

# KCC General COVID-19 Rules and Procedures

Version 8.10.21

## 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. With the recent spread of the Delta variant, coaches and paddlers are encouraged to wear masks while on land and if possible, in the canoe while practicing.
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.

## Suspected or Positive COVID-19 Cases

1. Any coach, paddler, family member or volunteer with **COVID-19-like symptoms<sup>1</sup>** should not come to practice; if at the site, they should notify their coach and leave immediately.

# KCC General COVID-19 Rules and Procedures

Version 8.10.21

2. The person's coach will complete the "KCC – 2021 COVID-19 Positive Exposure Incident Report" and follow steps detailed on the form.
3. The potential positive person (PPP) should **quarantine**<sup>2</sup> and be **tested**<sup>3</sup> for COVID-19 ASAP.
  - a. *Whether the test is negative or positive*, the PPP may return to paddling 14 days after the onset of symptoms and **clearance conditions**<sup>4</sup> have been met.
  - b. The 14-day period is an extra precaution to protect other paddlers against potential false negative test results and more contagious COVID-19 variants.
4. People who have been **exposed**<sup>5</sup> to the PPP will stay home and quarantine. If:
  - a. Unvaccinated: watch for symptoms and quarantine until 14 days after exposure.
  - b. **Fully vaccinated**<sup>7</sup>: do not need to quarantine unless symptoms appear.
    - i. Should get tested for COVID-19 between 3-5 days after exposure, regardless of presence or absence of symptoms
    - ii. Wear a mask indoors (in public) until 14 days -or- negative test result back
  - c. COVID-19 diagnosis in past 3 months: no quarantine unless symptoms appear
  - d. At the coach's discretion the crew of exposed paddlers may be asked to sit out for 10 days as an extra precaution.

## 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> **Quarantine**: PPP or exposed paddlers must stay home and watch for symptoms. If the PPP tests positive, they must **isolate** (see CDC guidelines for more information).

<sup>3</sup> **Tested**: acceptable COVID-19 tests include:

- Tests to detect genetic material of virus, e.g. PCR (polymerase chain reaction) test/NAAT (nucleic acid amplification test)
- Tests for certain COVID-19 antigens (e.g. rapid antigen test). This test is not approved for travel screening but is ok for our purposes.

*NOTE: A COVID-19 **antibody** test is not used for screening. A positive COVID-19 antibody test indicates partial protection against COVID-19 (either from previous vaccination or past/current infection) but is NOT meant to determine current risk of infection.*

<sup>4</sup> **Clearance conditions**: 10 days since exposure. If positive test: symptoms improving (loss of taste and smell ok if still present). If only exposed: no symptoms and no use of fever-reducing drugs 24h before returning.

<sup>5</sup> **Exposed**: within 6 feet or less of (confirmed or suspected) COVID-19 positive person for 15 minutes, within 2 days of onset of symptoms.

<sup>6</sup> **Fully vaccinated**: has received 2<sup>nd</sup> COVID-19 vaccine at least 2 weeks prior.

# KCC General COVID-19 Rules and Procedures

Version 8.10.21

## 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 August 6, 2021.  
<https://hawaiiicovid19.com/testing-isolation-quarantine/>

Disease Outbreak Control Division: What You Should Know - Get the Facts About COVID-19. Site accessed August 6, 2021.  
<https://health.hawaii.gov/coronavirusdisease2019/what-you-should-know/faqs/>

### CDC:

“Quarantine and Isolation.” Updated July 29, 2021.  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

“Interim Public Health Recommendations for Fully Vaccinated People.” Updated July 28, 2021.  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

“COVID-19 Testing Overview.” Updated August 2, 2021.  
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

“Daily Activities and Going Out.” Updated June 16, 2021  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/going-out.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>

“Interim Guidance on Ending Isolation and Precautions for Adults with COVID-19.” Updated March 16, 2021  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

### HARVARD MEDICAL SCHOOL:

“If You’ve Been Exposed to the Coronavirus.” Updated August 2, 2021.  
<https://www.health.harvard.edu/diseases-and-conditions/if-youve-been-exposed-to-the-coronavirus>

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

Version 8.10.21

Anyone with 2 or more COVID-19 symptoms or a confirmed COVID-19 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): \_\_\_\_\_ Symptoms: \_\_\_\_\_

COVID-19 test type: PCR or NAAT Antigen Date: \_\_\_\_\_ Result: pos neg  
(attach results)

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

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

Version 8.10.21  
(continued)

Certain people must stay away from the paddling site for **14 days** after onset of symptoms.

**14-DAY QUARANTINE RETURN (date):** \_\_\_\_\_

CATEGORY	VACCINE STATUS	COVID-19 TEST OBTAINED	Symptoms / fever	Fever meds in last 24h?	... may return to paddling
<b>Confirmed* COVID-19 positive person</b> (*or suspected with $\geq 2$ symptoms)	Irrelevant	Initial - yes	Improving** / no fever	No	After 14 days minimum
Exposed	Unvaccinated	Irrelevant	No symptoms/ no fever	No	After 14 days minimum
Exposed	Fully vaccinated	3-5 days after exposure with <b>NEGATIVE</b> result	No symptoms/ no fever	No	After 14 days -or- once COVID-19 test is negative

\*\* Acceptable: persistent loss of taste or smell

### RISK MINIMIZATION:

**MASKING:** Coaches and paddlers are encouraged to wear masks while on land and if possible, in the canoe while practicing.

**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>.