

South Niagara Canoe Club

Paddler responsibility code during Covid-19 global pandemic

NAME _____

DATE _____

As a member of SNCC I am taking responsibility for my own actions both while I am at the club and when I am away from the club. I recognize that it is a privilege to be on the water this 2020 season as many other sports and activities will not be able to go forward. I recognize that my actions at all times can have a bearing on the health, safety and wellbeing of my fellow paddlers, coaches and by extension members of my family that I live with. If any paddler or coach, or by extension any household member of paddler or coach tests positive for Covid-19 at any time during the on-water season, all paddling programs are suspended immediately pending further review by the SNCC board and Niagara Region Public Health.

While at the club involved in SNCC programming-

I will:

- Complete a health check survey each time I attend a practice at SNCC
- Maintain a physical distance of at least 2 meters when I have a resting heart rate and a physical distance of 4 meters when I have an elevated heart rate
- Only enter and exit the SNCC enclosed area via the back gate (unless otherwise instructed by my coaches)
- Wash my hands with an alcohol-based sanitizer prior to entry into the SNCC enclosed area
- Enter the SNCC enclosed area and by extension the container to retrieve my boat and paddle when I am instructed to do so
- Recognize that I will be doing no socializing inside the SNCC enclosed area
- Leave all personal items at home or in my car (car keys can be placed on the floor of the container if you have driven yourself)
- Recognize that any hard surface that the public has access to should be thought of as having Covid-19 living on it. I will minimize what I touch including leaning on fences, touching locks or gates, picnic tables, public docks, etc.
- Listen to the coaches and agree that not adhering to the regulations laid out in the plan could forfeit my inclusion in any SNCC on-water programming for the 2020 season

While away from SNCC programming-

I will:

- Email or call my coach if I start to feel unwell between practices to discuss if further Covid-19 testing should be undertaken
- Stay away from practice and contact my coach if I feel unwell
- Make all efforts to continue to follow the most up to date government recommendations with respect to maintaining physical distancing, hand washing, wearing of masks, etc.
- Check my email regularly as this is the form of communication my coaches will be using

PADDLER SIGNATURE (regardless of age) _____

South Niagara Canoe Club

Covid-19 Screening Health Check

To be completed prior to every practice. Please bring a hard copy to each practice, but if you forget once a in while, copies are supplied by coaches.

NAME	
DATE	TIME

(1) Do you or anyone in your immediate household have a fever, new onset of cough, worsening chronic cough, shortness of breath or difficulty breathing?

___NO ___YES

(2) Have you or anyone in your immediate household had a close contact with anyone with acute respiratory illness or been outside of Canada in the past 14 days (this includes for work)?

___NO ___YES

(3) Do you or anyone in your immediate household have a confirmed case of Covid-19 or come into close contact with a person with a confirmed case of Covid-19 (this includes for work)?

___NO ___YES

(4) Do you or anyone in your immediate household have any of the following symptoms (2 or more indicates a yes) ___NO ___YES

Sore throat	NO	YES
Hoarse voice	NO	YES
Difficulty swallowing	NO	YES
Decreased sense of smell	NO	YES
Chills	NO	YES
Headache	NO	YES
Unexplained fatigue	NO	YES
Diarrhea	NO	YES
Abdominal pain	NO	YES
Nausea/vomiting	NO	YES
Pink eye	NO	YES
Unexplained runny nose/sneezing	NO	YES
Unexplained nasal congestion	NO	YES

Response to all the questions is NO. Covid-19 Screen NEGATIVE _____

Response to any of 1, 2, 3, or 4 is YES. Covid-19 Screen POSITIVE _____

If screen is positive, paddler should be directed to contact primary care physician or Niagara Region Public Health at (905) 688-8248, press 7, then press 2.