

Dragonboat Teams & Clubs COVID-19 Re-Entry Outline

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Authored by John F. McDermott, QSSP; Hung Cheung MD, MPH, FACOEM; Elizabeth Toro MD, MPH, FACOG; Robert McNamara MD, FAAEM; Kathy Lawson, Csilla Gutay

1590 W. Algonquin Road, Ste 115 Hoffman Estates, IL 60192-1575 John@KeystoneConsulting.Services Ph: 847-977-0983

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Executive Summary

The opening of Dragonboat paddling poses unique risk reduction challenges. This document will educate you to manage risks and communicate information so paddlers are informed as part of your return to paddling. Science, medical and safety principles formed the foundation for this work. The science is evolving exponentially on CORONAVIRUS. So are recommendations from The World Health Organization (WHO), Centers For Disease Control (CDC), National and State Public Health.

The Dragonboat Covid-19 Re-Entry Outline is not a substitute for your Team / Club leadership applying local Health and Human Services Guidance. We also realize each area in the United States will abide by their local recommendations, as each area may be at different re-entry stages.

All authors and technical contributors are also paddlers. We, too, have a great desire to get back on the water paddling.

Criteria Readiness for Paddling

1. Prepare the paddling site: check and inspect prior to return of paddlers

- Ensure the safety of all participants
- Cleaning and disinfection of equipment: decide what surfaces need to be cleaned, what needs (see equipment list 1.4.3) disinfection, and schedule
- Use EPA, CDC guidelines for choice of cleaning products

2. Prepare the paddlers and other participants: clear criteria as to who returns and when

- Social distancing: how far apart should paddlers be from each other
- Limit number of paddlers per practice sessions, and per boat
- Compromised immune systems, complications or vulnerable paddlers should avoid close distance group practices
- Susceptible and high risk individuals should be aware and sign waiver as exposure may be unavoidable
- Prepare and post reminders of social distancing, cleaning protocols and take home exposure concerns

3. Access to site: entry and exit points.

- Make it known online and/ or place a sign stating criteria that prohibits paddler from participating i.e: fever, recent exposure, shortness of breath, cough, loss of smell/taste etc.
- Communicate protocols with signs, floor markings
- Keep hand, paddles, life vests/pfds and hydration bottles clean
- Develop a no-contact team celebration
- People should bring own equipment
- Decide if temperature screening necessary
- Provide hand sanitizer, wipes, etc.
- Consider engineering controls, e.g., plexiglass shields if appropriate, but do not alter or sacrifice safety of the boat

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4. Distancing plan: help decrease density by scheduling gatherings, limiting total number of participants

- ❑ Stagger arrivals and departure times
- ❑ Make sure teams know their schedules
- ❑ Enforce strict cleaning protocols for shared spaces including bathrooms
- ❑ Reduce capacity of spaces: apply local Social Distancing practices
- ❑ If unable to keep Social Distance, require face masks throughout time at practice and on water paddling
- ❑ Designate and signpost direction of foot traffic

5. Reduce time for contact and increase cleaning: send practice schedule, coaching points ahead of time to avoid gatherings

- ❑ Adopt a layering of proactive precautions (see Section 5.3)
- ❑ Remove shared food/drink areas
- ❑ Use single serve items
- ❑ Do not share pens, clipboards without disinfection
- ❑ Create secure storage areas
- ❑ Make wipe, hand sanitizer available in boats
- ❑ Suggest using video review virtually
- ❑ Consider coaching from another boat to keep distancing

6. Follow “Phased Approach”: return to a full season will still take cooperation across all the sport’s components

- ❑ **Phase 1:** Allow individual paddling in OC-1 technique practices with safeguards.
- ❑ **Phase 2:** Start with small numbers of paddlers in the boat (standard boat

8-10) require face mask and eyewear protection

- ❑ **Phase 3:** Increase the number of paddlers to full boat. **At this point in time, until we get herd immunity or full release from the WHO, CDC, and/ or local health departments, each team will have to assess all applicable guidances and accept risks in full boats and racing competitions in 2020.**

Communication to teams is paramount in helping paddlers understand risks from a person's “debris field” (respiratory signature). [Dragonboat Teams / Clubs COVID-19 Re-Entry Outline](#) examines many risks that need to be managed for safely returning to the water. Our collective years of paddling experience, Medical and Safety Profession are brought together here as a resource to inform, educate and help.

