are monitoring professional and collegiate sports teams' approaches to re-entry for their athletes, coaches, and staff. The most significant enhancement in version 4.0 is adoption of the National Institute for Occupational Safety and Health's (NIOSH) [Hierarchy of Controls](#) methodology. This methodology is widely used around the World by corporations, institutions and organisations. Communication to teams is paramount in helping paddlers understand risks from a person's respiratory signature and the lifelong effects the virus has on health.

COVID-19 Hierarchy of Controls For DB Leaders			
Hazard Elimination	Engineering Controls	Administrative Controls	PPE
<ol style="list-style-type: none"><li>1.Prevent viral entry by symptom screening and temperature testing</li><li>2.Encourage paddlers to quarantine or refrain from team activities if exposed or suspected to have been exposed to COVID-19 individuals</li><li>3.Encourage paddlers to report any symptom findings to Club/Medical Leaders</li><li>4.Develop contact tracing methods within team</li><li>5.Work with local public health authorities for community contact tracing</li></ol>	<ol style="list-style-type: none"><li>1.Structure DB sites to ensure physical distancing</li><li>2.Clearly mark location "check-in", "warm-up", "loading/unloading", "sanitizing", "crew waiting"</li><li>3.Establish clear "CLEAN" and "DIRTY" equipment containers</li><li>4.Limit paddler access to "DIRTY" equipment</li><li>5.Use of face mask as a shield or source control to reduce risk of exposure / transmission</li></ol>	<ol style="list-style-type: none"><li>1.Control equipment handling at practice</li><li>2.Stagger practice times, limit numbers at practice site</li><li>3.Infection control practices including face covers</li><li>4.Train paddlers in hazards and controls performing cleaning and disinfecting</li><li>5.Update operations and launch plans</li><li>6.Paddlers returning from travel to "hot spots" must self-quarantine and not practice for 14 days</li><li>7.Post COVID-19 Paddlers must be 21 days clear of positive test and have note from their GP releasing them to return to practices</li><li>8.Education on the Corona virus and the Club's safety Procedures</li></ol>	<ol style="list-style-type: none"><li>1.Use face coverings on-water<ul style="list-style-type: none"><li>• Team cleaning Dirty Equipment needs to wear face masks and gloves</li><li>• Wash hands frequently with hand sanitizer or soap and water</li><li>• Discard Dirty / Used PPE appropriately</li><li>• Reassess / update PPE needs and PPE training periodically</li></ul></li></ol>

Dragonboat Teams / Clubs COVID-19 Re-Entry Outline examines many risks that need to be managed for safely returning to the water. **Hazard Elimination:** Completely eliminating exposure to the hazard. The most effective control. **Engineering Controls:** Isolating the person from the hazard through physical or mechanical means. **Administrative Controls:** Changes made to the way that people practice (work). **Personal Protective Equipment:** Equipment worn by the person to protect themselves from real or potential hazards We will cover each control and the precautionary actions you should take.

### Decisions Driven by Science

Science, medical and safety principles formed the foundation for this work. The science is evolving exponentially on CORONAVIRUS. So are recommendations from The World Health Organization (WHO), Centers For Disease Control (CDC), National and State Public Health. **At this point in time, until we get herd immunity or full release from the WHO, CDC, and/ or local health departments, each team will have to assess all applicable guidances and accept risks in full boats and racing competitions in 2021.**

### Health & Human Service Guidance

The Dragonboat Covid-19 Re-Entry Outline is not a substitute for your Team / Club leadership applying local Health and Human Services Guidance. We also realize each area in the United States will abide by their local recommendations, as each area may be at different re-entry stages. Our collective years of paddling experience, Medical and Safety Profession are brought together here as a resource to inform, educate and help.

## Hazard Elimination

Completely eliminating exposure to the hazard. The most effective control.

1. Prevent viral entry by symptom screening and temperature testing
2. Encourage paddlers to quarantine or refrain from team activities if exposed or suspected to have been exposed to COVID-19 individuals
3. Encourage paddlers to report any symptom findings to Club/Medical Leaders
4. Develop contact tracing methods within team
5. Work with local public health authorities for community contact tracing

### Appoint Team Medical Leader

- Determine who or what group will have decision making authority to modify, restrict, postpone, or cancel the practices.
- The medical leader should be given the authority to cancel the practice based upon public health risk.

