



ALBERTA WHITEWATER ASSOCIATION

Covid-19 Information Bulletin #2 for Paddlers *Suggestions for safer paddling*

Dear Paddlers,

May 12, 2020

As with all things on the river, this is information you can use to improve, not to guarantee, your safety, and just as in whitewater the ultimate choices and assumption of risks are yours.

Before going: If the answer to any of these is yes, stay home. Do not paddle.

1. Do you have any of the following symptoms which are new (or worsened if associated with allergies, chronic or pre-existing conditions): fever, cough, shortness of breath, difficulty breathing, sore throat, and/or runny nose?
2. Have you returned to Canada from outside the country (including the US) in the past 14 days?
3. In the past 14 days, have you had close contact (living with, providing care to, or being within 2 m of) with someone who has a probable or confirmed case of COVID-19?*
4. In the past 14 days, have you had close contact with a person who had acute respiratory illness that started within 14 days of their close contact to someone with a probable or confirmed case of COVID-19?*
5. In the past 14 days, have you had close contact with a person who had acute respiratory illness who returned from travel outside of Canada in the 14 days before they became sick?*

*other than health care workers who were wearing proper personal protective equipment at the time

On the river:

- Small groups, preferably 4-6 but no more than 12.
- Maintain 2m distance between people on the river, at the put-in, and at the take-out.
- Handle your own gear only.
- Rescuing swimmers is acceptable, but minimize contact as much as possible.
- Paddle well within your abilities. Avoid runs that may require rescue.

Shuttling when people not of the same household are involved:

- Consider whether you can avoid car shuttle entirely. Can you bike it or hike it?
- One person only (unless from same household) per row of seats, alternating sides.
- Wear a mask while in the vehicle. Cloth masks are acceptable. Mask must not be wet. Masks should not be re-worn once removed, so bring another for the return trip.
- Handwashing or hand sanitizer before getting in, and upon getting out.
- The driver should be the vehicle's owner; don't drive other people's cars.
- Everyone handles their own gear only.
- For multi-day outings, it is best to have the same "shuttle buddy" the whole time.

Disinfection:

- Soap and water is highly effective on all surfaces, hard and soft.
- Alcohol-based hand sanitizer is effective.
- Sanitizing wipes are useful where rinsing soap off a surface is not feasible, e.g., door handles and seat belts in shuttle vehicles.