Section 1: Scope, Sources, Definitions

Section 2: Preparing Your Team / Club

Section 3: Paddler Safety Tips

Section 4: Preparing Your Practice Site

Section 5: Conducting Practices

Section 6: Equipment Maintenance

Section 7: Boat Seating Configurations

Section 8: SIT READY - GO! (ALMOST)

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Section 1: Scope, Sources, Definitions

1.1 Objective:

- Disseminate insights and Science-based information from World Health Organizations, Center for Disease Control, Other scientific references, Olympic Sports, Professional Safety Councils and Corporations for re-entry to practices and activities
- Educate Public Health Officials on our sport with an outline to show commitment to mitigating / managing transmission risks while seeking their input to local Public Health requirements
- Invite thought-leadership from across the US Dragonboat community to keep paddlers safe

1.2 Scope:

- Develop Dragonboat specific re-entry program resources to help Coaches, Clubs and Safety Officers return to the water
- Identify “high-contact” touch areas commonly found in surroundings used by Dragonboat Teams / Clubs.
- Understand any adjustments for Para-Dragons and Survivors paddlers

1.3 Input Sources:

- [Center for Disease Control - Reopening Guidance for Cleaning and Disinfecting Public Spaces](#)
- [COVID-19: How Long Can the Corona Virus Survive on Surfaces?](#)

- [US Rowing: Reopen Boathouse Use](#)
- [CDC - Getting Ready for Mass Gatherings](#)
- [USOC-Sports Event Planning-Risk Level Guidance](#)
- [EPA Guidance for Cleaning & Disinfecting](#)
- [Coronaviruses and Surfaces](#)

1.4 Definitions:

In this guide we will refer to certain terms and there may be some different points of view on them, so we are using this section to be clear on what we mean.

1.4.1 Social (physical) Distancing refers to minimum separation between people as outlined by your local Public Health / Government organization. Refer to [The Center for Disease Control](#) and [World Health Organization](#) for updates to the distance. At the time of initial publishing [CDC \(6 ft\)](#) / [WHO \(3 ft\)](#).

1.4.2 Respiratory Signature is the footprint we leave in the air every time we expel air from our lungs through our nose and/or mouth. This can be anything from simply exhaling to talking, laughing, sneezing or coughing. (Source: US Rowing)

1.4.3 Dragonboat Equipment - is for the purpose of this document inclusive of all equipment a club / team use including the Dragonboat (Standard Boat = 20 paddlers, 1 drummer, 1 steersperson; Small Boat = 10 paddlers, 1 drummer, 1 steersperson), Coach's Launch, Paddles, Radios, Cox-boxes, Speed Coaches, seat pads, drummer chairs, steering rudders (oars),

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Clipboards, Combination Locks, handrails on dock / boat ramp, coach launch starter handle, fuel container, ice chests, etc. See video clip on [“transmission”](#) to apply specifics to your organization

1.4.4 Proposed Stratification Level of Risk Transmission (USOC) -

- **Level 1** sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants (Examples: rugby, boxing, judo, karate).
- **Level 2** sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants. (Examples: Group Rowing, Group Kayaking, Group Canoeing, **Group Paddling**).
- **Level 3** sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors (Examples: Single Rowing, Single Kayaking, Single Canoeing, Single Paddling).

Section 2: Preparing Your Team / Club

2.1 Appoint Club / Team Medical Leader

- Determine who or what group will have decision making authority to modify, restrict, postpone, or cancel the practices.
- The medical leader should be given the authority to cancel the practice based upon public health risk.

Has Your Team / Club Proactively Engaged Your Local Public Health Resources?

2.2 Determine the local rules for your waterway and launch area

- **CDC:** Ensure you are following your local Public Health Department Guidelines and waterways governance rules for accessing your practice waters.
- Check your local city or county Public Health department - call and talk to them.
- Explain you are a human powered water sport with up to 22 people in one craft.
- Understand the agency who governs the waterway you practice on and their guidelines.

