

Return to Paddling Guidance for FDPM Members

With effect from 1 July 2020 the NSW government approved the resumption of community sporting activities, including training sessions. Gatherings for community sporting activities, including training sessions, must not exceed five hundred (500) persons. If the activity involves more than twenty (20) persons, the organiser must have a Covid-19 safety plan in place. DBNSW has issued guidance, also effective from 1 July 2020, permitting clubs to return to dragon boat training with up to 20 persons (including a maximum of 18 paddlers) in a Standard (20s) boat and up to 12 persons (including a maximum of 10 paddlers) in a Small (10s) boat.

On 1 July 2020 the FDPM Board reaffirmed its earlier decision that the club should resume dragon boat training from Saturday 18 July 2020. Prior to that date the club will have to put in place a number of measures to ensure that paddling can be resumed safely. Those measures are detailed in the following paragraphs.

Covid-19 Safety Plan

DBNSW requires all member clubs to have an approved Covid-19 Safety Plan in place before resuming paddling training sessions. FDPM's safety plan was approved by DBNSW on 25 June 2020; the plan has since been updated to reflect more recent guidance regarding the resumption of community sport and, more specifically, dragon boat training. The club's Covid-19 safety plan is aligned with the Australian Institute of Sport Framework for Rebooting Sport, current NSW government Public Health Orders, Work, Health and Safety laws and DBNSW guidelines. The plan is available on the club's website on the new Covid-19 page. All FDPM members are encouraged to read the plan and take note of its provisions.

Covid-19 Safety Coordinator

Rob Cook is FDPM's designated Covid-19 Safety Coordinator. Please contact Rob (ph 0401 161 173 or rgc209@hotmail.com) if you have any queries regarding the club's Covid-19 Safety Plan or these guidelines.

Member Health and Safety

In planning the return to paddling in the Covid-19 era FDPM's highest priority is members' health and safety. **It is vital that no member should feel obligated to resume organised paddling training until they are comfortable with doing so.** Members should also be aware that with the numbers now permitted to paddle during training, once in the boat paddlers will inevitably be seated within 1.5 metres of others and, in many cases, will occupy the same seat. In considering whether and when to resume training, members must put their personal health first and foremost. Members are encouraged to implement their own personal risk mitigation strategy that should include not entering the club's facility or attend club training sessions if you:

- have any flu-like symptoms or have a high health risk (including seniors and those with pre-existing respiratory or other health conditions that make you more vulnerable to contracting illness);
- have Covid-19 or have been in direct contact with a known case of Covid-19 in the previous 14 days;
- have travelled internationally in the previous 14 days;
- generally feel unwell;
- feel that your personal health is at risk.

The club will not be conducting health checks on members attending training sessions; rather we rely on members taking responsibility for monitoring their own health and being considerate of others.

If, during a training session, you feel unwell inform your sweep or coach immediately.

Training sessions

For the first few training sessions coaches will select crews containing a mix of social and sports paddlers. The aim will be to get paddlers reconnected with the activity, with each other and with the club. Training sessions will be of 40-45 minutes duration and coaches will structure sessions to take into account paddlers' varying levels of fitness and endurance. These first sessions will largely be social, comprising mainly short periods of continuous paddling and plenty of breaks. There will be no high intensity activities, e.g. race starts or sprints, involved.

Once the club has a better feel for the number of members returning to the water and coaches are satisfied that members are ready to do so, the club will transition to our traditional A and B sessions plus weekday afternoon sessions.

Continuing to observe social distancing

Other than when unavoidable, e.g. when loading and unloading boats and when seated in boats, members should observe social distancing and maintain at least 1.5 metres from others. Unnecessary physical contact between members, e.g. hugs, handshakes and high fives, should also be avoided.

Hygiene requirements

A number of hygiene requirements have been introduced that members will be expected to comply with.

For each training session a sanitiser station will be established at the entrance to The Shed. Members should use the sanitiser on arrival and at other times as required.

Boats are to be washed down after each session by the crew using that boat. After wash down high touch areas in the boats such as seats, gunwales, bailers

and sweep oars are to be cleaned/sanitised. The frames of the moving dollies are also to be cleaned/sanitised. The sweep designated for the boat is responsible for ensuring the wash down and cleaning/sanitising requirements are met. If a boat is being used for back-to-back sessions, the wash down will be delayed until after the final session, however, the crew completing a session is to clean/sanitise the high touch areas prior to the boat being handed over to the next crew.

The club will provide supplies of sanitiser, cleaning products, spray bottles, cleaning materials and Personal Protective Equipment (PPE) for cleaning/sanitising boats and other club equipment and facilities.

Individual members can further assist in preventing the community spread of Covid-19 by:

- staying home if feeling unwell or having experienced flu-like symptoms within the past 14 days;
- getting the seasonal flu shot;
- downloading the CovidSafe app;
- showering at home before and after training;
- adopting a **“Get in, train, get out”** mentality;
- using only your own water bottle and not sharing personal equipment;
- washing/cleaning any shared equipment; and
- washing own uniform and equipment.

Members who wish to wear PPE (e.g. masks or gloves) while paddling are to provide their own equipment.

Attendance records

The club is required to record the names and contact details of all persons attending training sessions and retain those details for 28 days. Should there be an outbreak of Covid-19 that potentially involves a club member or members who have been at training, the attendance records will be provided to NSW Health to assist with contact tracing.

To avoid multiple members handling paper and pens to sign-in for a training session, the club is going to trial a different sign-in procedure as follows:

- a list of attendees for a session will be printed out from the FDP website Weekly Events page where members have registered for training sessions;
- the printed list will be held by a designated member at the entrance to The Shed and attendees should see that member to have their attendance confirmed;
- the key board will be relocated to the entrance so that car keys can be left when checking in;
- paddling levies will also be collected at the entrance. Members should ensure they bring the correct payment for levies so that unnecessary handling of cash is avoided:

- space will be provided at the entrance to The Shed for members to leave tops after warm up;
- keys and clothing will be available for collection from the entrance of The Shed on completion of the training session.
- for security purposes either the entrance to The Shed will be locked or a designated member will be present at The Shed at all times while training sessions are taking place.

Keeping numbers in The Shed to a minimum

Other than when boats are being moved in The Shed, no more than 12 persons should be in The Shed at any time. As far as is practicable, when in the Shed members should maintain physical distancing.

Members should not enter The Shed unless they have good reason to do so, e.g. assisting with boat movements.

Sweeps will direct their crews to move boats in and out of The Shed as required.

Loading/unloading boats

Designated sweeps will direct loading/unloading of their crews

Loading and unloading should proceed as quickly as practicable without compromising safety. If appropriate, sweeps should consider loading or unloading at the beach area adjacent to the boat ramp so as to avoid crowding on the pontoons.

Individual training equipment

Members using the erg or the OCs for individual training are responsible for cleaning/sanitising the item after use.

REMINDER

Put your own health and safety first and only resume paddling training when you feel comfortable with doing so.

Do not attend training if you feel at all unwell.