

DRAGON BOAT, CANOE, & KAYAK

GUIDELINES FOR DRAGON BOAT, CANOE, & KAYAK

| SPORT SPECIFIC FRAMEWORK | | | | | |
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| DRAGON BOAT, CANOE, & KAYAK | A | B | C | D | E |
| | ECQ | MECQ | GCQ | MGCQ | NO CQ |
| COMMUNITY SCENARIO: HEALTH STATUS TRAVEL ENGINEERING | HIGH RISK (ECQ) | HIGH RISK (MECQ) | MODERATE RISK (GCQ) | MODERATE RISK (MGCQ) | LOW RISK/ No Community Quarantine covid environment "NEW NORMAL" |
| IATF RESTRICTIONS** | <p>Everyone is advised to "Stay - at-Home"</p> <p>No mass transportation</p> <p>No interzone travel</p> <p>No mass gathering</p> <p>Gyms, fitness facilities are closed</p> | <p>APOR allowed to travel</p> <p><20 and 60 and above are to stay at home</p> <p>Limited mass transportation</p> <p>Sports travel is still non-essential</p> <p>No interzone travel – may travel to ECQ</p> <p>Intrazonal movement allowed</p> <p>No mass gathering</p> <p>Sporting events are prohibited</p> <p>Gyms, fitness facilities are closed</p> <p>Water parks are not allowed to operate</p> <p>Individual, Outdoor exercises are allowed within the zone- walks, jogs, biking, running</p> | <p>Movement for leisure purposes are not allowed; essential travel only</p> <p><20 and 60 and above may be allowed to go outdoors only for exercise.</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p> <p>Public transportation allowed to operate at limited capacity</p> <p>Category IV (fitness, kids establishments are still not allowed to operate)</p> <p>School sports are still suspended</p> <p>Interzonal movement allowed</p> <p>No mass gathering</p> | <p>All persons allowed to move outside of residence</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p> <p>Individual and group outdoor activities including NON-CONTACT sports (golf/tennis/ table tennis/ swimming) are allowed – NO SHARING of equipment</p> <p>Sporting events of the above category (indoor and outdoor non-contact sports) are allowed but with 50% capacity of arena</p> <p>Category IV (fitness, kids establishments are allowed to operate at 50% capacity)</p> | IATF RESTRICTIONS** |

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| | | <p>Rehab clinics are on skeletal workforce</p> <p>No face to face school classes</p> | <p>Sporting events are prohibited</p> <p>Gyms, fitness facilities are closed</p> <p>No face to face classes; school sporting events are not allowed</p> <p>Outdoor non-contact sports, walking, jogging, running, biking, golf, swimming, tennis, badminton, equestrian and skateboarding are allowed—limited clubhouse basic operations</p> | <p>Transportation is allowed to operate at the capacity dictated by DOTR; bikes and e-bikes encouraged</p> <p>Face to face classes may be conducted but no gatherings.</p> <p>Gathering of up to 10 socially distanced persons are allowed</p> <p>Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity</p> | |
| SPORT RECOMMENDATIONS | <p>Home training is allowed.</p> <p>Boat Training is not allowed.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> • Paddling techniques, if there is a personal swimming pool available. • Strength training, utilizing available home equipment. | <p>Home training is allowed.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> • Paddling techniques, if there is a personal swimming pool available. • Strength training, utilizing available home equipment. | <p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS A GCQ ACTIVITY</u></p> <p>Water Training in a single boat at least 6 meters apart (per lane) individual paddling.</p> <p>Canoe singles (C1) and Kayak (K1) singles are allowed.</p> <p>No person to person interaction and no sharing of paddles, knee pads or boats.</p> <p>Individual Home Program/Online</p> | <p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS AN MGCO ACTIVITY</u></p> <p>Boat training is allowed up to 4 paddlers in a 10-seater boat.</p> <p>Face-to-face coaching is allowed. Coaches' boat capacity is limited to 2 persons.</p> <p>Boats must be at least 6 meters apart (per lane).</p> <p>Canoe (C1) and Kayak (K1) singles are allowed.</p> | <p>IF ALLOWED:</p> <p>Canoe doubles (C2) and Kayak doubles (K2) are allowed.</p> <p>Dragon Boat training may be allowed up to 10-seater boats.</p> <p>Virtual Time-trial competitions for the ff:</p> <p>Canoe doubles Kayak doubles Dragon Boat</p> |

