

## Victoria Canoe & Kayak Club

### End Of December 2020 COVID-19 Mitigation Changes.

Regrettably I must inform all members, to comply with current provincial protocols to combat the spread of COVID-19:

- **VCKC members must not paddle or meet in groups larger than two persons.**
- **All paddle craft must be paddled solo (unless a tandem canoe is paddled by members of one household).**
- Masks must be worn at all times in and around the clubhouse/compound/dock area.
- Physical distancing remains at the increased distance of 3M (10')
- **Groups in or around the clubhouse/compound/dock area must be no greater than two persons.**

We must also acknowledge the Provincial restrictions of traveling outside our home areas. It might be helpful to think of where would you be taken if you needed medical assistance? If you would not be taken by ambulance to the hospital closest to your home you are probably traveling farther than the Provincial Health Officers orders intend.

The other components of our mitigation plan continue to be of vital importance. Hand washing, including cleaning equipment and touch points are key. As well as isolating when feeling symptoms of the virus and avoiding high risk areas and situations.

There will be continued province wide assessment of mitigation strategies and I expect more information January 8th. We can only hope these strict measures will be having the desired effect.

Thank you for your cooperation in these matters.  
Looking for good times to come. Soon!

Cheers  
Tim Marks  
President, VCKC

*The complete VCKC COVID Mitigation Plan from June 2020 is on the following pages*

## **VCKC Coronavirus Mitigation June 2020**

### **Approved by Victoria Canoe & Kayak Club, June 9, 2020 via Zoom Executive Meeting**

There are no dates in this document as we have some constraints given by the Provincial Government, Provincial Health Authority, Governing Sport Bodies, and our Landlord, Saanich. It is hoped to begin this initial opening of parts of the club in mid-June. Maybe implementing OC6 paddling near the end of June if the unfolding of phase 3 provincially goes well.

As the Province, and particularly Vancouver Island is doing well at containing the spread of this Coronavirus, our community is opening up a little and feeling our way into the “New Normal”. VCKC Executive and Program Directors have been planning how to reinstate some paddling at VCKC. Under the direction of the Provincial government and Health Authority, our plans will be following the three tenets of:

- 1) Physical Distancing
- 2) Hand Washing and associated cleaning/disinfecting
- 3) Self- isolating when required

Even though currently, the Island area appears benign, COVID-19 is still contagious and without a vaccine. The procedures introduced here are attempts to mitigate the threat of infection and in no way is VCKC implying we are eliminating the threat posed by the current pandemic. We encourage each member to assess their personal risk levels and make the best decisions for themselves and their circle of contacts.

Our mitigation principles recognize infection is the result of; the amount of exposure to the virus; over a given time. (Exposure to a violent sneeze takes only seconds and will result in a large dose of infectious material, whereas, walking past a person outside, both breathing at a relaxed rate and not talking will present minimal risk.)

VCKC is a member/volunteer run organization. You are not buying a service. You are purchasing an opportunity to serve with others doing the things you like to do. There is no paid staff to assure our well-being. Let's work together to keep everyone safe, doing the things we like to do.

- At this time, activities will be maintaining physical distancing of 2M; ensure regular cleaning/disinfecting; and insisting on self -isolating when necessary.
- Group sizes are reduced, typically to 6, unless otherwise noted. Social gathering is now an outside activity, time spent inside would be kept to a minimum. Use of your own paddling equipment is strongly advised. Now is the time to purchase your own PFD and paddle. (And whistle!)
- Most paddling rescues will threaten our 2M distancing rule, therefore, activities should be structured to be within the capabilities of those participating to keep the probability of a required rescue low.

- Bringing your own Hand Sanitizer is strongly advised (and use it often).
- If a member is returning from out of Canada or an area of increased risk of infection, it is expected they will self-isolate for 14-days before participating in Club activities. If a member is suffering from a fever, cough, or any symptoms in common with Coronavirus they are to self-isolate for 14-days or found to be Covid free. (Some symptoms of COVID-19 are fever, chills, new or worsening cough, shortness of breath, sore throat, new muscle aches, or headaches.)

#### **A. General Building and Grounds and Equipment Access**

There is limited access to the lower level of the building including under the deck, compound, yard, and dock.

