

Reset Guidelines for Queensland's Outrigger Canoeing Community

Stepping down from COVID-19 restrictions

AOCRA Queensland State Centre (QSC) is fully committed to the safe return to the sport of outrigger canoeing. It has written this reset document as Queensland roadmaps the relaxation of its COVID-19's restrictions, in 3 stages starting 15 May 2020

The latest official releases in May 2020 from the National Cabinet, the Palaszczuk Government, Queensland's Health Authorities, AIS' recommendations, and Outdoor Aquatic Sports that have shared their return to sport models with QSports State Sporting Organisations (SSOs) (of which QSC is a member representing outrigger canoeing at a state-wide level) has helped to inform this document.

QSC's focus of this work is to provide guidelines and protocols that include the clarity to date around the state government's roadmap that outlines a staged approach to stepping down from COVID-19 restrictions.

Within this document, information is across four sections:

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Background and Rationale

QSC has compiled this document specifically for outrigger canoeing. It will be passed on to each Queensland Zone to decide whether they provide another layer of information, not take it up, or adopt it as-is and roll it out to AOCRA affiliated clubs within their jurisdiction prior to the start of Stage One, 15 May 2020.

The Palaszczuk Government released its roadmap on 8 May 2020. Clarification discussions amongst member SSOs with QSport – Queensland's Peak Body, began 11 May 2020. They lead up to the next re-convening of the National Cabinet meeting, Thursday 14 May 2020.

The state government has intentions to release some guidance material and possibly a more definitive statement for sport on Friday 15 May 2020, to assist SSOs to better understand these changes, its impacts, and planning considerations going forward.

Given we are in unprecedented times, noting how Zones and clubs operated before COVID-19 is now to change immensely. At a micro level, there is a reset to occur. It is more than just starting again as it brings a new way of operating that includes extra roles, different processes especially precautionary ones, a different way to behave, physical changes, new partnerships, having to revise or learn new strategies and skills, averting risk all the while balancing priorities that will determine the future of a club's life amidst a volatile World.

What is envisaged for Zones and clubs in order to stabilise during this slow recovery is to invest the time in keeping connected with club members. Educate them through free links. QSC has been sending out links for free Webinars that are a series on revenue raising for clubs. And information around networks that are sharing their resources for free or have a discounted cost to their product or service. A few local governments have also released new recovery grants where they have made them far easier to access.

As clubs move forward a 'new normal' begins to form. The biggest risk to Zones and clubs would have been not to take action at all. The biggest challenge is finding a tailored solution. Zones and clubs are run by volunteers. Implementations of any kind need to have a no to low cost factor, be flexible, uncomplicated, and pretty much 'do its job'. A one-size-fits-most approach is not an option either. The geographical spread of outrigger canoe clubs is wide and across many settings. On the mainland there are remote, rural, regional and metro based clubs. Some are located on Norfolk Island, and Thursday Island. There are also clubs that cross the state boundaries located in Darwin, Ballina, and Coffs Coast. Furthermore, we have hybrid clubs made up of paddling, dragon boating, and outrigger canoeing. Therefore, it cannot be assumed that all clubs can operate the same.

In maintaining that reset: risk assessments/COVID safe plans, education and training, communication & stakeholder management and engagement, managing non-compliance, managing activities and cancellations, and managing unwell paddlers and personal infection controls are vital to a club's safe operating environment. It will determine how well a club manages COVID-19 if one was to occur, and how quickly they resume operation again documenting their learnings and any updating of processes.

Stage One - 15 May 2020

Clarification Statement

The clarification that has been received as of Thursday 14 May 2020 is that Stage One of the roadmap opens up a new level of freedom for the community as a whole. It does not mention community sports. Zones and clubs will not allow any structured or organised gatherings or training sessions of groups of up to 10. Individuals making up a group of 10 or less can gather for a social paddle and personal training can occur within that grouping.

OC1s and V1s are the only crafts accepted for use during Stage One. The craft must be washed down and dried before next use. The distancing rule of 1.5m or 1 person per 4m² must continue to be observed.

Police are enforcing Stage One. On the spot fines of \$1334 have been handed out for breaching distancing rules.

In-Practice

Features of Stage One that allows our sport to take up single craft use **only** from Saturday 16 May 2020:

Gatherings of up to 10 people -

- Outdoor, non-contact activity
- Personal training
- Public spaces and lagoons
- Parks, playground equipment, skate parks and outdoor gyms
- Recreational travel (max 150km within your region for day trips).