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| | <ul style="list-style-type: none"> Conditioning drills at home. | <ul style="list-style-type: none"> Conditioning drills may be done outside but only within the area of residence. | <p>Coaching:</p> <ul style="list-style-type: none"> Strength training, utilizing available home equipment. Conditioning drills may be done outside but only within the area of residence. | <p>Weight training inside the training facility (Docksite) is allowed at 50% capacity on a staggered appointment basis.</p> <p>Continue supplemental home programs.</p> <p>Virtual Time-trial competitions for the ff: (if available)</p> <p>Canoe singles Kayak singles</p> | <p>Normal competitions are allowed when COVID-19 vaccines are available.</p> |
| <p>GENERAL HYGIENE RECOMMENDATIONS</p> | <p>Sanitize Equipment, before and after use.</p> <p>Frequent hand washing is a must.</p> <p>Mandatory use of face masks.</p> | <p>Sanitize Equipment, before and after use.</p> <p>Practice social distancing when doing conditioning drills outside of your residence.</p> <p>Frequent hand washing is a must.</p> <p>Mandatory use of face masks.</p> | <p>Health declaration for the past 14 days.</p> <p>Sanitize Equipment, before and after use.</p> <p>Practice social distancing when doing conditioning drills outside of your residence.</p> <p>Frequent hand washing is a must.</p> <p>Mandatory use of face masks.</p> | <p>Health declaration for the past 14 days.</p> <p>Strictly no person to person interaction, and no sharing of equipment(paddles, boats, gym equipment)</p> <p>Practice Social Distancing while training outside of the residence and inside the training facility.</p> <p>Sanitize Equipment, before and after use.</p> <p>Frequent hand washing is a must.</p> | <p>Health declaration for the past 14 days.</p> <p>Practice Social Distancing while training outside of the residence and inside the training facility.</p> <p>Sanitize Equipment, before and after use.</p> <p>Strictly no person to person interaction, and no sharing of equipment(paddles, boats, gym equipment)</p> <p>Frequent hand washing is a must.</p> |

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| | | | | | <p>FOR OLYMPIC HOPEFULS Suggestions</p> <p>-Online baseline health declaration form should be sent to all hopefuls and olympians via our QR code system for documentation of current health status and subsequent symptom and exposure monitoring.</p> <p>-Face mask policy as part of personal hygiene. Worn outside of athletic activity.</p> |
| <p>FACILITY RECOMMENDATIONS</p> | | | | <p>Facility (Docksite) must operate at only 50% of maximum capacity.</p> <p>Consider COVID-19 testing of Facility staff. Temperature check upon entry of the facility.</p> <p>Assign health safety officer for the facility.</p> <p>No personal towel, no training policy.</p> <p>Scheduled training, limited to persons each training session.</p> <p>Locker Room may only be used for</p> | <p>Facility must operate at only 50% of maximum capacity.</p> <p>Consider COVID-19 testing and Vaccination (if available) of Facility staff.</p> <p>Assign health safety officer for the facility.</p> <p>No personal towel, no training policy.</p> <p>Regular cleaning and disinfecting of frequently touched items at</p> |

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| | | | | <p>changing of clothes. Strictly 5 persons at a time.</p> <p>Regular cleaning and disinfecting of frequently touched items at the training facility (door handles, table, light switches, toilets, faucets, sink, electric fans, gym equipment, etc.)</p> | <p>the training facility (door handles, table, light switches, toilets, faucets, sink, electric fans, gym equipment, etc.)</p> <p>IF ALLOWED:</p> <p>Individual shower cubicles may be allowed for use.</p> <p><u>FOR OLYMPIC HOPEFULS Suggestions</u></p> <ul style="list-style-type: none"> - Specify Location of training - Billeting arrangements - Suggest a log at the training venue with a condensed version of the health declaration form for all who will use the facility for contact trace purposes. |
| SPECTATOR ADDITIONAL PERSONNEL | No spectators allowed. | No spectators allowed. | No spectators allowed. | No spectators allowed. Only 1 Parent/Guardian is allowed (if necessary). Parents/Guardians are not allowed to enter the training area. | No spectators allowed. Only 1 Parent/Guardian is allowed (if necessary). Parents/Guardians are not allowed to enter the training area. |
| | | | | <p><u>FOR OLYMPIC HOPEFULS Suggestions</u></p> <ul style="list-style-type: none"> - Specify staff or personnel included in the training camp. | |

