

## WKC COVID-19 Trip Guidelines:

Washington Kayak club exists to facilitate our members kayaking. The Covid-19 pandemic has introduced a new dimension of risk to our community, one that must be clearly understood and carefully evaluated by trip leaders, and individual paddlers.

Covid-19 is a viral disease transmitted by respiratory droplets. It can cause a wide range of serious effects, including death. The disease can be transmitted by individuals who are not experiencing any symptoms, making it very difficult to control. Any contact among people introduces the risk of transmission: closer contact or more people increases that risk.

As such, WKC is introducing this coronavirus plan for holding trips in accordance with guidance from the American Canoe Association, CDC, and state of Washington.

The point of this plan is not just to have a checklist so trips can happen. Our hope is to safely hold trips while preventing spread of COVID-19, both for our members and our greater community.

No insurance carrier that we are aware of, including WKC's or ACA's, has definitively stated that they will cover liability related to COVID-19 infection. We have heard that liability coverage will NOT be provided unless all federal, state, local, and municipal guidance is followed. It is possible that individuals or the club may be personally liable if someone contracts COVID-19 on a trip.

As a participant, if you are unable to fully abide by these guidelines, do not attend.

As a trip leader, if you are unable to comply with these guidelines, including turning away a participant, do not hold the trip.

Please do not overthink or rationalize why these guidelines might not apply to you, your trip or its participants. These instructions need to be followed strictly and as written to be effective in stopping coronavirus and keeping everyone safe.

## OVERVIEW:

To hold a trip during this pandemic, a few conditions need to be met.

- 1) Meet reopening phase rules for the trip as laid out by the state of Washington's "Safe Start" plan (<https://coronavirus.wa.gov/>). There are limits on trip size and participants based on what phase we are operating in. All WKC trips will operate in the same phase.
- 2) Trip leaders and participants complete electronically all waivers and forms, including COVID-19 waiver.
- 2) Trip leaders and participants perform health checks for themselves.
- 3) Social distancing, respiratory and surface hygiene are maintained throughout the trip.

All of these conditions must be met for a trip to be held or advertised on WKC's website.

In the spirit of state guidance to "limit non-essential travel within proximity of your home," we recommend a range for trips of 125 driving miles from your household during Phases 1.5 & 2.

Please consider the impact your trip may have on the local community. For example, San Juan County has very few COVID-19 cases, and wants to keep it that way. Trips from the Seattle area introduce a real risk of disease spread, and locals have been unwelcoming of visitors.

## **WKC Phased approach to trips**

Washington is using a phased approach to reopening based on the prevalence of coronavirus by county. Phase 1 is most restrictive. Phase 4 is least.

**All Washington Kayak Club trips and programs will operate in the same phase.** The phase WKC is operating in will be clearly posted on the WKC homepage.

*If WKC is operating in:*

### **Phase 1**

No WKC trips.

### **Modified Phase 1, aka Phase 1.5**

**WKC trips possible. Max 6 people. No cars shared between different households. No overnight trips.**

### **Phase 2**

**WKC trips possible. Max 12 people, max 8 households. *In most cases, this will mean a practical limit of 8 participants including leader per trip.* No cars shared between different households. Overnight trips OK.**

### **Phase 3 or Phase 4**

**To be determined. WKC guidelines will be updated as information becomes available.**

References:

Phase 1.5:

[https://www.governor.wa.gov/sites/default/files/Safe%20Start%20-%20Washington%20Phased%20Reopening\\_FINAL.pdf](https://www.governor.wa.gov/sites/default/files/Safe%20Start%20-%20Washington%20Phased%20Reopening_FINAL.pdf)

Phase 1 and 2:

<https://www.governor.wa.gov/sites/default/files/COVID19Phase1and2OutdoorRecreationGuidance.pdf>

### **Before each trip, trip leader must ensure following actions are completed**

- 1) Warn and inform all participants that protection against exposure to Covid-19 cannot be guaranteed.
- 2) All participants must electronically sign standard WKC waiver.
- 3) All participants must electronically sign additional COVID-19 waiver.
- 4) Within 24 hours before trip, perform a health screen of all participants and possibly a temperature check (see below).

### **How to perform a health screen**

Ask if participants

1. Have been exposed to anyone known to have COVID-19
2. Currently have, or have had **ANY** of the following in the last 14 days:
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea

If the participant answers YES to any of the above, the individual may not go on the trip, payment will be refunded, and trip leader should recommend the individual consult with their healthcare provider.

If there is any doubt if the person has answered honestly or fully, the trip leader has full discretion whether the person may go on the trip. In this situation, the trip leader may request the participant perform a temperature check (see below for method). If the temp is below 99.5 F, trip leader may elect to let person go on trip, but does not have to.

