

Additional Club Rules During COVID

If you feel sick (even a little) stay home

**IF YOU DEVELOP SYMPTOMS OF COVID WITHIN 48 HOURS OF BEING AT THE CLUB PLEASE
CALL THE EXECUTIVE DIRECTOR AT 613-618-1715**

**If you have travelled in the last 14 days please do not come to the club and self-isolate as per
the Government of Canada recommendations**

Primary symptoms of COVID include (and follow up calling Telehealth Ontario: 1-866-797-0000
or your family physician):

- feeling feverish
- new or worsening cough
- difficulty breathing

Secondary symptoms of COVID symptoms are:

- sore throat, difficulty swallowing, loss of taste/smell, nausea/vomiting, diarrhea, abdominal pain, pneumonia, runny nose*, or nasal congestion*
- AND no underlying reason (seasonal allergies, pre-existing condition)

The Following Rules Must Also be Respected During COVID:

**Failure to abide by these rules may result in you being asked to leave the club or further
discipline as per ORCC safety policy**

Before Coming to the Club:

- Reserve a paddling time with a buddy through online reservations system
- Vulnerable individuals such as seniors and those with underlying health conditions should stay home (At-risk populations include anyone with compromised immune systems, older individuals (>65), those with co-existing medical conditions including, but not limited to: diabetes, cardiac disease, severe asthma, chronic lung conditions and autoimmune diseases).
- Take your temperature. If its above 37.8 degrees Celsius stay home
- Get changed at home or in car as changeroom will not be open
- Use washroom at home as much as possible to avoid use of porto potty
- Fill water bottle at home; water bottles should be kept in sealed zip lock type bags while paddling
- Check off that you have read additional rules
- Check off that you have completed online waiver

While at the Club:

- Practice physical distancing at all times (2 meters all around you); on water and on land (particularly when preparing boats and getting on and off the water)
- Wash your hands with soap and water or hand sanitizer when arriving at the club
- Ensure staff sign you in
- Avoid entering buildings as much as possible
- Wear a mask if entering any building
- Singles boats only unless you are quarantined together (eg partners living in same house; brother/sister, etc)
- Inform staff if you are taking a crew boat, so it can be cleaned after
- Use a boat you are confident you will not tip in
- Use your own paddle and lifejacket, which are taken home at end of each practice
- Members must use same boat every practice; those without personal boats should contact Executive Director to be assigned a boat (exec.director@orcc.ca)
- DO NOT share water bottles or towels

Rules for Paddling:

- Use para ramp to get to water; stairs to come back up
- Use the beach as much as possible to get in and out of water
- Know how to self-rescue (if you don't know ask staff for instructions)
- Paddle with a buddy
- Stay within 20 meters of shore at all time so you can self-rescue
- Wear lifejacket at all times even if you are over 16 and can pass swim test
- To minimize social traffic on shore boats will leave the dock in the first 25 minutes of the hour and return to the dock between 35 and 59 minutes of the hour
- Last time to get on-water will be between 7 and 7:15, must be off water by 7:50pm.

Other Considerations:

- No hanging out at club after paddle/training
- All payments must be done virtually via credit card or e-transfer
- Consider leaving your boat on the trailer instead of in a boat can
- Consider car toting your personal boat to avoid the need to enter buildings

Additional Rules for Training Groups:

- Size of training groups must follow Public Health Guidelines
- When getting on water please respect 2-meter mark-offs on the para ramp while training groups wait to get on the dock
- For the time being athletes will not be permitted to switch between training groups to limit circle of contact