### Know The Local Public Health Guidelines

Check your local city or county Public Health department - call and talk to them. Explain you are a human powered water sport with up to 22 people in one craft. Understand the agency who governs the waterway you practice on and their guidelines..

- **HOT TIP:** Share a copy of this document with your local Public Health Department as evidence of your team/clubs focus on safely returning to paddling. It will help them understand our sport better.

### Paddler Acceptance of Risks

Paddlers need to understand, accept and waive the risks associated with paddling. Scientists and Medical Professionals continue to learn that the virus affects cardiac and respiratory systems for the long term.

- **Compromised Immune Systems** - Paddlers with compromised immune systems should generally be discouraged from being in a boat close to others. Evidence supports, regardless of age, all of us have a Respiratory Signature that is capable of containing this virus and infecting another person. Having paddlers of the same groups does not reduce the risk of transmission.

### Risk of Exposing Others Within Household

**CDC:** Sports that typically require coaches and athletes who are not from the same household or living unit to be in close proximity, increases their potential for exposure to COVID-19.

- **Our Opinion:** We are concerned with paddlers being exposed to this virus and taking that exposure home to others within their household.
- Households where the paddlers share the same dwelling are considered one for the sake of this plan

## Self-Certify BEFORE Arriving to Practice

Organizations are having employees self-certify each day. We have prepared an example in the Appendix that represents the best practices. Be aware, local Public Health Agencies may have specific requirements.

- See “Paddler Contact Tracing Log” example in appendix. **HOT TIP:** Use Google Sheets - access on phone.
- See “One-Page Check-In” communication outline example in appendix.

Each Team / Club will want to access their individual situation and willingness to accept the risks to their paddlers and their loved ones in their households. **At this point in time, until we get herd immunity or full release from the WHO, CDC, and/ or local health departments, each team will have to assess all applicable guidances and accept risks in full boats and racing competitions.**

Many companies and organizations are using a “pre-screening” questionnaire that must be completed prior to entering. Health clubs and other organizations are adopting similar best practices.

- Apply Workplace Practices:
  - Pre-screening forms and instructions must be completed prior to practice
  - Check temperature for fever (>100.4°F)
  - Apply Social Distance guidelines to loading and unloading; wear face masks and eye protection
  - Avoid touching your “T-Zone” (Eyes, Nose, Mouth) during practice
  - Protect your hydration mouthpiece
  - Have hand sanitizer in the boat to wash hands first before hydration
  - Immediately wash your hands
- If possible, contain your Paddle, Life Vest/PFD, Seat Pad and wash them with soap and warm water as soon as possible
- Wash your hands with soap and water for at least 20 seconds and dry with a clean towel.

## Engineering Controls

Isolating the person from the hazard through physical or mechanical means.

1. Structure DB sites to ensure physical distancing
2. Clearly mark location “check-in”; “warm-up”; “loading/unloading”; “sanitizing”; “crew waiting”
3. Establish clear “CLEAN” and “DIRTY” equipment containers
4. Limit paddler access to “Dirty” equipment
5. Use of face mask as a shield or source control to reduce risk of exposure / transmission

## Ensure Physical Distancing

Set up your practice grounds with an “Enter” and “Exit” path marked. Help paddlers clearly see where to “Check In” to have their Temperatures recorded.

- Station 1 - Temperature Recording and Contact Surveillance recording attendance
- Station 2 - Inside the “bubble” - limit the amount of “gear” - keep gear spread apart - socially distancing

## Establish Your Flow

When time to paddle (about 15 minutes) - establish a “warm-up” area for paddler to stretch and perform their warm-up ritual separated from other paddlers by social distances

- Station 3 - Warm-Up
- Station 4 - Area to “enter” the water vessel (OC or Dragonboat) that is already sterilized / cleaned
- Station 5 - Returning to dock/beach/shore - “Sanitize” vessel and clean equipment[ ready for next paddler
- Station 6 - “Exit” - collect your personal belongings and “check-out”

## Identify “Clean” and “Used/Dirty” Equipment

Establish an “identification” system to clearly identify “Clean” and “Dirty”

- Identify an area where “CLEAN or DIRTY” life vest, paddles, drumsticks, tiller oars, seat pads, etc. are placed
- Communicate to team captains, coaches, steerspersons to only use equipment from the “CLEANED” area
- Review this system with everyone in the Club and post signs in obvious places.
- Signage needs to be clear for your paddlers, guests, visitors.



