



FCRCC Restart of Introduction to Dragon Boat Protocol

1. Introduction to BC Restart Plan

On May 25, 2021, the BC government issued its Restart Plan. The four-step Restart Plan commenced immediately with Step 1. The BC Restart Plan provides the opportunity for FCRCC members in the dragon boat program to practice and compete in crew boats under rules established for our sport.

Steps 1 through 3 restrict the number of participants participating in sport at a practice or competition. For Introduction to Dragon Boat, those sessions are considered a practice. The masking and social distancing restrictions set out in the Public Health Order (PHO) in place at the time are lifted while participants are in the 'field of play'. The timing of movement between each step and the specific PHO restrictions for Step 2 and Step 3 have yet to be finalized and will be determined based on the levels of COVID case counts, hospitalizations and vaccination levels.

Movement from Step 1 to Step 2 will occur no earlier than June 15, 2021. Movement from Step 2 to Step 3 will occur no earlier than July 1, 2021. Step 4, the return to normal sports practice and competition, will occur no earlier than September 7, 2021. This FCRCC Restart of DB protocol will remain in effect until the BC Restart Plan moves to Step 4.

Step 1 of the BC Restart Plan:

- allows for practices and competitions for youth and adults within their home club;
- allows travel for sport to a participant's home club only;
- does not require physical distancing or masking on the 'field of play';
- requires physical distancing of 2m or masking off the 'field of play';
- sets a maximum group size of 50 participants for adults (and groups of youth mixed with adults) engaged in sport (we expect this restriction to be lifted by September and will revise as necessary);
- does not permit any spectators.

The governing Provincial Sports Organization (PSO) for the sport of boat and kayak for the BC Restart Plan is Boat Kayak BC (CKBC). CKBC reports through ViaSport to the Ministry of Health. In order to be protected from liability, a non-profit sports club such as FCRCC must follow the guidelines and protocols set out by its governing PSO. FCRCC is also complying with CKBC guidelines and protocols because FCRCC Sprint Boat is a CKBC member. In particular, FCRCC is adopting the CKBC recommendation that introduction to dragon boat sessions be limited to **25** participants (we expect this restriction to be lifted by September).

The BC Restart Plan, through a series of four steps, will gradually loosen the previous Phase 2 restrictions by allowing a low to medium number of 'contacts' with a low to medium contact intensity

among athletes within an outdoor sport team with a maximum of 50 participants while on the ‘field of play’.

‘Contact’ means actual contact or being within 2 metre distance during sports activities. For introduction to dragon boat sessions, paddlers will be in contact with the paddlers in front and behind them as they are within 2 metres while seated in the boat. Since there is no actual contact, this has a low to medium contact intensity.

The ‘field of play’ is defined as being in the boat ‘on the water’, and excludes being on the dock or on land. Outside the ‘field of play’, such as on the dock, on the dock ramp or on land, paddlers must follow the usual social distancing and mask-wearing precautions set out for Phase 2.

2. Maximum Number of Participants and Boats for DB Practices

Although Step 1 of the BC Restart Plan allows for a maximum of 50 adults participating in sport together, for DB practices, FCRC is adopting the CKBC recommendation to limit practices to 25 participants, with a maximum of 1 dragon boat per team per practice. Participants can include a coach in a coach boat so long as the maximum number of participants in a practice does not exceed 25 (see previous comment).

Paddlers may attend more than one Intro to DB session. Paddlers may also participate in another sport (e.g. volleyball, hockey, soccer) or paddling discipline.

Before an organization can participate in an Intro to DB session:

- (a) the organization must provide to the FCRC:
 - (i) the number of members who will be participating in the Intro to DB, session,
 - (ii) signed standard Intro to Dragon Boat waivers.

FCRC coaches and steerspersons will set practice crews at the beginning of each session. Club rules regarding paddling in False Creek and night-time paddling continue to apply.

FCRC coaches and steerspersons, with the assistance of teachers/chaperones will manage paddlers at practice and ensure they comply with the On Shore Protocol and the On Water Protocol, set out below at each practice.