2.3 Confirm Insurance Carrier coverage for COVID-19 related claims.

- Your Insurance Carrier may ask you to add something to your Club Waiver or ask you to adopt a pre-check protocol (see 5.3 for help).
- Paddlers need to understand, accept and waive the risks associated with paddling.

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Section 3: Paddler Safety Tips

3.1 What you need to know / understand

- **CDC:** Handshakes and “high-fives” are often exchanged at practices and events, and these can be ways in which COVID-19 can be transmitted from person to person. As a way of decreasing the social pressure to engage in these common behaviors, consider displaying signs (physical and/or electronic) that discourage these actions or develop an alternative means of celebration / recognition.
- **CDC:** Promote messages that discourage people who are sick from attending events. This could include electronic messages sent to attendees prior to travel to the event as well as messages requesting that people leave events if they begin to have symptoms of COVID-19, which include fever, cough, and shortness of breath.
- **Our View:** Paddlers should be instructed to cough or sneeze down into the water or bottom of the boat if they feel it coming on. Paddlers can also sneeze / cough into their shirt.

3.2 Safety equipment during practice

- **Our Opinion:** We recommend face masks at this point even if a seat gap method is used as the airflow affecting a paddler’s Respiratory Signature while moving is a theoretical issue. Wear eye protection with a series of more to less protective (full face shield, partial face shield, goggles, glasses) as padding with a face shield can be difficult. The basic issues are touching infected

surfaces, someone hacking the virus in the air when you are paddling in the air space with that floating in it.

3.3 Coaches / Safety Leaders should pay special attention to paddlers with compromised immune systems.

- **Our Opinion:** Paddlers with compromised immune systems should generally be discouraged from being in a boat close to others. Evidence supports, regardless of age, all of us have a Respiratory Signature that is capable of containing this virus and infecting another person. Having paddlers of the same groups does not reduce the risk of transmission.

3.4 Pre-Screen Paddlers

Many companies and organizations are using a “pre-screening” questionnaire that must be completed prior to entering. We expect health clubs and other organizations will be adopting similar best practices.

- **Our Opinion:** Apply Workplace Practices:
 - Pre-screening forms and instructions must be completed prior to practice
 - Check temperature for fever (>100.4F)
 - Apply Social Distance guidelines to loading and unloading; wear face masks and eye protection
 - Avoid touching your “T-Zone” (Eyes, Nose, Mouth) during practice
 - Protect your hydration mouthpiece
 - Have hand sanitizer in the boat to wash hands first before hydration
 - Immediately wash your hands

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- If possible, contain your Paddle, Life Vest/PFD, Seat Pad and wash them with soap and warm water as soon as possible
 - Wash your hands with soap and water for at least 20 seconds and dry with a clean towel.
-

Section 4: Preparing Your Practice Site

4.1 Clean the Dragonboats

- **CDC:** Outdoor areas generally require normal routine cleaning and do not require disinfection.

4.2 Clean life vests / pfd's

- **CDC:** The targeted use of disinfectants can be done effectively, efficiently and safely on outdoor hard surfaces and objects frequently touched by multiple people
- **Our Opinion:** Limit sharing life-vests across paddlers from different households to manage / mitigate exposing others in the household. Consider "loaning" vests to individual paddlers for season and then washing with soap and water at the end.

4.3 Clean paddles, seat pads, gloves, shoes, etc

- **US Rowing:** Even with Social Distancing, someone's Respiratory Signature could cause droplets to contaminate your equipment and so following the CDC / EPA cleaning recommendations is a better practice and good for your equipment too.

4.4 Clean dock handrails, benches, door handles, padlocks

- **CDC:** Objects touched by multiple people should be treated with targeted disinfectants.
- **Our Opinion:** Many Teams / Clubs keep equipment - DragonBoats - outdoors. We feel it is a best practice to clean equipment prior to use and then again after practice. Clean everything before and again after you use the equipment. Disinfectants are a minimum, if you do not have them, do not practice



Section 5: Conducting Practices

5.1 General paddler population

- **CDC:** Sports that typically require coaches and athletes who are not from the same household or living unit to be in close proximity, increases their potential for exposure to COVID-19.
- **Our Opinion:** We are concerned with paddlers being exposed to this virus and taking that exposure home to

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others within their household. Refer to section 3.3.

