

TBSK Covid-19 Paddle Guidelines

As of Aug 21, 2020

Here are some guidelines for trip leaders and members to help ensure safe paddles.

- Each club member is responsible for their own safety when it comes to Covid-19. No one should lead or attend a TBSK paddle unless they are comfortable with the risks after reviewing the TBSK guidelines below and the American Canoe Association Covid-19 safety guidelines at <https://www.americancanoe.org/page/COVID19Guidelines>
- Members should refrain from participating on a TBSK paddle if they meet any of the following screening criteria:
 - Do you, or anyone in your household, have a fever 100 degrees or higher?
 - Have you, or anyone in your household, recently had any respiratory infection, cough, shortness of breath and/or low-grade fever?
 - In the previous 14 days, have you had any contact with someone with a confirmed diagnosis of COVID-19; is under investigation for COVID-19, or is ill with a respiratory illness?
 - In the previous 14 days, have you traveled to COVID hotspots (e.g. New York, Miami) in the U.S., or traveled internationally, or had contact with someone who traveled to areas in the U.S. or abroad with widespread, sustained community transmission?

Trip Leaders

- Max of 10 people on a paddle though you can set it for less.
- No shuttles at this time.
- The "Trip Participation List" does not need to be signed by participants. Still want the form, just check the TBSK web site to both insure that members have signed the insurance waiver and to obtain their emergency phone contact info. The Trip Coordinator uses this information to keep trip statistics, including which Trip Leaders qualify for a free membership.
- Consider avoiding launch points where there is crowding

Participants

- Maintain social distancing at the launch point & during rest breaks. Consider wearing face coverings at the landings. Avoid touching each other's gear, if practical. Consider bringing hand sanitizer.
- Paddle below your skill level during this startup period and consider learning and practicing self-rescues.