## Protect Volunteers Who Perform “Cleaning” Tasks

Establish who is responsible for maintaining equipment

- **CDC:** Provide the necessary protective equipment donned before they begin wiping down your launch site and dragon boat equipment.
- **Our Opinion:** identify specific trained members to clean and wipe down all the equipment the crew used. Make certain you have a process for the volunteer to don (put on), clean the Dragonboat equipment, and doff (take off) the personal protective supplies (gloves, face mask, and face shield)
- **CDC:** Yes, wipe down high contact surfaces between uses.
- **Our Opinion:** stagger paddling times and create a sign-up / sign-in procedure so you know who is present.

## Administrative Controls

Changes made to the way that people practice (work).

1. Control equipment handling at practice
2. Stagger practice times, limit numbers at practice site
3. Infection control practices including face covers
4. Train paddlers in hazards and controls performing cleaning and disinfecting
5. Update operations and launch plans
6. Paddlers returning from travel to “hot spots” must self-quarantine and not practice for 14 days
7. Post COVID-19 Paddlers must be 21 days clear of positive test and have note from their GP releasing them to return to practices
8. Education on the Corona virus and the Club’s Safety Procedures

### Control Equipment Handling

#### Clean life vests / pfd's

- **CDC:** The targeted use of disinfectants can be done effectively, efficiently and safely on outdoor hard surfaces and objects frequently touched by multiple people
- **Our Opinion:** Limit sharing life-vests across paddlers from different households to manage / mitigate exposing others in the household. Consider “loaning” vests to individual paddlers for season and then washing with soap and water at the end.

#### Clean paddles, seat pads, gloves, shoes, etc

- **US Rowing:** Even with Social Distancing, someone’s Respiratory Signature could cause droplets to contaminate your equipment and so following the CDC / EPA cleaning recommendations is a better practice and good for your equipment too.

#### Clean dock handrails, benches, door handles, padlocks

- **CDC:** Objects touched by multiple people should be treated with targeted disinfectants.
- **Our Opinion:** Many Teams / Clubs keep equipment - DragonBoats - outdoors. We feel it is a best practice to clean equipment prior to use and then again after practice. Clean everything before and again after you use the equipment. Disinfectants are a minimum, if you do not have them, do not practice

### Update Operations and Launch Plans

Clean equipment between practice sessions

- **CDC:** Yes, wipe down high contact surfaces between uses.
- **Our Opinion:** stagger paddling times and create a sign-up / sign-in procedure so you know who is present.

Establish who is responsible for maintaining equipment

- **CDC:** Provide the necessary protective equipment donned before they begin wiping down your launch site and dragon boat equipment.
- **Our Opinion:** identify specific members to clean and wipe down all the equipment the crew used.

## Know Local Travel Requirements

Paddlers returning from travel to “hot spots” must self-quarantine and not practice for 14 days

## Recovered Post COVID-19 Paddler(s)

COVID-19 is associated with significant morbidity including vascular inflammation which may exacerbate underlying cardiovascular and pulmonary disease for athletes resuming dragonboating.

### Our Opinion:

- 1) Returning paddlers who are previously diagnosed and documented with COVID-19 should not return to practice for at least 21 days after symptom onset & the first positive viral test per [CDC Guidance for SARS-CoV-2 Infections for Return to Work for Healthcare Personnel \(adapted for dragon boat\)](#)
- 2) Returning recovered Covid-19 paddlers may be cleared to practice only after the primary care physician (PCP) has determined that symptoms have improved and has provided written [clearance that further testing of pre-existing potential complicating conditions](#), including [longer-term cardiovascular diseases](#), is not required. No follow-up viral testing is required.
- 3) Returning paddlers are required to follow all directives required of paddlers who are COVID-19 free, including temperature checks, masks, equipment cleaning, etc.

### Sample Clearance Letter:

Date: \_\_\_\_\_

To Whom it May Concern:

(Dragonboat Paddler Name) was diagnosed with COVID-19 on \_\_\_\_\_ and is cleared to return to the sport of Dragonboat paddling. No further cardiovascular testing is required.

