

Level 3

- No events
- No team-boat paddling
- Low risk individual training within 250m of shore. Stay within your competency - don't attempt anything risky or new.
- Paddling venue is within your region
- Clubs closed and boats stored at home (one in – one out policy on collection of boats and contact tracing/sanitizing practices in place for boat collection)
- Implement a personal safety plan within your bubble – check in regularly by phone with someone in your bubble or have someone on shore, wear pfd or have one on your boat etc
- No organized coaching sessions or mixed bubble recreation or training allowed
- It is recommended that paddlers don't share boats, if members are using club boats/equipment they must be sanitized before and after use (detergent sprayer) and physical distancing observed when collecting or returning equipment.
- Maintain health practices – wash and dry hands frequently, cough/sneeze into elbow
- Records, including contact phone number, must be kept for all those entering club venues
- Use government Covid Tracing app and supply QR code

Level 2

- Outdoor gatherings limited to 100 people – includes competitors, club support people, officials, volunteers, spectators
- Pre-registration will be needed to ensure the 100 person limit is maintained
- Can resume training sessions if safe practices are in place
- Able to run 10km Series Races under below guidelines
- Physical distancing maintained (1m outdoors, 2m indoors)
- No team-boat paddling
- Undertake public health measures (Sanitising/hand washing practices in place)
- Ensure contact tracing processes in place for training and events
- Symptomatic people not permitted at events or training
- Maintain good health practices – wash and dry hands frequently, cough/sneeze into elbow
- Able to travel to events
- Records must be kept for those entering club venues, attending training sessions and events

Level 1

- Events permitted as normal - No limitations on gatherings or travel
- Symptomatic people asked to stay home
- Can resume normal training sessions
- Physical distancing encouraged as much as practical (1m outdoors, 2m indoors)
- Undertake public health measures (Sanitising/hand washing practices in place)
- Maintain good health practices – wash and dry hands frequently, cough/sneeze into elbow
- Records must be kept for those entering club venues and attending training sessions and events

Resources

Covid Tracer App

Register for your Tracer QR: <https://qrform.tracing.covid19.govt.nz/>

Note: You can set these up for your club or for each event you run. If you hold your event at a different location you must register a new QR code. It's really easy!

Posters

A variety of useful posters can be printed regarding QR codes, distancing, hygiene etc.

<https://covid19.govt.nz/updates-and-resources/posters/>

Running an Event at Level 2 (e.g. 10km Series)

**These practices can also apply to club training*

Contact Tracing

Contact tracing details mandatory from all attendees no matter what their role. To include:

- Club paddlers, managers, coaches, spectators, volunteers etc.
- Vendors and Contractors
- Staff and Officials

Use a manual (written) register and also the government Covid Tracer App (as above "Resources").

General

All equipment to be initially sanitized then re-sanitised between users, e.g.

- Radios
- Speaker system/megaphone
- Numbers

Tents should be erected by members of the same bubble.

No-one with symptoms will be permitted at the event (runny nose, sneezing, cough, sore throat, temperature).

Anyone that develops symptoms during the event should be isolated immediately and sent for testing.

Plenty of hand sanitizer and sanitizing spray to be available.

Race Control

One volunteer if possible, otherwise two volunteers seated at table at least 1m apart (or closer if they are from the same bubble).

- One volunteer handling numbers with gloves
- One volunteer handling the paperwork
- Hand sanitizer used frequently
- Numbers initially sanitized then again after every use
- Paddlers line up at least 1m apart take numbers one at a time
- Paddlers **not** required to bring boats through Race Control

Boat Control

No boat control required at club run events.

Starters

One starter only unless from the same bubble.

- All equipment sanitized before and after use

Finish

10km

Refer to the "10km Race Guide" which uses Webscorer timing.

- Use minimal personnel on timing – suggest 2-3 max
 - Personnel: 1 (or 2) recorder(s), 1 timer
- Ensure people are spaced 1m apart, unless from the same bubble.
- Maintain safe health practices
- Sanitise equipment before and after use

Sprint

Recommend the timer-less, 6-lane sprint system be used for sprint events to minimize equipment required and contact. *Refer "Club Race Guide".*

Personnel:

- Finish Judges (recorders) x 2
- Progression Judge x 1
- Personnel spaced at least 1m apart (closer if from the same bubble)
- Eliminate personal contact as much as possible
- Any printing to be distributed should only be touched when wearing gloves
- Runner should use gloves for handling and delivering paperwork to Race Control
- Hand sanitizer used frequently

Catering

No catering will be supplied at club run events under level 2.

Safety

The club must develop a robust safety plan. If water is shallow (i.e. paddlers can stand or they are very close to shore) an on-water safety boat may not be necessary. In all other cases there should be at least one on water safety vessel.

It is preferable that a course is used that would allow for minimal contact should a paddler need assistance (i.e. a shorter course closer to the shore). Throw bags should be used to minimise contact with paddlers.

All attempts will be made to minimize contact but the first priority will be the wellbeing of the patient. Spraying of the vessel and hand sanitizing of the personnel will be undertaken between rescues.

Where possible, allow the rescue patient to enter and leave the boat without physical contact.

Medical emergencies

In an emergency situation all attempts will be made to minimize contact but the first priority will be the wellbeing of the patient.

- If possible, in the first instance have people from the patient's bubble make physical contact with the patient
- Medical personnel to touch the patient only if absolutely necessary
- Medical personnel to ensure hands sanitized before and after contact

Course set up

If setting buoys, club personnel will need to ensure minimal contact. If possible use one person to drop the buoys to eliminate contact or use people from the same bubble.

Prizegiving

- Maintain physical distancing of 1m at all times including podium placings spaced 1m apart
- Ribbons/medals to be laid out on table and winners to collect as they walk up to the podium
- No hand shaking, hugs, etc

Vendors/Contractors

Recommend you avoid using vendors/contractors at club run events.

Spectators

- Tents will be spaced at least 5m apart
- Seating inside tents spaced 1m apart and attempt to maintain good social distancing
- Travel to and from the event should be maintained in 'bubbles'
- Accommodation should be maintained in 'bubbles'
- All attendees required to provide the Club with lists and contact details for ALL attending

- **Traffic management system** must be in place to ensure all attendees are captured and vehicles parked 2m apart if possible
- Own food must be provided and all rubbish taken away with you

Communication

Ensure all attendees are provided with appropriate information, i.e.

- Safe practices information i.e. wash and dry hands frequently, cough/sneeze into elbow,
- Physical distancing expectations – 1m indoors (including tents), 2m outdoors
- Contact details for all attendees required
- Manage food within your bubbles – do not share food
- Remove your own rubbish

Meetings

Any meetings will be held in a way to minimize contact.

- One representative only per club/sub-group
- Minimal officials present
- Chairs shall be spaced at least 1m apart
- Hands sanitized on entry and departure
- No-one with symptoms permitted to the meeting