



# **2020 Paddling Camp Guidelines (Cardiff Pond)**

Athletes, Parents and/or Guardians,

Under the current COVID-19 pandemic, the St Albert Canoe and Kayak Paddling summer day camp decisions are being made with the safety of all of our athletes, members and staff in mind. The decisions being made are based on guidelines from Alberta Health Services, and the Government of Alberta.

Alberta Health have provided guidance on protocols for operating days camps in the current environment. These guidelines unfortunately present many challenges, however are necessary to reflect the current state of the COVID-19 pandemic. Despite the challenges we have been faced with, we are committed to delivering the athlete's an amazing experience, keeping the safety and experience top of mind throughout the summer.

As a club we have considered many options, and after taking everything into consideration we have had to make the difficult decision to no longer offer a full day camp program. Due to the nature of our summer program we will instead offer a specialized 6 week, 3 hr weeklong day camp. The camp will run from 1pm – 4pm daily and doing this will allow us to take all required steps to ensure a safe environment for all athletes.

We have worked to adapt our Learn to Canoe/Kayak program to meet all the health and safety guidelines provided by the Government of Alberta. As guidelines continue to change we will continue to up-to-date our safety procedures and program, to ensure the safety and well being of all coaches and athletes.

We appreciate your support during this new time, and look forward to seeing you soon.

## **Government Guidelines**

The Alberta Government Guidelines classifies day camps as short-term programs that provide care and education to children of all ages. Guidelines provided have been put into place to reduce the risk of transmission of COVID 19 among athletes, coaches and others. Ensuring everyone's safety is our utmost concern and therefore we have put the below procedures together for you to review. We did this to ensure our athletes and coaches maintain a safe environment.

To see Government Guidelines for COVID-19 guidance, please visit:

<https://www.alberta.ca/biz-connect.aspx>

## **Our Club**

The St. Albert Canoe & Kayak Club is a non-profit organization that has been established since 1987. The goal of the club is to promote programs designed to give communities the opportunity to experience the sport of canoeing or kayaking. Our NEW LOCATION is at Cardiff Park adjacent to Cardiff Golf Club 55307-Range Road 251 Sturgeon County



Drop off and pick up of camp athletes will take place directly at our facilities as per the map above.

## ***Camp Times***

Our camp program will run from 1pm – 4pm per day, weekly (Monday – Friday)

## ***Groups (Cohorts)***

In order to comply with the current day camp guidelines, camp attendance will be limited to 8 campers MAX, along with 2 coaches, for a total of 10 people per cohort. We will have a MAX of 2 cohorts per day and each cohort will have their own safety equipment, and boats to utilize during their time at the camp. Each cohort group will also maintain a distance of 10m from the other cohort group.

Athletes living in the same household or part of the same family will be placed in the same cohort.

## ***Outdoor Space***

The outdoor space will be split into three separate sections. Sections will be divided per cohort, and will be 10m apart from one another with. The third area will be a common space shared by each cohort (but only one cohort will use the space at a time), and will not have any shared equipment that is touched by hands.

## ***Drop Off and Pick Up Procedures***

- Parents/Guardians should plan to drop off the athlete **no earlier** than 15 minutes before the camp starts, and pick up their camper **no later** than 15 minutes after the camp ends
- Only one parent/guardian can accompany the camper for drop off and pick ups
- Check-ins/outs will be conducted at a designated table where athletes and parents/guardians will be asked to wait 2m between each other.
- Contactless temperature scans will be conducted upon check-in at the designated table by staff member
  - If your athlete has a temperature consistent with that of a fever (100°F or higher), the athlete will not be permitted to attend the camp for that day
- After completing the screening, the athlete will be required to use an alcohol-based hand sanitizer that will be available at the drop off location, prior to joining their cohort.

- Name and phone number of the parent/guardian dropping off/picking up each camper will be required, in order to create a contact tracing list should one need to be provided to Alberta Health Services
- Contactless temperature scans will be conducted upon check-in at the designated table by staff member
  - If your athlete has a temperature consistent with that of a fever (100°F or higher), the athlete will not be permitted to attend the camp for that day

**Please note: No non-essential visitors are permitted on-site (eg. additional parents, siblings not attending the camp, etc)**

### **Rules and Regulations**

To ensure the safety of everyone, all athletes must abide by the guidelines mentioned below as per the Alberta Health Services guidelines. If athletes do not abide by these measures they will be reminded of the guidelines and expected to comply. If the athlete chooses not to comply the parent/guardian will be contacted to come and pick up the athlete immediately.

