



DARTMOUTH DRAGON BOAT ASSOCIATION

Dragon Boat Coaching Procedures

Version 3 As of June 28 2021

General

ALL ACTIVITIES:

- There will be no access to the building. All activities will take place outside.
- These protocols will be communicated to individual athletes by email, as well as being posted on the website.
- The dock will be used for boat loading. Paddlers should use hand sanitizer which is provided upon entering the boat and after exiting the boat.
- All participants will bring their own equipment (paddles, PFDs, seat pads). There will be no sharing of equipment.
- As the club house is closed, there is no on-site change room or drinking water.
- HRM has indicated that public washrooms in the park will be accessible.
- All participants will arrive dressed and ready to get in the boat
- No sharing of water bottles or any personal items.
- All participants must have signed a waiver acknowledging that they will comply with all Municipal, Provincial and Federal directives with respect to Covid 19.
- All participants must be registered members in good standing.
- All participants are over 18 years of age.
- All attendees will be recorded for each practice.

Hygiene Protocols

Entry and Exit Procedures

DRAGON BOAT

Entry

- Participants will be assigned to groups of up to 23 people (plus 2 coaches).
- Before getting in the boat, participants should sanitize their hands.
- Participants are to get in the boat one at a time, as directed by the steersperson/safety officer. Participants must go directly to the seat indicated, unassisted, and touch no surfaces other than their own spot.
- As an additional precaution we will recommend individuals bring their own wipes, and that once seated they should wipe down the gunwales and seat next to them.

Exit

- At the conclusion of the session, participants are to remain seated until directed by the steersperson/safety officer to exit the boat.
- Participants are to exit one at a time, unassisted if possible..
- Participants are to go directly to their vehicle, taking all of their equipment (paddles, butt pads, lifejackets) with them.
- Participants should sanitize their hands immediately upon exiting the boat. Hand sanitizer will be provided.

First Aid Procedures

- There will be a first aid kit in the cage. The first aid kit will contain gloves, pocket masks with one-way valves, as well as hand sanitizer.
- If first aid is required, we will limit the number of individuals in contact with the person in the need of aid.
- The person requiring aid should use a face mask over their nose and mouth.
- First aid providers should wear gloves and a mask while providing first aid and perform hand hygiene after interaction is complete.
- Dispose of any PPE used.
- If you are uncomfortable or haven't been trained to perform traditional CPR, have someone call 9-1-1, lay a cloth, towel, etc. over the person's mouth and start Hands-Only CPR (continuous chest compression without any mouth to mouth contact) until someone else takes over or emergency help arrives. Perform proper hand hygiene.
- If trained to perform traditional CPR, have someone call 911, and use barrier devices. Give mouth-mask ventilation using a pocket mask with a one-way valve and wear gloves, until someone else takes over or emergency help arrives. Perform proper hand hygiene.