Here is a list of guidelines and protocols designed for Stage One activities. Reiterating that social distancing and hygiene rules must be adhered to at all times:

An Individual Paddler –

- The accepted craft for Stage One is OC1/V1
- A social paddle or undertaking personal training is acceptable and can be undertaken
- Out of bounds are public showers and similar club amenities
- Is expected to arrive > paddle > and depart. Congregating is discouraged
- If using club craft and/or facilities an individual must sign in. They must state name, date and time of paddle in club record book or the club's setup of an online option
- Must adhere to the club facility's Entry Sign that states:
**Please Do Not Enter
if you have any symptoms such as
cough, sore throat, runny nose, fever**
- No waiting, no swapping or hotseating of a personal or club craft between individuals when paddling in groups of up to 10
- The distancing of 1.5m between individuals including 1 person per 4m² along with hygiene rules, continues to apply. Police will enforce them during Stage One
- Keep informed as changes are happening daily
 - Check out this 30mins free COVID-19 training session for QLD health workers that allows anyone to register. A couple of QSC members registered. It covers the fundamentals of prevention and infection control. A short knowledge test is taken at the end where a certificate is given on completion:
www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training
- Arrival and departure. Minimise the need to congregate. View it simply as - 'arrive, paddle or personal training, and depart'
- Should be no unnecessary body contact (e.g. hand shaking, high fives). Continue to practice distancing and hygiene practices
- Cleaning protocols for the craft and its equipment. If the craft and associated equipment was driven from home and not racked at the club facility, once off the water, cleaning is to be delayed until home is reached
- Public showers and similar club amenities are out of bounds during Stage One. Individuals are encouraged to head straight home after their paddle
- Must not attend any activity if unwell or displaying even mild symptoms such as a snuffle or a sore throat
- Are encouraged to use the COVID-Safe App
- a free flu vaccine (currently Quadrivalent Influenza Vaccine) is available for paddlers 65 years and over. Check in with your local neighbourhood centre or local government for the next clinic in your area. It is encouraged for people in this age group and for any individuals who have secondary chronic health conditions

- Paddlers who are also 'Essential Workers' should if not done so already, consider getting the quadrivalent influenza vaccine
- Should carry an individual hygiene pack e.g. soap, hand sanitisers (60%+ Alcohol) personal wipes.

For the Club -

- Decide whether the club OC1/V1 crafts will be available for use by club members during Stage One
- Before opening the club facility for use during Stage One, arrange a clean down top to bottom
- Immediately have in place a clear Entry Sign that states:
**Please Do Not Enter
if you have any symptoms such as
cough, sore throat, runny nose, fever.**
- Post clear guidelines and protocols for club members / facility members
- Consider posting COVID-19 signage throughout the club facility
- Keep informed as changes are happening daily
 - Check out this 30mins free COVID-19 training session for QLD health workers that allows anyone to register. A couple of QSC members registered. It covers the fundamentals of prevention and infection control. A short knowledge test is taken at the end where a certificate is given on completion:
www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training
- No formal coaching during Stage One as no organised community sport is allowed
- Provide soap and equipment sanitisation fluids (available at the club facility at all times)
- Access to the club storage facility is limited to 1-2 individuals adhering to the distancing rule when retrieving and replacing equipment, paddles etc
- Before picking up any equipment, the paddler must wash their hands at the club site using soap/water or hand sanitiser
- On selection of a club paddle and before paddling, spray the entire surface of the 2 grip areas with the topical alcohol-based spray
- On return from paddling, wash the paddle using soapy water paying special attention to the grip areas. Hang the paddle in the paddle rack to air-dry. Repeat this process every time you paddle. Same sanitation rules apply to personal paddles
- Canoes are washed down thoroughly with soapy water, diluted bleach or chlorine and then air-dried
 - clubs to choose their own drying times and advise their members
- Paddler must wash their hands as per guidelines on entry and exit from the club facility
- Advise members of free flu vaccine (currently Quadrivalent Influenza Vaccine) is available for paddlers 65 years and over. Check in with your local neighbourhood centre or local government for the next clinic in your area. It is encouraged for people in this age group and for any individuals who have secondary chronic health conditions.

Stage Two - 12 June 2020

Clarification Statement

Stage Two is aimed at clubs re-opening and organising structured training for groups of up to 20 people. This section has been written in expectation of achieving a relaxation of the equipment distancing rules.

