

## **Paddling from the Boathouse - Protocols for COVID-19 Conditions (Version 4.0)**

### **Purpose**

To work within public health regulations to safely conduct scheduled paddles from the Cataraqui Canoe Club boathouse.

### **Preamble**

Scheduled paddles from the boathouse usually involve people in small groups arriving at the boathouse, signing out Club boats and associated paddling gear, taking the equipment from the boathouse to the docks and then going for a paddle. The reverse happens when members return from their paddle.

The two main concerns with respect to COVID-19 are maintaining physical distancing from others in and around the boathouse and dealing with contact surfaces that members may touch. These surfaces may be contaminated with the virus by exhalations or touching by others or the member may contaminate these surfaces by exhalations or touching. Such surfaces include the sign-in table, sign-in sheet and pens, paddling gear (boats, paddles, safety equipment, pfd's), door knobs, light switches, step ladder and fork-lift to access high racks, and washroom facilities.

With respect to physical distancing, which must be observed inside and outside the boathouse, except among persons of a social circle (e.g., members of same household), the approach will be to:

- i) provide guidance to achieve 2 m spacing between members waiting to enter the boathouse
- ii) control how many people are in the boathouse at a given time
- iii) require masks to be worn in the boathouse because of physical distancing challenges indoors
- iv) ensure the volunteer supervisor is well separated from members coming and going

With respect to contact surfaces, the general approach will be to:

- i) **disinfect** hands when arriving and leaving
- ii) **disinfect** hands immediately before and after using a fork-lift or stepladder
- iii) **wear a mask** while in the boathouse to avoid contaminating surfaces from exhaled droplets
- iv) **minimize** the touching of surfaces
- v) **restrict** the touching of some surfaces to one person (i.e., volunteer)
- vi) **disinfect** certain borrowed equipment before and after use
- vii) **disinfect** washroom surfaces before and after use

## **Protocols for Volunteer Supervisor**

- 1) Put on a mask prior to entering the boathouse.
- 2) Open the person door and boat door upon arrival to provide fresh airflow to boathouse.
- 3) Disinfect your hands with hand sanitizer (provided by Club).
- 4) Set up a registration table outside the boat door and set out hand sanitizer, masks, disinfectant and towels for wiping equipment, waste container for used towels and cones to mark 2 m spacing for the waiting line.
- 5) Turn on all interior lights so members do not have to touch light switches.
- 6) Open interior doors and use door stops to keep the doors open so members do not have to touch doors.
- 7) Instruct arriving members to immediately use hand sanitizer (provided), put on a mask (their own or provided) to enter the boathouse, and to minimize unnecessary touching of surfaces while in the boathouse.
- 8) Confirm the membership of participants.
- 9) Record the name of each member and the name and phone number of any guests to facilitate contact tracing.
- 10) Control the number of members (including family members and/or guest) admitted to the boathouse at a time to avoid congestion and challenges to achieve physical distancing. If a member needs assistance with boat removal, request another member to help (while wearing a mask and maintaining 2 m physical distancing).
- 11) Require members to disinfect their hands with hand sanitizer immediately before and after use of a fork-lift or step ladder to access boats stored high on the racks.
- 12) Record the equipment borrowed by members on the sign-out sheet (members do not touch sign-out materials).
- 13) Advise members on protocols for washroom use (see below).
- 14) Record the return of equipment on the sign-out sheet.
- 15) At close-out time, move the registration and health safety materials back inside, close interior doors, turn off lights, and close the boat door.
- 16) Disinfect your hands with hand sanitizer and exit by the person door.

## **Protocols for Participating Members**

- 1) Maintain a physical separation of 2 m from individuals not from your household at all times, including while lining up to enter the boathouse.
- 2) Wait to be invited to enter the boathouse to borrow (or return) equipment.
- 3) Disinfect your hands with provided hand sanitizer before entering the boathouse.
- 4) Identify yourself to the volunteer to confirm your membership.
- 5) Provide the name and phone number of any guest.

- 6) Put on a mask to enter the boathouse (bring your own mask or Club will provide one).
- 7) Select the equipment you will use, minimizing unnecessary touching of other surfaces. If you need to use a fork-lift or step ladder, disinfect your hands with hand sanitizer immediately before and after use.
- 8) Remove the equipment from the boathouse and advise the volunteer of the equipment you are borrowing for the record.
- 9) Once the equipment is outside the boathouse and before carrying the paddles to the docks, disinfect the paddles with provided disinfectant and towels.
- 10) Upon returning from paddling, again disinfect the paddles using disinfectant and towels. Put on your mask to re-enter the boathouse and return all equipment to original storage locations.
- 11) Advise the volunteer when all equipment is returned.
- 12) Disinfect your hands upon departure.

### **Protocols for Use of Washroom**

- 1) Keep your mask on while inside the boathouse.
- 2) Disinfect all contact surfaces with disinfectant and towels (provided by Club) in advance of use, including:
  - stall door latches (inside and outside)
  - toilet cover and seat
  - toilet lever
  - faucet handles and sink.
- 3) Wash hands with soap and water before and after use of facilities.
- 4) Disinfect all contact surfaces with disinfectant and towels again before leaving washroom.

Surfaces that may become contaminated by the virus in the course of a boathouse paddling event that are not disinfected (e.g., some paddling equipment, fork-lift) are expected to pose minimal risk after the passage of 48 hours. As such, paddles from the boathouse will not be scheduled on back-to-back days.