

VRDBC COVID-19 Safety Plan



Introduction

All sporting organizations are required to develop COVID-19 Reopening Safety Plans. Plans must be in compliance [with orders and guidance from the Provincial Health Officer](#) and must be made available to the public either by posting on the wall of the organization’s facility or on its website.

The Provincial Health Officer’s direction is that COVID-19 Reopening Safety Plans should cover 3 things: (1) Processes to open safely, (2) Measures to keep people safe to avoid further outbreaks, and (3) A plan in the event that a case or outbreak should occur. The 5 principles from B.C.’s Restart Plan should be used to create COVID-19 Reopening Safety Plans:

To reduce the risk of the virus spreading through droplets in the air, VRDBC is implementing protocols to protect against identified risks.

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> • Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces

Club Policies Regarding COVID-19

The following COVID-19 policies have been created-

- Dragon Boating protocols
- 2021 VRDBC Participant Agreement COVID-19, Dragon Boat
- All participants must complete a Participant Agreement form that contains Acknowledgement of Risk prior to their first session.
- VRDBC COVID-19 Safety Reopening Plan

Access and Programming

Masks must be worn when onshore and only removed when paddlers are positioned in the dragon boat.

Everyone must sanitize hands when arriving, before washing equipment and prior to departure.

There will be no spectators at the practices

Only staff will access the paddle house to distribute equipment for participants.

Start times of practice sessions may be staggered, to allow small groups to launch sequentially.

Participants must sign up on online prior to attending sessions.

The oar house, shipping container and dragon boat shed will be only accessible by staff.

The portable toilet has been removed from the site.

Health Monitoring

Participants should note that in COVID-19 they may identify as being in a vulnerable population, and at high risk. Those identified at risk should consult their doctor as well as review the BCCDC website.

Self-screening must be undertaken daily prior to attending a paddling session. Here is a link to a [self assessment tool](#).

If a participant or staff member is COVID symptomatic they should contact VRDBC club manager Lisa George lisa@VRDBC.com

At the start of each dryland session staff or a nominated volunteer will verbally confirm that all participants have done such a check and are symptom-free.

Public Health Authority information about screening, possible self-isolation, and quarantine requirements is [available here](#)

Club Knowledge and Awareness About COVID-19 risks and public health information

VRDBC club manager Lisa George is responsible for having a deeper understanding of the risks of COVID-19, including transmission routes and best practices for limiting spread. Her contact information is lisa@vrdbc.com

VRDBC has placed the following links on our website and these will be reviewed daily to ensure we have current information- [Interior Health](#), [BC Centre for Disease Control](#), [Government of Canada Health Services Dr Bonnie Henry and Minister Adrain Dix COVID-19 Updates](#) Information regarding vulnerable populations will be included on the website and via direct email to all participants prior to their first session.

Approvals and Publishing

VRDBC's COVID-19 Safety Plan- Dragon Boat, is posted on our website.