In-Practice

Features of Stage Two from Saturday 13 June 2020:

Gatherings of up to 20 people -

- Non-contact indoor and outdoor community sport
- Personal training
- Public spaces and lagoons (Southbank, Cairns, Airlie Beach etc)
- Parks, playground equipment, skate parks and outdoor gyms
- Pools (indoor and outdoor) and community sports clubs
- Recreational travel camping and caravan parks (max 250km within your region).

Here is a list of guidelines and protocols designed for Stage Two activities. Reiterating that social distancing and hygiene rules must be adhered to at all times:

For the Club -

- Before opening the club facility for use during Stage Two, arrange a clean down top to bottom. Roster regular clean downs going forward
- Observe the clear Entry Sign that states:
**Please Do Not Enter
if you have any symptoms such as
cough, sore throat, runny nose, fever.**
- Post clear guidelines and protocols for club members / facility members
- Consider posting COVID-19 signage throughout the club facility
- Sign in is a must. One person is to take responsibility for recording everyone in for that session and state name, date and time of paddle in club record book. Club individual's can do the same if an on-line option is available
- Keep informed as changes are happening daily
 - Check out this 30mins free COVID-19 training session for QLD health workers that allows anyone to register. A couple of QSC members registered. It covers the fundamentals of prevention and infection control. A short knowledge test is taken at the end where a certificate is given on completion: www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training
- Educate coaches around communicating group sessions in line with COVID-19 guidelines and protocols implemented with the club
- Provide soap and equipment sanitisation fluids (available at the club facility at all times)
- Access to the club storage facility is limited to 1-2 individuals adhering to the distancing rule when retrieving and replacing equipment, paddles etc
- Before picking up any equipment, the paddler must wash their hands at the club site using soap/water or hand sanitiser
- On selection of a club paddle and before paddling, spray the entire surface of the 2 grip areas with the topical alcohol-based spray
- On return from paddling, wash the paddle using soapy water paying special attention to the grip areas. Hang the paddle in the paddle rack to air-dry. Repeat this process every time you paddle. Same sanitation rules apply to personal paddles
- Canoes are washed down thoroughly with soapy water, diluted bleach or chlorine and then air-dried
 - clubs to choose their own drying times and advise their members
- Paddler must wash their hands as per guidelines on entry and exit from the club facility
- Advise members of the free flu vaccine (currently Quadrivalent Influenza Vaccine) is available for paddlers 65 years and over. Check in with your local neighbourhood centre or local government for the next clinic in your area. It is encouraged for people in this age group and for any individuals who have secondary chronic health conditions

- If a person attending the club shows symptoms they must organise a COVID-19 free test. If the test is negative then they are advised to return to the club once their symptoms have cleared. If they test positive, they must show two tests as negative before returning to club
- If a person attending the club subsequently is tested COVID-19 positive, the club needs to do a thorough wash down of the facility
 - Club management is to cooperate and assist QLD health authorities with their tracking procedures related to the COVID-19 positive person
 - Advise members of the situation being mindful of privacy and confidentiality protocols.

As the sport prepares for Stage 2 roll-out we would like to bring to your attention that outrigger canoeing is mainly conducted by all clubs using 6-man canoes (OC6s). Below is a table highlighting the distances between seating in the more common OC6 canoes in use:

OC6 135kg Mirage

Seat 6 to Seat 5	1.25 mtrs
Seat 5 to Seat 4	1.74 mtrs
Seat 4 to Seat 3	1.40 mtrs
Seat 3 to Seat 2	1.90 mtrs
Seat 2 to Seat 1	1.25 mtrs

OC6 135kg Matahina

Seat 6 to Seat 5	1.20 mtrs
Seat 5 to Seat 4	1.20 mtrs
Seat 4 to Seat 3	1.25 mtrs
Seat 3 to Seat 2	1.55 mtrs
Seat 2 to Seat 1	1.15 mtrs

OC6 135kg Kamanu

Seat 6 to Seat 5	1.30 mtrs
Seat 5 to Seat 4	1.85 mtrs
Seat 4 to Seat 3	1.40 mtrs
Seat 3 to Seat 2	1.82 mtrs
Seat 2 to Seat 1	1.33 mtrs

As seen from the chart, whilst the seating in OC6 canoes is close to the 1.5m social distancing guideline, it is not true of every seat. We would respectfully request a softening of this guideline for Stage 2 onwards to allow our sport to get going again. We would like to emphasise that in our favour are the facts that we are an outdoor activity, a non-contact sport and that the seating arrangement in our canoes is sitting one paddler behind the other, where there is less risk of aerosol droplet contamination than a face to face or a side by side position.