\_\_\_\_\_  
Physician

## Stagger Practice Times

Stagger practice times, limit numbers at practice site

# Personal Protective Equipment

Equipment worn by the person to protect themselves from real or potential hazards.

1. Use face masks off-water
2. Use face coverings on-water
3. Team cleaning dirty equipment needs to wear face masks and gloves
4. Wash hands frequently with hand sanitizer or soap and water
5. Discard Dirty / Used PPE appropriately
6. Reassess / update PPE needs and PPE training periodically

## Wear Face Masks

Follow local mandates, use face masks when and as required.

**HOT TIP:** **Think source control.** There is tremendous protection when the entire team wears face masks.

Use of Face Masks are commonly required by local public health authorities. Based on the current state of science, masks are HIGHLY EFFECTIVE in reducing your “respiratory signature” spread. It is best to find a mask that works (wicks moisture, breathability, loops around the ear, use fasteners if needed to help secure the mask).

- **Our Opinion:** We highly recommend face masks at this point even if a seat gap method is used as the airflow affecting a paddler’s Respiratory Signature while moving is a theoretical issue.
- N-95 masks should NOT be worn when paddling because they are difficult to manage airflow with physical exertion, sweat and moisture build up, they are less efficient in containing exhalation respiratory particles.
- **Our Opinion:** No 1-way valve masks. These masks concentrate the exhalation particles under pressure causing the particles to travel further.

## Wear Eyewear

The basic issues are touching infected surfaces, someone spreading the virus in the air when you are paddling in the air space with that floating in it.

- **Our Opinion:** Wear eye protection with a series of more to less protective (full face shield, partial face shield, goggles, glasses) as padding with a face shield can be difficult.

## Donning and Doffing PPE

Make certain you have a process for the volunteer to donne (put on), clean the Dragonboat equipment, and doff (take off) the personal protective supplies (gloves, face mask, and face shield)

## Wash Hands Frequently

Wash hands with warm water and soap for a minimum of 20 seconds as frequently and often as available. Use a sanitizer for hands if no water is available. Care to not get the sanitizer in or on the water as it will be harmful to the aquatic life sources

## Appropriately Discard Used PPE

Gloves should be worn to clean equipment whenever possible. When removing the glove, with the gloved hand begin to roll back the glove in the other hand turning it inside out. With the tips of two fingers, insert them underneath the glove near your wrist and pull the second glove off. Pinch the inside out gloves and dispose of them immediately in a proper bin or trash can.

## Maintain Social Distancing and Face Masks

When coaching within the Dragonboat is required, ensure your face mask is completely covering your nose and mouth. If possible, use a speaker system. Paddlers should be instructed to cough or sneeze down into the water or bottom of the boat if they feel it coming on. Paddlers can also sneeze / cough into their shirt.

## Boat Configuration

1. Seating Configuration Approaches
2. Boat Equipment
3. Numbers of Paddlers
4. Safety Manager to periodically reassess / update boat configuration recommendations based on COVID-19 risk in the community

### Seating Configurations

Alternating sides and skipping rows is best practice to accomplish Social Distancing. We **do not** recommend “grouping” paddlers.

#### Single Standard boat

- Five households plus steersperson
- Follow Social Distancing Requirements
- Sit paddlers L1, R3, L5, R7, L9 (5)
- It is mandatory to wear Face Masks and eyewear

### Boat Equipment

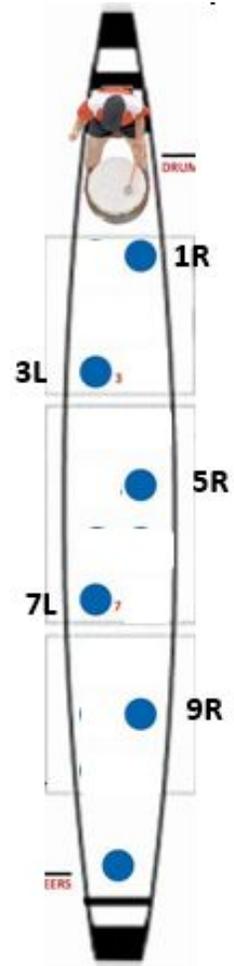
Some Local Governments might allow paddling Outrigger Canoe (OC's)

**Our Opinion:** Maintain social distancing at the loading area; wear masks and gloves while rigging and cleaning up; and follow CDC advice for cleaning and disinfecting.