3. Teachers and Chaperones

In advance of meeting on Granville Island, teachers and chaperones will be responsible for:

- (a) Asking paddlers the COVID-19 questionnaire (see attached schedule) prior to the practice and turning away paddlers who should be self-isolating, including those who feel sick, have travelled outside Canada, have been in contact with a positive COVID-19 case or are awaiting test results;
- (b) Ensuring members wear masks on land and on the dock.

4. On Shore Protocols

Phase 2 distancing and masking precautions as set out in the current PHO, must be maintained at all times when on shore. Paddlers must maintain physical distancing between paddlers as much as possible and must wear masks:

- (a) from the time of check-in with FCRCC coaches until seated in the boat, including at all times on land and on the dock; and
- (b) from arrival back at the dock until leaving the dock and FCCC after practice, including at all times when disembarking.

Teams may not access the dock until the previously scheduled team has cleared the area.

The general protocol for each practice is as follows:

- (a) Paddlers meet outside the False Creek Community Centre (i.e. on the tennis courts or the grass across from the East Shed);
- (b) Masks may be removed once paddlers are seated in the boat at the dock;
- (c) If there is congestion upon return to the dock, wait on the water until other crews clear the dock or boat ramp;
- (d) Upon return to the dock, paddlers must put on their masks before exiting the boat;
- (e) Masks may not be removed until the paddlers have exited the Alder Bay area.

5. On Water Protocols

Although 'contact' between paddlers is allowed while on the water, physical distancing should be maintained between crews as much as possible while on the water to reduce the number and intensity of contacts.

Paddlers may wish to wear face coverings during the entire practice or a part of a practice.

The following restrictions are recommended while on the water, except as may be necessary for safety purposes:

- (a) teams should maintain a 2-metre distance between boats during practice;
- (b) teams should not raft up while on the water, even if they are in the same team;
- (c) paddlers in a boat should avoid actual physical contact with each other;
- (d) nose blowing or spitting is prohibited in the boat or into the waters surrounding the boat;
- (e) teams should wait on the water for other teams to clear the dock before docking.

6. Cleaning Protocols

After each practice, coaches and steerspersons must bail and discard dirty water from the boats. Boats will be rinsed with clean water before next use.

7. Facilities and Equipment

False Creek Community Centre (FCCC)

Paddlers must follow all rules set by the Community Centre for use of the washrooms, meeting rooms and change rooms.

Paddlers are encouraged to leave valuables at home, or in their cars.

PFDs and Paddles

Club PFDs and paddles are available in the East shed for paddler use. Paddlers must maintain physical distancing while retrieving and storing paddles and club PFDs.

8. Outbreak Plan

If paddler tests positive for COVID-19, the paddler must immediately:

- (a) notify the school of the positive test result and whether or not he or she had attended an Intro to DB session in the last 10 days and if so, notify the FCRC;
- (b) notify his or her teacher of the positive test result; and
- (c) self-isolate for 14 days or as required by health authorities.

The school will notify the Club Administrator who will contact the appropriate health authorities for guidance the tracing and quarantine measures to be taken. The affected boats will be deep cleaned and may be unavailable for use for a short period.

If two or more paddlers who have attended an Intro to DB session within the last 10 days test positive for COVID-19, an 'outbreak' is declared. The affected boats will be deep cleaned and may be unavailable for use for a short period. The Club's DB sessions or other activities may be suspended if required by health authorities.

9. Resources

BC Restart Plan

<https://www2.gov.bc.ca/gov/content/covid-19/info/restart>

ViaSport Return to Sport Restart 2.0 chart

https://www.viasport.ca/sites/default/files/Return_to_Sport_Restart_2.0_Chart_6-1-2021.pdf

CKBC Bulletin 2021-8 Return to Play Updates May/June 2021

<https://drive.google.com/file/d/1bBPV86l-AmXGNgVY4CutkxZ8TwyhgGuW/view>

Appendix A to FCRC Restart of DB Protocol

COVID Questions

Questions to be asked before each practice:

- (a) Have you come in contact with anyone who has COVID-19?
- (b) Have you travelled outside of Canada in the last 14 days?
- (c) Are you feeling ill or do you have any of the symptoms of COVID-19?
- (d) Are you waiting for any COVID-19 test results?