Next Step

The Use of the Document

It is expected that the Zones will communicate and send this document onto their clubs in their jurisdiction. Starting with the checklist links below under *Tools* both individuals and clubs can quickly organise and verify what they need to do across Stage One and Stage Two.

From Stage Two onwards when sporting clubs re-open, this document can support risk assessments when clubs are required to present them to their local councils when seeking grants; a facility check and so forth.

A copy of this document will also be sent to AOCRA, QSport, and other SSOs.

Exemptions

When it comes to exemptions, the first round has been agreed in principle. The next round closes Tuesday 19 May 2020. QSC is seeking a relaxation of the equipment distancing rules by Stage Two.

We have been informed that an industry support package is not forthcoming at this time. And, insurers in general are assisting its customers case by case during this crisis. Phone calls have been made to AJ Gallagher. At the time of writing this document, insurance as it pertains to our sport during COVID-19 and in relation to this roadmap, is yet to be updated.

Tools

- [Stage One Checklist - Individual Paddler](#)
- [Stage One Checklist - Club](#)
- [Stage Two Checklist - Club](#)
- [Poster How to hand rub](#)
- [Poster How to hand wash](#)

Reference Links

- [Roadmap to Easing Restrictions](#)
- [AIS Recommendations](#)
- [Australian Sailing's sports measures](#)
- [Rowing QLD resumption to Rowing](#)
- [Consideration of Club Finance - Dr Richard Lim 20200503](#)
- [La Trobe University's Free Leadership Development Program](#)
- [Cairns Regional Council Go Clubs - Reopening after COVID-19](#)

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Document Review History

Version	Date	Who	Content Reviewed / Purpose
0.1	11 May 2020	Dr Richard Lim AOCRA Level 1 Accredited Coach # 296529 Australian Dragon Boat Level 1 Accredited Coach – accreditation lapsed. General Secretary, AOCRA Queensland State Centre Inc.	First author. Created initial document. First draft accepted at QSC committee meeting 11 May 2020. Cecilia added in as second author to further develop to include information shared through document links, audio link, and fresh clarity of each stage of the roadmap from QSport discussions earlier in the day 11 May 2020.
0.2	12 May 2020	Dr Richard Lim	Includes second author Cecilia Wilson. Reworded draft on request of T. Watson
0.2	13 May 2020	Dr Paso Arthur-Skelton Member, AOCRA Queensland State Centre Inc.	First Reviewer. Request remove of para re 1.5m distancing. Recommendation A to include V1 craft. Request more detail to assist supervising coach in managing communication around possible breaches or refusals etc.
0.3	13 May 2020	Cecilia Wilson M.P.H, M.C.S.P, BSc (Hons) Member, AOCRA Queensland State Centre Inc.	On further discussion with T. Watson, the previous version was updated and redrafted to clearly show stage 1 and stage 2 guidelines, further clarity and breakdown for clubs to consider implementation and monitoring check points.
0.3	13 May 2020	Nora Pennefather Treasurer, AOCRA Queensland State Centre Inc.	Second Reviewer. Emailed link to free COVID-19 training for health workers that anyone can register and undertake. Link to up to date reference material by QLD Health on COVID-19, and Cairns local govt re-opening clubs checklist.
0.4	13 May 2020	Tracy Watson President, AOCRA Queensland State Centre Inc.	Third Reviewer. Rejigged draft into four sections. Reformatted. Wrote sections 1 & 4. Sections 2 & 3 introduced clarification statements and categorised and tightened the guidelines and protocols. Added links to posters and videos. Created a club checklist in Google form that is sport specific. Tested learning tools prior to publishing them on this document.
0.4	14 May 2020	QSC Team	Review via Zoom. Paso reviewed S3. CC reviewed S1 & S2 formatting, re-wording. Tracy

			reviewed S4. Paso consent to document status.
0.4	15 May 2020	QSC Team	Review via Zoom. CC, Tracy & Nora whole document review. Tracy designed & tested checklist Forms x 3. Richard consented to Consideration of Club Finance QSC document. CC, Nora, and Richard consent to final version.