#### Allow OC-1 individual paddling

**Our Opinion:** Resume OC technique practices with safeguards.

- See “Contact Surveillance Example Sheet” in the appendix
- Complete this information on-site during practice
- Ensure safe keeping of this information in the event it is needed to provide to local Public Health Officials



## Paddlers in Dragonboat (Numbers)

### Start with small numbers in the Dragonboat

**Our Opinion:** Begin with 4-6 paddlers (Standard Boat) with eye and face mask protection mandatory. Coaches should consider adjustments to training plans.

## Safety Manager Configuration Updates

Periodically, the Team/Club Safety Manager should assess the COVID-19 risks in the area and update boat configurations based on that assessment.

## Disclaimer (Important)

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. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.

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## Appendix Content

The following pages contain examples that will be useful as starting points for your Team. The authors ran a series of experiments during June, July and August testing and honing the Re-Entry Guidelines in OC and Dragonboats.

- 1) COVID-19 Screening Questionnaire Example
- 2) Criteria Readiness for Paddling
- 3) Cleaning and Disinfecting Guidance
- 4) COVID-19 Fact Sheet (WHO & CDC)
- 5) Communication to Paddlers (Example)
- 6) Contact Tracing Example Sheet (Complete On-Site)
- 7) References and Resources

### COVID-19 Screening Questionnaire Example

#### Part One

- 1) In the past 14 days, have you or anyone in your household received a confirmed diagnosis for coronavirus (COVID-19) by a coronavirus (COVID-19) test or from a diagnosis by a healthcare professional or are you waiting for a pending COVID-19 test result?
- 2) In the past 14 days, have you had close contact (15 minutes or more) with or cared for someone diagnosed with COVID-19 or are you participating in a COVID-19 clinical study that includes being exposed to the virus?
- 3) Have you or anyone residing in your household experienced any cold or flu-like symptoms in the last 14 days including fever, cough, shortness of breath or difficulty breathing, sore throat, pressure in the chest, extreme fatigue, runny nose or congestion, persistent headache, diarrhea, vomiting, muscle pain, chills, repeated shaking with chills, and new loss of sense of smell or taste?
- 4) What was your temperature reading when you performed the self-check? (Must be below 100.4 degrees Fahrenheit, unless other requirements by local government).

#### Part Two:

Answer "yes" if the symptoms you have experienced in the last 14 days are of greater intensity or frequency than what you normally experience.

- If you are able to answer "YES" to one or more of the above questions, select YES.
- If you are able to answer "No" to ALL the questions, select NO.
- (Name) Self-certify on (Date)

YES

NO

#### Part Three:

"I am doing my part to keep myself and others safe by following the practices outlined in the safety protocols including wearing a mask at all times (except where eating or drinking), regularly washing my hands for at least 20 seconds or using alcohol-based hand sanitizer, and social distancing whenever possible.

I have reviewed and understand the COVID-19 safety protocols, I also understand that if I have questions or concerns, or any safety or health issues on the team / club I may contact (name)."

## In Criteria Readiness for Paddling

### 1. Prepare the paddling site: check and inspect prior to return of paddlers

- Ensure the safety of all participants
- Cleaning and disinfection of equipment: decide what surfaces need to be cleaned, what needs disinfection, and schedule
- Use EPA, CDC guidelines for choice of cleaning products

### 2. Prepare the paddlers and other participants: clear criteria as to who returns and when

- Social distancing: how far apart should paddlers be from each other
- Limit number of paddlers per practice sessions, and per boat
- Compromised immune systems, complications or vulnerable paddlers should avoid close distance group practices
- Susceptible and high risk individuals should be aware as exposure may be unavoidable
- Prepare & post reminders of social distancing, cleaning protocols and take home exposure concerns

