

Jericho Paddling Club Restart of OC6 Protocols

BC Restart Plan provides the opportunity for Jericho Paddling Club (JPC) members to practice and compete in crew boats under rules established for our sport.

Steps 1 through **Step 3** restrict the number of participants participating in sport at a practice or competition. 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.

JPC Restart of OC6 protocol will start June 15, 2021 and remain in effect until the BC Restart Plan moves to **Step 4**.

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; and does not permit any spectators.
- governing Provincial Sports Organization (PSO) for the sport of canoe and kayak for the BC Restart Plan is Canoe 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 JPC must follow the guidelines and protocols set out by its governing PSO. JPC is adopting the CKBC recommendation that outrigger practices and competitions be limited to 25 participants.
- Canadian Outrigger Racing Association (CORA), while not a designated PSO or a National Sport Organization (NSO), has also issued guidance for the resumption of OC6 practices which JPC has considered when preparing this protocol for JPC members.

- BC Restart Plan, through a series of four steps, will gradually loosen the 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-meter distance during sports activities. For OC6 practices, paddlers will be in 'contact' with the paddlers in front and behind them as they are within 2 meters while seated in the canoe. Since there is no actual contact, this has a low to medium contact intensity.
- 'field of play' is defined as being in the boat 'on the water' and excludes being on the ramp or on land. Outside the 'field of play', such as on the ramp, moving boats or while in the compound, paddlers must follow the usual social distancing and mask-wearing precautions and all rules set out by the Jericho Sailing Center (JSCA) set out for Phase 2.
- JPC is adopting the CKBC recommendation to limit practices to 25 participants,
- Paddlers may belong to more than one OC6 team/program and attend practices with each team/program. Paddlers may also participate in another sport (e.g. volleyball, hockey, soccer) or various paddling disciplines within JPC. We do, however recommend that you try to keep to the same 'cohort' or 'group' as much as possible.
- club requirements apply to all participants, this includes current membership with JSCA and JPC, with all membership dues paid and up to date including CORA.
- All members must adhere to the Jericho JPC Safety Policy and Code of Conduct Policy (<http://www.jerichooutrigger.com/membership.html>)
- Paddling Club Participants must also have demonstrated successful completion of an OC6 huli recovery.
- **Drop-in paddlers and guests are not permitted at this time.**

Before JPC Members can start practicing in the OC6 the following is required;

1. Full names of all paddlers who intend to participate in OC6 practices (emailed to the board)
2. *A Restart of OC6 Adult Acknowledgement of Risks* signed by each paddler.

Practice Management

Paddlers are advised to sign-up for practice on-line (we will reinstate the 'doodle' or similar) in advance of the practice to generate seating rosters and plan prior to practice to minimize time in or around the compound or on the ramp where physical distancing cannot be maintained. There must be a minimum of 5 and maximum of 6 per with one qualified steers-person to take out an OC6. As we will not want more that 6 people at the wash stations or locker area at time, **start times should be staggered** to accommodate this.

Skirts will not be provided on the OC6s (in the short term), steers-persons should assess weather conditions, including wind and rain, and use reasonable judgement in deciding whether to cancel practice in inclement weather club rules regarding use of canoes as per the JPC Safety Policy and Code of Conduct apply.

Rosters should remain fixed as much as possible from practice to practice to reduce the number of contacts each paddler is exposed to over the course of a series of practices (e.g. keep the same people in each boat as much as possible).

Paddlers should assess risk exposure or vulnerabilities and **discuss participant's levels of comfort** with crew composition.

Paddlers should ensure they **comply with the JSCA Compound Protocols**, the **On Water Protocol**, and the **Cleaning Protocol** set out below at each practice.

Leaving and Returning

One canoe is allowed through down the ramp at a time. If more than one canoe is going out the next crew must wait until the previous crew is **completely finished** and has exited the JSCA compound; we don't want more than 6 at the lockers or wash area at one time.

Shore Protocols

Distancing and masking precautions as set out in the current PHO, must always be maintained when on shore and in the JSCA compound. Paddlers must maintain physical distancing between paddlers as much as possible and JSCA rules regarding mask usage must be followed.

Water Protocols

'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:

- Crews should maintain a 2-meter distance between canoes during practice, including any accompanying OC1s or coach boats
- Crews should not raft up while on the water, i.e to swap paddlers, gear etc.
- Crews should not travel in single file behind each other, even if greater than 2 meters apart
- Paddlers in a canoe should avoid actual physical contact with each other
- **Nose blowing or spitting is prohibited in the canoe or into the waters surrounding the canoe**
- Splashing should be minimized while bailing
- Teams/programs should not engage in practice races, starts or other practice pieces with other team/programs (JPC or otherwise) that may be on the water at the same time; and crews must wait on the water for other crews to clear the ramp before returning.

Protocols

Before each practice, paddlers should bail any accumulated rainwater from each canoe

After each practice paddlers **must**:

- **Bail** and discard dirty water from the canoes;
- **Wash** any scum and sand off the outside and inside of the canoe;
- **Rinse** the boat thoroughly with water, inside and out, and bail excess water.
- **Place** the covers on the canoes, if a cover is available.

Plan for positive test result

If a JPC member tests positive for COVID-19, the member must immediately:

- notify the JSCA and JPC club of the positive test result and whether he or she had attended an OC6 practice in the **last 10 days**
- **self-isolate for 14 days** or as required by health authorities.

JPC and Sailing Center will contact the appropriate health authorities for guidance on the contact tracing and quarantine measures to be taken. The affected canoes will be deep cleaned and may be unavailable for use for a short period. Members of the club that paddled with that member may be required to quarantine and the club's OC6 practices may be suspended if required by health authorities.

Two or more JPC members who have attended OC6 practices within the last 10 days test positive for COVID-19, an 'outbreak' is declared. The affected canoes will be deep cleaned and will be unavailable for use for a short period. Members of the club may be required to quarantine and the club's OC6 practices or other activities may be suspended if required by health authorities.

Resources

Restart Plan

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

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

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

<https://drive.google.com/file/d/1bBPV86I-AmXGNgVY4CutkxZ8TwyhgGuW/view>

OC6/OC12 Resumption

<https://canadianoutrigger.ca/bc-oc6-oc12-cohorts-resumption/>

JPC Restart of OC6 Protocol

Questions to ask yourself before **each** practice:

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

If you answer "yes" to any of these four questions DO NOT come to practice inform your steers-person.



jerichooutrigger.com

[Jericho Paddling - Membership](#)

The Jericho Paddling Club brings outrigger, surfski and SUP paddling to Jericho Beach in Vancouver, BC Canada. We're located at the Jericho Sailing Centre at the foot (north end) of Discovery Street in Vancouver.



www2.gov.bc.ca

[BC's Restart](#)

BC's Restart is a careful, four-step plan to bring B.C. back together.



Canadian Outrigger Racing Association (CORA)

[BC OC6 / OC12 - Resumption - Canadian Outrigger Racing Association \(CORA\)](#)

[Updated June 2, 2021] CORA clubs in British Columbia, take note. Effective May 25, 2021, by order of BC's Provincial Health Officer, British Columbia has implemented Step 1 of its four-step Restart Plan. Step 1 of the Restart Plan allows for the resumption of outdoor group sports for adults and youth, including practices and competitions, [...]

Written by

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Est. reading time

2 minutes

May 26th (96 kB)

<https://canadianoutrigger.ca/bc-oc6-oc12-cohorts-resumption/>