

South Niagara Canoe Club

Paddler responsibility code during Covid-19 global pandemic

NAME _____

DATE _____

As a participant of an SNCC program, 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 participating in programming this 2021 season as many other sports and activities will not be able to go forward. I recognize that my actions can have a bearing on the health, safety and wellbeing of my fellow participants, coaches and by extension members of my family that I live with. If any participant or coach, or by extension any household member of participant 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 prior to my first practice and answer verbally from then on.
- 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 as posted.
- Wash my hands with an alcohol-based sanitizer prior to entry into the SNCC area.
- Enter the SNCC enclosed area and by extension the container to retrieve equipment 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 will 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 2021 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.
- Stay away from practice and contact my coach if I have knowledge that anyone at my place of work, school or recreation tests positive for covid-19. I agree to get a covid-19 test or quarantine for 14 days prior to returning to practice.
- Stay away from practice and contact my coach if I test positive for covid-19.
- 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) _____