If there is any doubt whether any participant will follow social distancing, respiratory and surface hygiene, the trip leader has full discretion to decide whether the person may go on the trip, or if the trip should be canceled entirely.

Some people are at higher risk for severe illness from Covid-19. Consider asking about the risk factors below and inform them about increased risk (including death) from COVID-19:

- Age 65 or older
- Chronic lung disease or moderate to severe asthma
- Serious heart conditions
- People who are immunocompromised
  - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- Severe obesity (body mass index [BMI] of 40 or higher)
- Diabetes
- Chronic kidney disease undergoing dialysis
- Liver disease

#### **How to temperature check:**

If needed, temperature checks will be self-administered, remotely observed by the trip leader (for example, video chat or participant in a car with windows rolled up). It is up to the participant to have their own thermometer and any other equipment needed. **Temperature greater than or equal to 99.5°F is considered a fever.** If the participant has a fever, he will not be allowed to participate, and should be advised to seek medical attention. Anyone who has been in close contact with the person who has a fever should be advised to self-quarantine for 14 days or until undergoing medical evaluation.

### **Situation Example:**

*Joe is a 41-year old man, with “seasonal allergies” and generally good health. He is a competent paddler who can self-rescue reliably. He states he has a chronic cough, and the cough he has now is not new. He answers no on his health screen to the question about cough, but quietly clears his throat a couple times in pre-trip meeting. He does not appear to be in distress, sick, or have any trouble breathing.*

*Trip leader should take Joe aside (both wearing masks) and ask again if he has had any known exposures to Covid-19, and ask if there is anything new or unusual about the cough.*

*In response to these questions, Joe says it is his usual cough (“allergies”), he checked his temp this morning and it was normal, and that he has been staying inside the last 2 weeks alone.*

*The trip leader is fully within her rights to do any or all of the following, in any order:*

- *Decline to let Joe participate*
- *Privately talk to each member of the group about Joe coughing and his explanation, and if they want to continue or not. If they volunteer not to participate, they will get a full refund.*
- *If anyone expresses discomfort, do not allow Joe to participate.*
- *Have Joe do a temperature self-check. If Joe has a temp over 99.5 or does not have a thermometer, he will not be allowed to participate. If a temp check will not change the decision-making, do not ask Joe to perform one.*
- *After speaking to other participants and receiving verbal conformation they are all OK and willing to continue, allow Joe to participate, with notice that if his condition worsens a re-assessment will be performed and he may be asked to leave on his own at any point.*

## **During classes, events and outings:**

**Provide clear direction and monitor the implementation of CDC- recommended practices regarding hand hygiene, face coverings, social distancing and surface cleaning:**

- **Hand Hygiene**
  - Have alcohol-based hand sanitizer (60% alcohol or greater) or other approved anti-viral sanitizer available for hand cleaning.
- **Face Coverings**
  - We recommend all participants wear face coverings while on land.
- **Social Distancing**
  - Maintain social distancing of at least 6 feet whenever possible.
  - Recognize that some activities, such as rescues, cannot be performed while maintaining social distancing.
  - Consider the impact of wind when outside and, when practical, avoid being downwind of other participants.
  - Consider the impact of social distancing at waterway access points and in planning shuttling logistics.
- **Equipment**
  - Surfaces touched by more than one person should be cleaned frequently.
  - Participants should bring all their own equipment.
- **Repeat health screenings during multi-day trips.**
  - At the beginning of each day of a class or event, repeat the health screening protocol described above.
  - If, based on the screening questions, a participant seems at risk for infection with Covid-19, they should discontinue participating in the class, event or outing.
  - To perform health screenings on multi-day trips, trip leaders will need to provide their own health-screening checklists. Trip leaders may request participants bring their own thermometers.
- **Recognize that some activities, such as shared shuttles, rescues, wet exits, and roll instruction, require close contact and could possibly place participants at higher risk of exposure.**

Being outdoors is better than in an enclosed space. Though individuals may be further than 6 feet away, being inside a vehicle together increases risk of exposure.

Activities that require prolonged close contact, such as roll instruction or assisted rescue practice, should be avoided.

Simple activities such as sharing a small eddy or launching at a small access ramp may place participants at higher risk. Take steps to reduce the risk of these activities. Steps might include, but are not limited to:

- Assessing self-rescue skills at the beginning of, or prior to, the course or event.
- Ensuring all participants use the appropriate gear including, but not limited to, life jackets, leashes (if applicable), and proper thermal protection.
- Working in venues that allow adequate distancing.
- Working in conditions that are less challenging to all of the participants in order to reduce the need for rescue.
- Using separate vehicles for shuttles, or running shuttle by walking or bicycle.