### 3. Access to site: entry and exit points.

- Make it known online and/or place a sign stating criteria that prohibits paddler from participating i.e: fever, recent exposure, shortness of breath, cough, loss of smell/taste etc.
- Communicate protocols with signs, floor markings
- Keep hand, paddles, life vests/pfds and hydration bottles clean
- Develop a no-contact team celebration
- People should bring own equipment
- Require contactless temperature screening, use log to record participation and temperatures
- Provide hand sanitizer, wipes, etc.
- Consider engineering controls, e.g., plexiglass shields if appropriate, on sign-in tables

### 4. Distancing plan: help decrease density by scheduling gatherings, limiting total number of participants

- Stagger arrivals and departure times
- Make sure teams know their schedules
- Enforce strict cleaning protocols for shared spaces including bathrooms
- Reduce capacity of spaces: apply local Social Distancing practices
- Require face masks throughout time at practice and on water paddling
- Designate and signpost direction of foot traffic

### 5. Reduce time for contact and increase cleaning: send practice schedule, coaching points ahead of time to avoid gatherings

- Adopt a layering of proactive precautions
- Remove shared food/drink areas
- Use single serve items
- Do not share pens, clipboards without disinfection
- Create secure storage areas
- Make wipe, hand sanitizer available in boats
- Suggest using video review virtually
- Consider coaching from another boat to keep distancing

# Cleaning & Disinfecting Guidance

## GUIDANCE FOR CLEANING & DISINFECTING

**PUBLIC SPACES, WORKPLACES, BUSINESSES, SCHOOLS, AND HOMES**



SCAN HERE FOR MORE INFORMATION

### 1 DEVELOP YOUR PLAN

**DETERMINE WHAT NEEDS TO BE CLEANED.** Areas unoccupied for 7 or more days need only routine cleaning. Maintain existing cleaning practices for outdoor areas.

**DETERMINE HOW AREAS WILL BE DISINFECTED.** Consider the type of surface and how often the surface is touched. Prioritize disinfecting frequently touched surfaces.

**CONSIDER THE RESOURCES AND EQUIPMENT NEEDED.** Keep in mind the availability of cleaning products and personal protective equipment (PPE) appropriate for cleaners and disinfectants.

Follow guidance from state, tribal, local, and territorial authorities.

### 2 IMPLEMENT

**CLEAN VISIBLY DIRTY SURFACES WITH SOAP AND WATER** prior to disinfection.

**USE THE APPROPRIATE CLEANING OR DISINFECTANT PRODUCT.** Use an EPA-approved disinfectant against COVID-19, and read the label to make sure it meets your needs.

**ALWAYS FOLLOW THE DIRECTIONS ON THE LABEL.** The label will include safety information and application instructions. Keep disinfectants out of the reach of children.

### 3 MAINTAIN AND REVISE

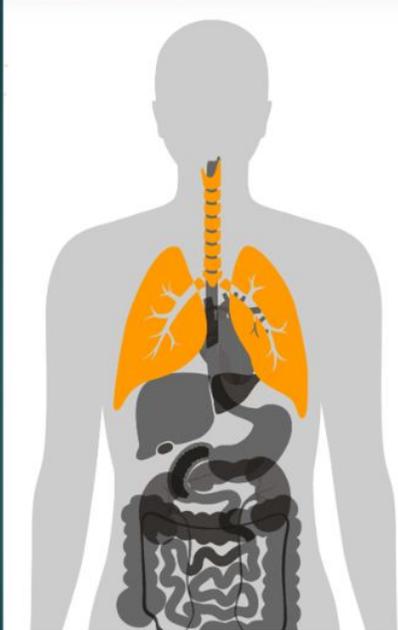
**CONTINUE ROUTINE CLEANING AND DISINFECTION.** Continue or revise your plan based upon appropriate disinfectant and PPE availability. Dirty surfaces should be cleaned with soap and water prior to disinfection. Routinely disinfect frequently touched surfaces at least daily.

**MAINTAIN SAFE PRACTICES** such as frequent handwashing, using cloth face coverings, and staying home if you are sick.

**CONTINUE PRACTICES THAT REDUCE THE POTENTIAL FOR EXPOSURE.** Maintain social distancing, staying six feet away from others. Reduce sharing of common spaces and frequently touched objects.

