

BGCC Operational Plan towards Returning to Play
under Phase B COVID-19 Restrictions in the ACT (03 June 2020).

BGCC members are reminded that, while restrictions have eased, YOU ARE STILL RESPONSIBLE for your own safety and the safety of the entire BGCC community. Members often consider themselves to be fit and healthy, but this is not an excuse for complacency. Many of our members are in the COVID-sensitive age category and some have significant underlying health conditions. We are reminded that a second wave of COVID-19 infections is highly likely and some people do not show symptoms whilst being contagious.

SO all in all, we as a club need to continue to be vigilant and DO THE RIGHT THING.

To this end, the philosophy for BGCC activities during Phase B of ACT Government's COVID-19 restrictions is to **"Get in, Train, Get out"** with an emphasis on **physical distancing** (4 m²/person or at least 1.5 m from anyone at all times) and **personal and community hygiene**. The following document outlines the expected behaviours of BGCC members whilst at the shed or on the water. It has been informed by the guidelines given by PA and the ACT Government.

Finally, the decision to participate in canoe/kayaking at BGCC is made solely by you with regard to your health and personal circumstances. If you chose to go for a paddle, you are making your own risk assessment after reading the following information and agreeing to the BGCC guidelines.

IMPORTANT NOTES: The following document supersedes the Level A recommendations sent to the Membership at various intervals during the last 2 months.

1. The ACT and Federal Governments are issuing updates to regulations weekly so the following document will get amended via email and on the BGCC website. Members are encouraged to stay up to date.
2. Please note that while the number of people allowed to congregate is increasing with each announcement, this is still governed by the 4 m²/person physical distancing rule which means that the maximum people allowed in a "gathering" is 20 people in outdoor spaces with:
 - a. 3 people in the BGCC shed shower areas,
 - b. 4 people in the BGCC shed kitchen area
 - c. 8 people in the BGCC shed back room.
3. All Members are encouraged to send an email to info@bgcc.org.au with the following message *"I have read and understood and agree to comply with the conditions set out in the following document. I understand that this is a necessary requirement should I wish to access the BGCC shed and environs or use any BGCC equipment under the current Phase B restrictions posed by the ACT Government."*
Members who do not agree to this will be barred from using the shed and using any club equipment. Note that the shed is under 24-hour surveillance and it is possible to police this, although we hope that you all do the right thing for yourselves and those around you.
4. In the case of a BGCC member testing positive for COVID-19, contact the Club immediately using the email info@bgcc.org.au. The Club will advise the ACT health authority and get further advice on what steps need to be followed.
5. All members using the shed or environs must keep an accurate record of when they were at the shed and on the water. Date and times are needed. This is to ensure rapid tracing should a member test COVID-positive.
6. All members are encouraged to download the COVIDsafe app as per ACT Government recommendations.

PERSONAL and COMMUNITY HYGIENE:

1. **DO NOT come to the shed if you are experiencing:**
 - a. **Shortness of Breath;**
 - b. **Fever;**
 - c. **Coughing;**
 - d. **Sore throat;**
 - e. **Loss of sense of smell;**
 - f. **If in the last 14 days you have been unwell or in contact with known or suspected case of COVID-19.**

2. Observe government guidance for outdoors – currently no more than 20 people in a group and social distancing (1 person/4 m²) must be exercised. Given the size of the outdoor space available to BGCC both on land and on the water, multiple groups of 20 can operate at the same time as long as the groups are clearly separated from each other and individuals within each group are practising the physical distancing rules. It is recommended that on the water, groups of 20 need to be separated by at least 100 m. Coaches are encouraged to communicate to ensure that groups do not overlap in space. For example, one group can head towards the lake and the other up the river for the session, thereby reducing any possibility of groups interacting spatially.

3. High risk transmission points for the virus are the front door padlock and the multiple padlocks on the shed extension.
 - a. Members should thoroughly wash or sanitise their hands before coming to the boatshed.
 - b. Opening and locking up the shed may expose you to the virus so be vigilant in washing/sanitising your hands before and after touching any of the door and lock surfaces. It is not feasible to provide handwashing or sanitising facilities outside the shed so this will involve using hand sanitiser in your car on arrival.
 - c. If entering through the front door, sanitise hands or wash hands at the small basin in the corridor to the men's showers after entering to reduce any risk from residual virus spores on hard surfaces.
 - d. If entering through the shed extension, hand sanitiser will be provided if it is available. Members may put bottles of sanitiser in their shed areas for their own use.

