

## **KCC General Covid Rules and Procedures**

**Version 7.20.21**

### **Arrival and Check-In Procedures Before Practice**

1. All paddlers must be fully registered in order to paddle.
2. Paddlers must arrive no more than 15 minutes before practice to limit gathering. Please practice social distancing.
3. Parents who drop off their youth paddler will be asked to check in with their coach prior to their first practice.
4. Masks for coaches and paddlers are optional.
5. KCC Coaches are required to keep daily records of canoes and seating for contact tracing purposes.
6. All paddlers are responsible for following record keeping protocol (Team Snap, Facebook, Band, etc.) which may vary by crew.
7. All paddlers and coaches must follow rules and guidelines set forth in the Kailua Canoe Club Practice Waiver During Covid-19, as well as State and City & County Guidelines.
8. Practice times may be staggered to limit group sizes in accordance with current State and City & County guidelines.

### **Rules and Procedures During Practice**

1. Paddlers will maintain appropriate distancing from each other on shore.
2. Paddlers are asked to avoid physical contact with each other including shaking hands, high fives and hugging.
3. Personal equipment such as water bottles, towels, paddles, and other items will not be shared. Paddlers will be responsible for their own water and equipment for personal use.

### **Rules and Procedures After Practice**

1. Youth crews must be in by 5:20 pm to allow time for cleaning of canoes.
2. Canoes used by youth crews that are being handed off to adult crews will be rinsed out with salt water between crews.
3. Canoes and KCC equipment will be cleaned with CDC recommended cleaning solution after being used for the day.
4. Coaches will ensure paddlers practice distancing when giving break down talks or assessment.
5. Everyone is to immediately leave the practice area once coaches dismiss practice.
6. Parents are to pick up their child on time to avoid contact and gatherings.

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**Suspected or Positive COVID-19 Cases**

1. Any coach, paddler, family member or volunteer who develops **COVID-19-like symptoms**<sup>1</sup> should not come to practice. If anyone starts feeling ill after arriving at practice, they should notify their coach immediately and leave the practice site.
2. Paddlers who have not been **fully vaccinated**<sup>2</sup> against COVID-19 and who have been **exposed**<sup>3</sup> to a person with COVID-19 symptoms should be sent home and instructed to quarantine as a precaution until a list of primary contacts has been identified and the positive exposure protocol has been initiated.
3. Symptomatic or exposed individuals should call their doctor or healthcare provider to see if they need to be tested.
4. The paddler's coach will complete the **"KCC – 2021 COVID-19 Positive Exposure Incident Report"** and follow steps detailed on the form.

**DEFINITIONS:**

<sup>1</sup> **COVID-19-like symptoms:** fever, chills, cough, shortness of breath, fatigue, aches and pains, headache, nasal congestion, runny nose, new loss of taste or smell, sore throat, nausea or vomiting, or diarrhea.

<sup>2</sup> **Fully vaccinated:** received 2<sup>nd</sup> COVID-19 vaccine at least 2 weeks prior

<sup>3</sup> **Exposed paddlers:** within 6 feet or less of (confirmed or suspected) COVID-19 positive person for 15 minutes, within 2 days of onset of symptoms

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## REFERENCES

### STATE OF HAWAII: COVID-19 Portal

Amendment to the 19<sup>th</sup> Proclamation Related to the COVID-19 Emergency, May 25, 2021.

[https://governor.hawaii.gov/wp-content/uploads/2021/05/2105107-ATG\\_Amendment-to-Nineteenth-Proclamation-for-COVID-19-distribution-signed.pdf](https://governor.hawaii.gov/wp-content/uploads/2021/05/2105107-ATG_Amendment-to-Nineteenth-Proclamation-for-COVID-19-distribution-signed.pdf)

Office of the Governor News Release: Governor Ige Lifts Mask Requirement for Outdoor Activities, Gives Green Light to Ocean Sports Competitions. May 25, 2021.

<https://governor.hawaii.gov/newsroom/office-of-the-governor-news-release-governor-ige-lifts-mask-requirement-for-outdoor-activities-gives-green-light-to-ocean-sports-competitions-honolulu-and-kauai-county-orders-also-approved/>

Testing ~ Isolation ~ Quarantine. Site accessed July 20, 2021.

<https://hawaiiicovid19.com/testing-isolation-quarantine/>

Disease Outbreak Control Division: What You Should Know - Get the Facts About COVID-19. Site accessed July 20, 2021.

<https://health.hawaii.gov/coronavirusdisease2019/what-you-should-know/fags/>

### CDC:

“Guidance for Unvaccinated People: COVID-19 Testing Overview.” Updated July 2, 2021.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

“Guidance for Unvaccinated People: Playing Sports.” Updated May 28, 2021.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/playing-sports.html>

“Cleaning and Disinfecting Your Facility: Every Day and When Someone is Sick.” Updated June 15, 2021.

<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

# Kailua Canoe Club – 2021 COVID-19 Positive Exposure Incident Report

Version 7.20.21

Anyone with a confirmed COVID-19 positive diagnosis will immediately notify their coach. The coach will complete this form and provide the information below to the Head Coach, Derek Kahale, and the Hawaii Department of Health at 808-587-6845.

**Details of the case will be provided to the DOH, but *otherwise the identity of the person involved will remain confidential.***

Paddler: \_\_\_\_\_ Crew: \_\_\_\_\_

DOB: \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

Last contact with crew (date): \_\_\_\_\_ Canoe: \_\_\_\_\_

Onset of symptoms (date): \_\_\_\_\_

COVID-19 test taken (date): \_\_\_\_\_

Paddler's coach notified (date): \_\_\_\_\_

Coach name: \_\_\_\_\_ Coach phone: \_\_\_\_\_

Contact tracing: list **exposed paddlers** (within 6 feet or less for 15 minutes within 2 days of onset of symptoms) and provide notice to those contacts.

PADDLER NAME	PHONE	NOTICE GIVEN (DATE)	CLEARED (DATE)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Use an additional sheet of paper if necessary.

Any household members on another crew? If yes, list names & crews here: \_\_\_\_\_

\_\_\_\_\_

\* The head coach will notify the household members' coaches to complete this form

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All unvaccinated exposed paddlers must refrain from engaging with anyone at the practice site or paddling in a 6-man canoe for a **10-day** resting period from the date of positive test.

MANDATORY QUARANTINE PERIOD ENDS (date): \_\_\_\_\_

Cleared to return?

\_\_\_\_\_ No fever for 24hrs without fever-reducing medications

\_\_\_\_\_ Symptoms are gone, or have improved

\_\_\_\_\_ The COVID-19 positive paddler **must** provide evidence of a negative COVID-19 test prior to returning to paddling.

Date of retest: \_\_\_\_\_ (attach results to this form)

## RISK MINIMIZATION:

**PRACTICING:** Paddlers in a canoe with a positive diagnosis will stop all 6-man practices and will not return to the halau until the above conditions are met.

**CLEANING:** Coaches will oversee additional cleaning of any equipment and canoes that might have been used by the person(s) in the case.

Action taken, if any: \_\_\_\_\_  
\_\_\_\_\_

**VACCINATION:** The CDC recommends that everyone who is eligible to receive a COVID-19 vaccination do so.

**TESTING:**

Walgreens (free): <https://www.walgreens.com/findcare/covid19/testing>

National Kidney Foundation of Hawaii (free, or \$140): <https://www.oneoahu.org/covid19-testing>.