## COVID-19 Facts (WHO and CDC):

COVID-19 FACTS



**Data shows the disease is mild in 80 percent of patients, severe in 13 percent, and critical in 6 percent.**

**Most common symptoms:**

-  **Fever**
-  **Fatigue**
-  **Dry Cough**

**Some patients may also have:**

-  **Aches and Pains**
-  **Runny Nose**
-  **Sore Throat**
-  **Shortness of Breath**
-  **Diarrhea**

**In critical cases, COVID-19 can cause severe pneumonia or a multiple-organ failure and can lead to death.**

SOURCE:WHO and CDC

## Communication to Paddlers (Example)



### GCDBC Pre-Training and Paddling Practices June 19, 2020

#### **Prior To Attending Practice:**

*Prior to leaving your house answer the below Questionnaire. If you answer yes to any question, please refrain from attending practice for the health and safety of your teammates:*

1. Have you had close contact or prolonged contact (15 minutes or more) with or cared for someone diagnosed with COVID-19 within the last 14 days?
2. Has **someone** in your household (e.g. spouse domestic partner, child, family member or roommate) had cold/flu-like symptoms such as fever, cough, sore throat, respiratory illness, difficulty breathing, headache, loss of taste or smell) within the last 14 days?
3. Have **YOU** experienced any cold or flu-like symptoms in the last 14 days (to include fever, cough, sore throat, respiratory illness, difficulty breathing, headache, loss of taste or smell)?
4. What was your temperature reading when you performed the self-check? (Must be below 100.4 degrees Fahrenheit)

#### **Transporting Equipment:**

1. Maintain a minimum of 6ft social distancing
2. Wear Masks
3. Sanitize hands before and after touching equipment
4. Wear new gloves when touching equipment (OR use clean hands and sanitize equipment/craft prior to team use)

#### **WATER TRAINING**

1. Masks will be necessary for all paddlers/ coaches at this time
2. Maintain a minimum of 6ft social distancing
3. Leave paddle bags and extra paddles in your cars
4. Personal PFD's, paddles, water bottles and eye protection are allowed -no sharing
5. Staggering of boat loading and unloading dependent on your location
6. Must wash your hands, paddles, PFD and eye goggles with soap and water immediately after practice
7. No lingering or gathering after practices
8. Cleaning (sanitizing) boats, drums and steering oars before and after all practices and after changing participants.

Paddles UP!!! So good to be back with our Family! Be Safe.

## Contact Surveillance Example Sheet (Complete On-Site)

Date	Time	Boat	Name	Liability Waiver	Temp	OC-1 Time Trials	Liability Waiver	Temp
7/25	9:30-10:10am	OC	Michael	Y	96.3	Randy	Y	96.9
		OC	Susan	Y	98.2	Robin	Y	97.7
	10:10-10:50	DB	Ann	Y	97.8	Steve	Y	97.3
		DB	Al	Y	97.8	Thea	Y	96.6
		DB	Thea	Y	96.6	Pat	Y	97.7
		DB	Cobb	Y	96.9	Patty	Y	97.8
		DB	Pat	Y	97.7			
		OC	Patty	Y	97.8	<b>Volunteers</b>		
		OC	Bridget	Y	96.8	Ben	Y	96.9
		DB	Patty	Y	97.8	Norma	Y	
10:50 - 11:30am	DB	Bridget	Y	96.8				
	DB	Kathy	Y	98				
	DB	Robin	Y	97.8				
	DB	Daria	Y	98.5				
	OC	Joel	Y	99.1				
	OC	Al	Y	97.8				
	DB	Joel	Y	<b>99.1</b>				
	DB	Melissa	Y	99.4				
	DB	Michael	Y	96.3				
	DB	Cobb	Y	96.9				
11:30am - 12:10p	DB	Kim	Y	97.7				

## References & Resources:

- 1) [USOC-Sports Event Planning-Risk Level Guidance](#)
- 2) [Center for Disease Control - Reopening Guidance for Cleaning and Disinfecting Public Spaces](#)
- 3) [COVID-19: How Long Can the Corona Virus Survive on Surfaces?](#)
- 4) [US Rowing: Reopen Boathouse Use](#)
- 5) [CDC - Getting Ready for Mass Gatherings](#)
- 6) [EPA Guidance for Cleaning & Disinfecting](#)
- 7) [Coronaviruses and Surfaces](#)
- 8) [IDBF Paradrageon Athlete Commission: Return to Dragon Boating \(V.1.1\)](#)