4. High risk transmission points within the shed are hard surfaces in communal places.
 - a. To enable contact tracing should a club member test positive, members are encouraged to fill in the sign-in-sheet making sure that you wash your hands before and after using the pen and touching the sign in sheets. If you do not wish to expose yourself to the potential hazard from touching common surfaces, please make a personal note of when you were in or near the shed.
 - b. Using club boats and paddles. No sharing within a session. All club boats and paddles must be washed with soap and water PRIOR to and AFTER use. Discard the water in the wash bucket after use. Only wash per paddler per bucket.
 - c. **Areas to get changed in:**
 - i. Shower areas and back room may be used to get changed in as long as physical distancing rules are adhered to and you wipe off all surfaces that you touch using the supplied disinfectant and paper towels and you discard the paper towels in the bin near the shed access door. Recommended numbers are no more than 3 people in the shower areas and no more than 8 people in the back room. Note that while the surface area of the back room allows 8 people, whilst getting dressed it may be expedient to have fewer in the room as 4 m² may not be enough per person.

- ii. While ACT Government is slowly relaxing the number of people who can congregate together, there are still strict physical distancing rules associated with these gatherings indoors. Given the space in our shed, these distancing rules limit the number of people who can congregate in the showers and backroom to the recommended numbers in (i).
 - iii. In respect to others who may wish to use the showers and backroom, please do not linger in these areas for longer than is necessary.
 - d. **Showers:** These areas may not be used for showering:
 - i. Use of the showers is strictly limited to emergency situations. Note: showering is not recommended as a treatment for hypothermia. See: <https://www.healthdirect.gov.au/hypothermia>
 - ii. Members should plan ahead; for example, get dressed into your training clothes before coming to training; wear track suits that can be easily changed into in a safe space, plan to shower/change at home or work.
 - e. **Toilets:** The male and female toilets can be used.
 - i. If you use a toilet in the shed, you **MUST CLEAN** it afterwards with the supplied disinfectant. This includes all surfaces you touched including door handles, flush buttons and taps.
 - ii. Members are asked to also empty the bins in the toilets if they get full and keep the toilet bowls clean. Disposable gloves are provided in the kitchen area. All cleaning materials are provided in the toilet area.
 - iii. BGCC does not employ a cleaner so the co-operation of members using these facilities is essential to maintaining hygienic conditions.
 - f. **Kitchen area:** the number of people who can use the kitchen area to a maximum of **four people** (with careful positioning!) at any time.
 - i. This is based on recommended maximum indoor density.
 - ii. You should not stop in this area if other people are wanting to come through.
 - iii. No food or drink is to be consumed in this area.
 - iv. Please take you empty drink containers home to recycle.
 - v. Club kitchenware must **NOT** be used.
 - vi. Disposable cups and a lined waste bin will be provided.
 - g. **Keep the kitchen and other surfaces clean.**
 - i. Spray disinfectant and paper towels will be provided.
 - ii. Disposable gloves will be provided.
 - iii. Please take your empty drink containers home to recycle.
 - h. **Back room:** a maximum of **eight people** may be in this area at any time making sure that you practise physical distancing.
 - i. This is based on the recommended maximum indoor density for the useable area.
 - ii. Members may drop bags in this area for security reasons but are encouraged to operate out of their cars as far as possible.
 - iii. No one should linger or congregate in this area if other people are wanting to come in.
- 5. No sharing of personal equipment either owned by you or by the club:
 - a. Includes towels or water bottles.
 - b. **PFDs.** If you are using a club-owned PFD, identify it as yours using a tag and store it away from the usual PFD rack (e.g., in your boat). Club owned PFDs are not to be taken home.
 - c. Do not use a PFD that has been labelled with a name different to yours!
 - d. No sharing of boats and/or paddles within a session.
 - e. No sharing of weights, stretching mats etc.

CLUB ACTIVITIES.

