**Paddling and Level 2.1 September 2021**

**Example from Te Toki Voyaging Trust.**

Paddling can resume for singles / doubles and established W6 teams who are known to each other, local and remain the same. This means no visitors and no new paddlers for the time being.

There are a few new changes to level 2 guidelines with the new covid variant,

**Social distancing**

1. **Face coverings** are now **mandatory** at Alert Level 2 and above for most people visiting and working in businesses and services. This is a new requirement for visiting retail shops and indoor public facilities like museums, malls and libraries.

2. It is recommended that individuals physical distance of 1 metre and in the case of someone who is not known to you, you should maintain a 2-metre physical distance.

3. It is recognised at alert Level 2, that contact during physical/recreational activity will occur, but this should be minimised as much as possible and distancing should resume when not participating in sport or recreational activities.

**Gathering requirements:**

Gatherings are limited to 50 people in an indoor space, and 100 people in an outdoor space.

1. Gatherings at clubs – indoor must not exceed 50 people that includes spectators, paddlers, coaches, managers, officials, and supporters.

2. Gatherings at clubs – outdoors must not exceed 100 people that includes spectators, paddlers, coaches, managers, officials, and supporters.

3. For Waka Ama club practices where multiple waka are on the water, congregations of paddlers, coaches, and managers before, during, and after practice must not exceed 100

4. Spectators and whānau who are not paddlers, coaches or managers should be discouraged from attending practices

5. Care must be taken where up to 100 people may congregate in groups at communal points such as entries, shared toilet/changing room facilities and car parks, and to maintain physical distancing within and between groups. Phasing of activities is recommended to allow time for people to pass through these areas safely.

**QR codes and scanning in**

* The club will have QR codes available for scanning at both locations Awa/Lake, please be vigilant in scanning in and/or signing the contact register that your team manager will have

**Whānau**

* Where possible if our whânau can only arrive for pick up or drop off to limit the number of people who are present during training times, if this can’t be done then we ask whānau to remain in their vehicle for the duration of training.

**Contact Tracing**

* Steerer/Nominated Captain ensure your crew (6-18paddlers, exclusive to your group), have completed and signed in the **’Contact Tracing Register’** before your first paddle. Return this via email or in person.
* Steerer/ Nominated Captain - once designated this role do not change paddle to paddle, if they are unable to continue paddling, crew must nominate another person and inform the club.
* **‘Training Log’** could be a small notebook and MUST include date, time on and off water, and Crew Names.
* No Paddlers outside of your crew Contact Tracing Register (18) are permitted to paddle with your crew. No new paddlers, visiting paddlers, whanau, or non members are permitted on the waka during level 2 paddling.
* If you need to change/add another club member to your crew (max 10), Steerer/Nominated Captain must notify the club and ensure added paddler has signed **‘Contact Tracing Register’.**
* **‘Training Log’** must be kept for 4 weeks.
* An important part of level 2 and 1 is contact tracing. If we do have a positive case, we need to be able to trace all contacts quickly and correctly.
* Managers please fill the info in on this link for team registration (add google link)

**CLEANING**

*Make a plan with your crew - if we can create awareness/routine on how our crews move the waka on and off the water, and note high contact areas, we will be able to clean quicker and more effectively.*

WAKA – Waka to be cleaned on grass area. Using bailer buckets and soap provided by club. Wipe/scrub gently over contact areas and rinse with water.

PADDLES and PFDs – All paddlers take responsibility for cleaning their own gear, at the awa/lake or at home. No club life jackets or paddles to be used without prior Committee approval.

TROLLEY and Bailers – To be cleaned with soapy water and rinsed on grass area

HANDS – paddlers are required to provide their own hand cleaner/sanitiser. If washing hands with soap please do so at the toilet block. Wash and dry hands before and after paddling. Avoid touching your face and then touching shared equipment.

***Do not clean hands, waka or equipment on the concrete area in the carpark as cleaning products will drain directly into the awa.***

***Do not use cleaning solutions other than those provided by the club to clean the waka or trolley.***

**If unwell**

* If you or members of your household are unwell, you should stay home and call your doctor or Healthline on 0800 358 5453 for advice about getting tested. You must not participate in physical activity (or leave home) if you are displaying symptoms of COVID-19, awaiting a test result, or required to self-isolate
* No paddling or using equipment if you have been in contact with someone who is suspected of having or who has, COVID-19. Phone the COVID health line 0800 3585 453 and discuss if uncertain.

**Safety**

* Team captain/steerer is responsible for making sure that their w6 team/s have all safety equipment needed for each training
* lights for any time of darkness and poor visibility (morning and night) **all vessels**
* light needs to be an all round white light 1m high, w6s also need at least 1 head lamp
* life jacket/s 1x for w1, 6x for w6
* bailer/s
* spare paddle/s
* 1 form of communication (cell phone or VHF) on hand

**It is up to everyone to make sure you have your own life jacket, your own paddle or access to a paddle and a means for keeping your phone dry.**

**Waka Bookings**

Please remember all training's MUST be booked with XXXX well in advance (not 1 hour before or 5mins before or after)