- Anyone entering the clubhouse or using club equipment or participating in any club group activity must sign in with contact information. There will be a sign-in book just inside the basement door. Please make entries to this record legible and accurate as this will be used to track individuals should the need arise due to an infection outbreak.
- The first time you return to the clubhouse **please sign** a double-sided updated waiver form located near the sign-in book and put it in the box provided. It is becoming a common requirement of insurance companies that people acknowledge the risk of contracting Coronavirus or a multitude of other infections.
- There is a limit of **4 people in the compound** area at one time.
- There is a limit of **2 people in the lower level and under the deck**.
- There is **no access to the main level** of the building.
- People are reminded, the longer one is exposed to the virus the greater the risk. Spending time in the confines of the building increases personal risk.
- Access to club equipment is governed through each program director or their designate.
- The lower level washroom is available for use, but it should be remembered that prolonged exposure to limited air flow increases risk. Cleaning supplies/wipes will be provided, and it is expected each user will clean all touch points before and after use.
- Users of keypads and door handles will use the cleaners provided after use. (Stored just inside basement door and at compound gate)
- Use of club personal equipment is strongly discouraged. PFDs are particularly difficult to clean and should only be used as a last resort. If club PFDs are used, the user will wash them in the downstairs sink with soap, paying particular attention to the front of the jacket that receives much of the moisture of breathing. After washing, the PFDs are hung to dry. PFDs should only be used after they are thoroughly dry.
- Club paddles are to be cleaned with provided cleaning materials after each use.
- Paddleboards, Canoes, and Kayaks should be washed at the outside hose before returning to the rack. Boat safety equipment will be left as a set with each boat.

#### **B. Program Specific**

##### **B.1 Big Canoe**

The big canoe program **remains closed** at this time. Maintaining physical distancing is not possible.

## **B.2 Canoe**

The RCABC (Recreational Canoeing Association of BC) has developed COVID-19 mitigation strategies that VCKC is using as a guide to continue teaching and provide access to solo and tandem Canoes.

Complete RCABC recommendations can be found at [bccanoe.com](http://bccanoe.com):

[RCABC Covid Recommendations - Approved May 26.pdf](#)

- Any private use of club canoes must have prior permission from the program director or designate. Please be sure to also use the sign-in book and use the cleaning materials provided.
- Check the club's website for information on courses and contact the Program Director, [canoe@vckc.ca](mailto:canoe@vckc.ca)
- In summary the "New Normal" will
  - a) maintain Physical Distancing,
  - b) replace inside classroom instruction with outside instruction, and
  - c) modify the teaching of rescue methods, emphasizing those that can maintain a 2M Distancing.
  - d) (When shuttles for moving water trips are required, the following measures will be taken: minimize long shuttles by having participants drive their own vehicle to the area,
    - (1) bring enough vehicles to ensure at least 1 empty space between passengers,
    - (2) sanitize hands prior to entering/exiting a shuttle vehicle,
    - (3) wear face masks during the shuttle and leave the windows open during the shuttle.)
- Upon completion of courses all club equipment will be washed/disinfected under the supervision of the Instructor.

## **B.3 Dragon Boat**

The dragon boat program remains closed at this time. Maintaining physical distancing is not possible.

## **B.4 Kayak**

- Solo kayaking and tandem kayaking if members are from the same household will be permitted.
- Maximum group size is 6 kayaks.
- There will be opportunity for individual use on the upper Gorge, lessons, and club sponsored day trips. Check the website for group activities.
- Check with the kayak booking coordinator [kayakbooking@vckc.ca](mailto:kayakbooking@vckc.ca) before using club kayaks.

- If possible the distance rescue recovery method should be used.  
<https://www.youtube.com/watch?v=gIbnfGjTJdw&feature=youtu.be&fbclid=IwAR2j0Z5Mr16knkgByyPqScNcsOUWVgomx9ztkfpJGPfZ7Pdv4-khxbGxLSg>
- Each time anyone is at the club they must sign into the registration book at the basement door (legibly and currently accurate).