### ***Physical Distancing***

In accordance to the current physical distancing guidelines, we will follow the below guidelines:

- Cohorts groups will not mix with other cohort groups, and neither cohort will enter the others designed space
- Every athlete will be asked use a fold up chair to sit if needed and to store personal items ie: backpack, water bottles, change of clothes.
- Groups (cohorts) will consist of 8 athletes MAX and 2 coaches for a total of 10 people.
- Each designated space for a cohort will be 10m apart
- Within each cohort, coaches will be trained to educate athletes to maintain a distance of 2m between themselves and others

### ***Cleaning/Disinfecting/PPE***

Equipment such as lifejackets and boats will be cleaned and disinfected before and after each 3 hour camp. Facilities will also be disinfected frequently and coaches will ensure proper hand hygiene for athletes prior to getting into and out of equipment. Daily coach briefings will occur at the beginning of the camp to remind campers of the proper protocols, as our goal is to create a safe environment for everyone. The better we educate, the safer everyone is.

- Staff and athletes will be required to use an alcohol-based hand sanitizer that will be provided on-site.
- Hand washing with an alcohol based hand sanitizer will be required after using the washroom.
- Proper respiratory etiquette is required
  - Coughing or sneezing into a bent elbow
  - Promptly disposing of used tissues in the trash
  - Avoid touching your face, nose, or mouth with unwashed hands

The coaching staff will have available appropriate PPE masks, and will wear these masks when required. Campers may wear a mask if they choose to do so, however this will not be mandatory. It is up to each parent/guardian to discuss with their child whether they will wear a mask during the camp.

In the case of an emergency ie: lightening storm, where athletes and coaches are required to be within 2m's of each other appropriate PPE masks will be provided to the athletes and they will be required to wear them until it is safe to remove them.

### ***Washroom Procedures***

A portable washroom will be available on site, in the case that an athlete has to use the washroom. In this instance, a staff member will accompany the athlete to the washroom and wait for them outside.

The athlete will be required to wash their hands following Alberta Health Services Guidelines which will be posted.

After each use a staff member will disinfect the washroom using a commercial based disinfectant product, paying special attention to door knobs, faucets and other high touch surface areas are cleaned.

Washrooms will also receive a through cleaning prior to start of each session and at the end of the day.

### ***Meals/Snacks***

Camp will run for 3 hours each day and due to the current guidelines in place by the Alberta Government we kindly ask that athletes eat before or after attending the camp.

**No snacks will be allowed during camp (except for medical reasons).** This will allow us to maximize the time spent with athletes on the water as well as mitigate the potential COVID-19 exposure risk associated with eating and with hands touching faces, even in a small cohort setting.

As our camp takes place entirely outdoors, and the athletes will be active, please ensure the athlete has a full water bottle with their name for the camp (at least one but please bring multiple if your child is likely to need more).

### **Illness Protocols**

Coaches, staff members, athletes, parents and guardians must not attend the camp if they are sick, even if symptoms resemble a mild cold. Current Alberta public health orders also mandate that individuals remain in isolation for 10 days after symptoms resolve following a positive diagnosis of COVID-19. Symptoms include, but are not limited to the following:

- fever
- cough
- shortness of breath
- sore throat
- runny nose
- nasal congestion
- headache
- general feeling of being unwell

If an athlete develops symptoms while at the program, the athlete will be isolated away from other athletes and the parent and/or guardian will be notified to come and pick up the athlete immediately.

The athlete will be kept at least 2m away from other athletes and if they require close contact and care, a coach will be designated to care for the child until the parent and/or guardian is able to pick them up. The coach will wear a mask during all interactions with the child and will work to avoid contact with the child's respiratory secretions. The coach will wash their hands before putting on the mask and before touching the athlete.

Should an athlete test positive for COVID-19, we will work with Alberta Health Services to notify other athlete participants as necessary.

### **Inclement Weather Guidelines**

Our camp is an entirely outdoor facility with the majority of activities taking place on the water. To ensure the safety of all athletes, and coaches we will be monitoring Environment Canada Weather Information and if the expected forecast for the day exceeds a 30% chance of rain and/or wind gusts of 20 km/h or more camp will be cancelled for the day.

Parents and/or Guardians will be contacted by 9am on the day of cancellation at the phone number provided during registration. If the phone number provided is not the phone number we should contact, and/or needs to be updated please ensure we have the correct number on file. **Refunds for cancellations will not be provided.**

# Resources

[COVID- 19 Information - Government of Alberta](#)

[Health Canada - Government of Canada](#)

[COVID 19 Guidance for Day Camps - Government of Alberta](#)