

Pickering Rouge Canoe Club COVID-19 Response Plan
All Programs including Camp and Sprint
Date Created: June 22, 2020, Revised: May 4, 2022

Pickering Rouge Canoe Club (PRCC) operates canoe and kayak programs for children, youth and adults. With the health and safety of participants and staff our highest priority, we are implementing measures to prevent COVID-19 transmission. These measures emphasize prevention, vaccination, screening, education, and staff training to reduce the risk that anyone infected with COVID-19 will participate or work in any PRCC programs. We will continue to assess our policies to ensure we are aligned with all government requirements, particularly the Ministry of Health's COVID-19 Guidance for Camps. PRCC is confident in the ability to run our programs safely given that activities generally occur outside, participants are typically physically distanced in boats, and we have qualified and well-trained staff.

This response plan applies to the following PRCC programs:

- Canoe and Kayak Camp
- Leaders-In-Training (LIT)
- Bantam - Sprint Racing for ages 9-14
- Development & High Performance
- Master's
- Special Olympics
- Solo Paddling Together (SPT)

COVID-19 Response Plan

Vaccination

Participants and staff are encouraged to be fully vaccinated and to obtain the booster shots for which they are eligible. Although vaccination is no longer a requirement of participation and employment, PRCC acknowledges that vaccination is important for preventing COVID-19 transmission, infection, and serious illness. As well, people who are fully vaccinated have a shorter isolation period if they do develop COVID-19 than those unvaccinated.

Cleaning and Disinfection

Shared equipment with high touch surfaces (e.g., paddles, boat gunnels) will be wiped with disinfectant before and after use by another participant. Participants will provide their own personal flotation devices (PFDs) as life jackets cannot be disinfected. A limited number of PFDs that have not been in use for 48 hours will be available for participants for a fee for those

who do not have a PFD. Hand sanitizer will be available and used by participants before obtaining equipment.

Masking, Cohorting and Physical Distancing

- Participants and staff will wear masks when in an indoor area such as when retrieving boats and equipment from the clubhouse or trailer. Masks are not required outdoors.
- Programs such as camp will maintain consistent cohorts for the duration of each camp session.
- Although physical distancing is not required outdoors, physical distancing will be encouraged in all programs.

Screening for Symptoms

- Staff and participants are required to do at home screening prior to arrival and may use the COVID-19 School Screening tool: <https://covid-19.ontario.ca/school-screening/>.
- The updated list of symptoms is available at:
<https://covid-19.ontario.ca/exposed#symptoms>
- COVID-19 symptoms (not related to known causes or conditions you already have) include:
 - fever or chills
 - cough
 - shortness of breath
 - decreased or loss of taste or smell

or two or more of:

- runny nose or nasal congestion
- headache
- extreme fatigue
- sore throat
- muscle aches or joint pain
- gastrointestinal symptoms (such as vomiting or diarrhea).

Management of Participants and Staff with Suspected or Confirmed COVID-19

- Participants or staff who exhibit symptoms consistent with COVID-19 and who fail the COVID-19 self-assessment should assume they have COVID-19, even if they have a negative result on a rapid antigen test (RAT).
- Participants or staff who develop symptoms and fail the COVID-19 self-assessment while at a PRCC program will be immediately separated from others and sent home or kept in a supervised area wearing a mask (if tolerated) until they can be picked up by their guardian. Those providing care will maintain a distance of at least 2 metres and wear a mask. Environmental cleaning / disinfection of the space and items used by participant will be

conducted once the participant has been picked up. Items that cannot be cleaned and disinfected will be removed from the program for a minimum of 48 hours.

- Participants with suspected or confirmed COVID-19 who attended a PRCC program within 48 hours prior to symptom onset or positive test result must notify PRCC through the Head Coach, Assistant Coach, Site Coordinator or Commodore.
- PRCC will inform other participants and staff if they have been in close contact with a person with suspected or confirmed COVID-19 through PRCC programs. Close contact must be within 48 hours prior to symptom onset AND in close proximity (less than 2 meters) for at least 15 minutes or for multiple short periods of time without appropriate measures such as masking, distancing and/or use of personal protective equipment.
- Participants with suspected or confirmed COVID-19 must follow public health guidance and may return to PRCC as outlined by the Ministry of Health: What to do if you have symptoms of COVID or have tested positive - <https://www.ontario.ca/page/covid-19-stop-spread#section-1>. Typically, individuals who are fully vaccinated or under 12 years of age must isolate for at least five days. Individuals who are over the age of 12 and not fully vaccinated or immunocompromised must isolate for at least 10 days.

Exposure to others with COVID-19

If a participant or staff lives with someone who has symptoms or has tested positive for COVID-19, or has been exposed to someone from another household with symptoms of COVID-19 or a positive test result, they should follow public health guidance as outlined by the Ministry of Health: What to do if you've been exposed to COVID-19: <https://www.ontario.ca/page/covid-19-stop-spread#section-2>.

Guidance Documents and Key Resources:

- Ministry of Health: What to do if you have symptoms of COVID or have tested positive <https://www.ontario.ca/page/covid-19-stop-spread#section-1>
- Ministry of Health: What to do if you've been exposed to COVID-19 <https://www.ontario.ca/page/covid-19-stop-spread#section-2>
- COVID-19 school screening: <https://covid-19.ontario.ca/school-screening/>
- Ministry of Health COVID-19 Guidance: Camps https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/guidance_for_camps.pdf
- Canoe Kayak Canada <https://canoe kayak.ca/paddling-covid-19-public-health-measures/>