### **Running Kayak Courses**

- Limit the course to **six** participants.
- Boats, PFDs and paddles would be cleaned after the course and not utilized for any other purpose until dry between courses and/or member use. ( see cleaning information in General Section) Since the purchase of a PFD is a significant purchase and one that requires knowledge of the subject matter, the Club may provide one for the course duration to members new to the paddling sport.
- During the assisted recovery teaching section, the person in the upright recovery boat would don a mask and wear gloves. (Only portion that requires some level of close contact). If possible the rescue
- The classroom portion of the session must be presented in an outside area that allows for proper social distancing.
- If multiple training groups are established, they will be kept intact so that the same group of people are training together, and the circle of potential contact is not expanded unnecessarily.
- Responding to an incident on or off the water (tips/other injury) may cause a leader to come in physical contact with a paddler. As such, leaders should always have gloves, masks and hand sanitizer available to protect themselves and paddlers should contact become necessary.
- Paddlers who are likely to capsize and need rescuing should not be on the water or should use a more stable boat. Where and when possible, paddlers should self-rescue to avoid contact with others.
- During this time, unnecessary risks should be avoided. Paddlers and leaders should use common sense to avoid any situation which involves undue risk and the potential need for emergency personnel to respond, or that unnecessary personal contact becomes necessary.
- Upon completion of courses all club equipment will be washed/disinfected under the supervision of the Instructor.

### **B.5 Marathon Canoe**

- New members to the Marathon program should contact the program director to set up an introductory session before dropping into the program. [marathoncanoe@vckc.ca](mailto:marathoncanoe@vckc.ca)

- Group marathon program to initially take place on the following days/ hours:
  - (1) Tuesdays: 8:30 – 10:30 am
  - (2) Thursdays: 8:30 – 10:30 am
  - (3) Saturdays: 8:00 – 10:30 am
- Each time anyone is at the club they must sign into the registration book at the basement door (legibly and currently accurate).
- Marathon paddlers are required to provide their own PFDs, paddles, water bottles, etc., all of which are to remain outside the clubhouse at all times.
- Access to the clubhouse via marathon director or designate only (no independent club access).
- Maximum clubhouse occupancy at all times: two people (restricted to lower club/boathouse).
- Same people to use a particular canoe are to transport the canoe from outside the clubhouse and to/from the dock.
- Staggered entry to the water from the dock to maintain physical distancing.
- All equipment (e.g., footrests) to be washed and disinfected prior to replacement.
- All canoes to be washed and touched surfaces are to be disinfected prior to replacement in storage location.
- Physical distancing and hand washing to be available and adhered to at all times.
- Washroom to be disinfected, if used.
- Any necessary boat repairs to take place outside marathon session hours and when the club is not otherwise in use.
- Protocol subject to modification by marathon director in consultation with club executive.

## **B.6 Stand Up Paddleboard (SUP)**

SUP paddling will be available on the upper Gorge.

- Before using club boards one must sign up with the program director or their designate. This is to ensure everyone knows the protocols of using/cleaning/storing the club equipment and has the basic skills to safely paddle the upper Gorge, particularly avoiding Tillicum rapids.
- Physical distancing must be maintained at all times, in the clubhouse/grounds/docks and on the water.

- The club has 4 inflatable boards that can be signed out through the program director. Each time anyone is at the club they must sign into the registration book at the basement door (legibly and currently accurate)
- Check the website for club organized SUP activities
- Paddles and boards will be wiped down after use and put in racks. Use of privately owned PFDs are strongly encouraged. If a club PFD is used it must be washed in the sink with soapy water and hung to dry.

### **B.7 Outrigger**

- Single outrigger will be restarted.
- OC2 will be restarted if both members are from the same house grouping.

Sometime in the near future, after the initial restarting of VCKC, if there is continued opening up of government guidelines, OC6 may resume paddling the Upper Gorge with the following understanding,

- Paddling teams will be groups of 7 or less. There will be no randomly adding spares. The 7th person is a regular team member and does not rotate into other teams.
  - The members of the team realize, adding people to their circle of contacts increases the risk of contracting the virus.
  - Sitting closer than 2M is an increased risk factor. This is somewhat mitigated by being outside. A mask is advisable to reduce the risk to those around the wearer.
- Paddlers must avoid paddling in conditions that may require rescues.