1. Members are recommended to have a '**get in, participate, get out**' attitude towards training and use of the shed (e.g., get changed into paddle gear prior to arrival) to minimise the use of bathrooms or change facilities.
2. If you have a privately owned boat in the shed that you use regularly, you are strongly encouraged to remove it from the shed and to car-top it if you have the facility to do so. This will reduce your risk to contracting the virus through opening and locking up shed doors. If you are car-topping think about preparing you boat on the grass or bring your own stool-stand.
3. **Club coaches should**
 - a. Ensure that participants adhere to all BGCC COVID-19 regulations and recommendations as well as the current ACT Government Regulations. This is particularly important around personal and community hygiene and physical distancing.
 - b. Provide training plans to their regular paddlers and discourage paddlers from arriving at the boatshed for a common start time to avoid groups with more than 20 participants at a time.
 - c. Ensure that their paddlers are appropriately separated across space and time to help reduce the risk of transmitting the COVID-19 virus.
4. **Behaviour in and around the shed:**
 - a. If you are using club equipment:
 - i. Wash paddle shafts BEFORE and AFTER your paddle. Empty the wash bucket after you have used it. This is not a time to share anything!
 - ii. Wash the boat BEFORE and AFTER your paddle and, if you are comfortable using the club towels or have your own, dry it before putting it away. Empty the wash bucket after you have used it. This is not a time to share anything!
 - iii. Use of communal weights and other equipment is strictly prohibited in accordance with ACT government recommendations that discourage the use of communal equipment.
 - iv. It is recommended that you stretch, roll and warm-up at home and not in the back room. If you prefer to use the back room for these activities, use your own equipment, wipe down any surfaces that you touch and maintain physical distancing rules at all times.
 - iii. The kayak erg must only be used outside and with the permission of a club coach. It must be wiped down with spray disinfectant and paper towels before and after use.
 - b. Paddlers are discouraged from sharing boat stands.
 - i. If another paddler is setting up or washing their boat, wait until they have finished and moved away to maintain social distancing. Make sure that the wash bucket has been emptied before you get ready to wash your boat.
 - ii. Spread out stands to comply with social distancing recommendations.
 - c. Paddlers are discouraged from congregating outside the boatshed in groups of more than 20 people.
 - i. Physical distancing guidelines from government must be observed in any groups.
 - ii. Do not expect other paddlers to move away from you or take a wide berth because you are having a chat.
 - iii. Observe the government guidance for outdoors – currently no more than 20 people in a group and physical distancing must be exercised.
4. The club's double boats may be used but paddlers must ensure that the following precautions are adhered to because there remains a risk of viral transmission between doubles paddlers:

- a. Members choosing to paddle a double must realise that they are at an increased risk of contracting the virus from their paddling partner than if they were paddling singles whilst obeying the appropriate rules.
 - b. When taking the boat out of the shed and putting it away, make sure that you adhere to physical distancing rules between yourselves and others using the shed.
 - c. The boat must be washed BEFORE and AFTER you have paddled it. If possible, arrange for the double to be only used by you and your partner. This may be possible with some of the K2s.
 - d. When preparing the boat for your paddle, make sure that you adhere to physical distancing rules. This will mean one person preparing their seat and then stepping back to allow the other person to prepare theirs.
 - e. When carrying the boat to the water and during put in and take out, maintain physical distancing as best as you can. This is possible with most of our recreational doubles; a little harder with K2s and TK2s.
5. Members are reminded that deliberate or intentional physical contact is prohibited:
- a. Paddlers partaking in wash riding need to be aware that they have to maintain 1.5 m or more from their opponent or partner AT ALL TIMES with no contact.
 - b. Movement around the shed, on and around the dock and beach area needs to be conducted in a such a way that there is no physical contact with other people and physical distancing rules are met AT ALL TIMES.
 - c. Modified Canoe Polo training can commence in groups of 20 or less as long as there is no physical contact, tackling nor jostling AND the ball and other equipment must be sanitised strictly pre and post activity. Physical distancing must be maintained.
 - d. Canoe polo competition is not permitted at this time.
- 6. Club Sanctioned Events:**
- a. The club will not be hosting time trials, organised paddles or similar activities based out of the boatshed if they result in more than 20 people per group. The rationale behind this is because these activities bring paddlers to the boatshed at the same time and can only be permitted if physical distancing rules can be met at all times during the activity.
 - b. Occasional events, such as Introduction to Paddling, have been cancelled. The main reason behind this decision is that these events attract large numbers of people to the shed at the same time, stretching our ability to maintain physical distancing rules.
 - c. Induction of **new members** may occur if endorsed by the safety officer. New members will be encouraged to wait until spring/summer or after the pandemic is officially over but there are always a few experienced paddlers who join the club in winter and should be allowed the opportunity to participate in club coaching etc.
7. All cross training must occur outdoors and meet physical distancing and hygiene regulations as outlined by ACT Government.
8. Interstate travel to compete is now permissible with regard to travel to NSW.
9. Spectators are not encouraged unless required as a parent, spouse or carer of a paddler.