

# TRRN Guidelines for Reopening Programs-5/15/20

## **Criteria are first and foremost based on two factors:**

- States and local authorities allow movement and activities to reopen.
- Confidence in safety and health is high.

Although authorities may have officially opened states and municipalities, *the threat of the infection will still exist*. Therefore:

- Each individual will have the responsibility to decide whether to participate in group activities.
- Additionally, chapter coordinators should be willing to encourage some individuals, particularly those with immune deficiencies or other factors (e.g., compromised immune system, respiratory issues) that predispose them to higher risk if infected to consult with their medical provider before participating. Individuals frustrated by being homebound may require guidance to wait.
- Methods to limit risk should be implemented where possible.

## **TRR Chapters are encouraged to do the following:**

1. Have a frank discussion with participants about the situation, conditions, guidelines, and risks.
2. Ask potential participants about current symptoms. Symptomatic individuals should be excluded until tested.
3. Program all activities outside.
4. Do not engage in overnight programs, or programs in which cooking or camping in groups is required.
5. Limit groups to a maximum of 10 individuals but consider even smaller groups of 2-4 (consider more or duplicate events with fewer participants).
6. Continue to maintain 6 foot bubble spacing where practical.
7. Consider carefully how to accommodate paddlers who need physical assistance (visually impaired, TBI, SCI, etc.). Family members may need to be closest to these veteran paddlers.
8. When possible, utilize face masks, hand washing, and hand sanitizer while getting ready to launch on the water and post paddling. Make certain all supplies are easily available.
9. Strive to conduct Out-and-Back Programming, i.e. events that do not require shuttle, e.g., park and play river spots, attainment, lake and ocean trips.
10. If a shuttle is required, carefully consider ways to maintain distancing. Some suggestions:
  - a. Utilize other (non-paddling) family members to run shuttle. (Bring your own shuttle bunny).

- b. Limit the number of passengers per vehicle.
  - c. Consider ways to distance passengers, e.g., in the back seat or in the bed of a pickup.
  - d. Utilize a limited number (pair?) of designated drivers who will shuttle vehicles while wearing masks; these drivers will be responsible for wiping down the driver's seat and hand controls.
  - e. Have disinfectant spray or wipes and hand sanitizer in shuttle vehicles.
  - f. Wear masks during shuttle.
11. Consider the risk involved in rescues. Suggestions for mitigating risk:
    - a. Ensure all participants can self rescue. This may involve requiring a low skill boater to paddle an IK.
    - b. Consider paddling a lower difficulty water than the chapter is used to.
  12. Consider signing out equipment to individuals to minimize handling of gear by many people. Where possible, encourage use of your own personal equipment.
  13. Encourage all participants to wash their hands with soap or use hand sanitizer at the launch site and post paddling.
  14. Chapter Coordinators should be contacted if veterans or volunteers wish to borrow boats or gear. Please have available the needed items (bucket, water, soap, sponge, etc.) to clean boats or gear.
  15. Below are 2 links to click on, or copy/paste to review best (and relatively easy) ways to maintain clean surfaces. Please review how long the virus stays active on different surfaces.

<https://newsnetwork.mayoclinic.org/discussion/covid-19-expert-explains-what-soap-does-to-sars-cov-2-virus/>

<https://www.sciencealert.com/here-s-the-expert-advice-on-which-cleaning-products-to-use-again-st-coronavirus>

NOTE: Soap & Water are your best defense for eliminating the COVID-19 virus. Wash your hands for at least 20 seconds, wash all gear with soap & water before loaning to others.

This is not an inclusive list of guidelines. Coordinators are encouraged to think out program scenarios including transportation aspects to minimize the threat of passing diseases while still offering paddling and instruction.

Remember: Butts in Boats but Safety First!

If anyone has a question or wants to talk out their paddling scenarios, please call Dave, Bill, or Joe.