5.2 Para-draon / Survivor population

Volunteers should wear protective equipment when helping / aiding in transferring Para-dragon / Survivor paddlers with special needs into / out of the Dragonboat. Use of face masks required

- **Adaptive Community Opinion:** Volunteers handling equipment should wear gloves or wipe equipment down after moving wheelchairs, walkers, canes, etc. Must wipe down before returning equipment to adaptive paddlers

5.3 Self-certify before arriving to practice

- Organizations are having employees self-certify each day bridging that concept, here is an example:

Part One

- 1) In the past 14 days, have you or anyone in your household received a confirmed diagnosis for coronavirus (COVID-19) by a coronavirus (COVID-19) test or from a diagnosis by a healthcare professional or are you waiting for a pending COVID-19 test result?
- 2) Have you, or someone in your household, travelled outside of the United States in the last 14 days?
 - If "yes", is the country listed as a [high risk country](#) identified by the Centers for Disease Control (CDC)?
- 3) In the past 14, days, have you had close contact (15 minutes or more) with or cared for someone diagnosed with COVID-19 or are you participating in a COVID-19 clinical study that includes being exposed to the virus?

Part One (Continued)

- 4) Have you or anyone residing in your household experienced any cold or flu-like symptoms in the last 14 days including fever, cough, shortness of breath or difficulty breathing, sore throat, pressure in the chest, extreme fatigue, earache, persistent headache, diarrhea, vomiting, muscle pain, chills, repeated shaking with chills, and persistent loss of smell or taste?
- 5) What was your temperature reading when you performed the self-check? (Must be below 100.4 degrees Fahrenheit, unless other requirements by local government).

Part Two:

Answer "yes" if the symptoms you have experienced in the last 14 days are of greater intensity or frequency than what you normally experience.

- If you are able to answer "YES" to one or more of the above questions, select YES.
- If you are able to answer "No" to all the questions, select NO.
- (Name) Self-certify on (Date)

YES

NO

Part Three:

"I am doing my part to keep myself and others safe by following the practices outlined in the safety protocols including wearing a mask at all times (except where eating or drinking), regularly washing my hands for at least 20 seconds or using alcohol-based hand sanitizer, and social distancing whenever possible.

I have reviewed and understand the COVID-19 safety protocols, I also understand that if I have questions or concerns, or any safety or health issues on the team / club I may contact (name)."

Content provided by FORD MOTOR COMPANY and NESTLE Water For Life™

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Section 6: Equipment Maintenance

6.1 Clean equipment between practice sessions

- **CDC:** Yes, wipe down high contact surfaces between uses.
- **Our Opinion:** stagger paddling times and create a sign-up / sign-in procedure so you know who is present.

6.2 Establish who is responsible for maintaining equipment

- **CDC:** Provide the necessary protective equipment donned before they begin wiping down your launch site and dragonboat equipment.
- **Our Opinion:** identify specific members to clean and wipe down all the equipment the crew used. Make certain you have a process for the volunteer to donne (put on), clean the Dragonboat equipment, and doff (take off) the personal protective supplies (gloves, face mask, and face shield)

6.3 Establish an “identification” system to clearly identify “Clean” and “Dirty”

- **Our Opinion:** identify an area where “CLEAN or DIRTY” life vest, paddles, drumsticks, tiller oars, seat pads, etc. are placed and communicate to team captains, coaches, steerspersons to only use equipment from the “CLEANED” area to practice. Review this system with everyone in the Club and post signs in obvious places. Signage needs to be clear for your paddlers, guests, visitors.



Section 7: Boat Seating Configurations

7.1 Seating Configuration Approaches.

- **Our Opinion:** Alternating sides and skipping rows is best practice to accomplish Social Distancing. We **do not** recommend “grouping” paddlers in rows 1-3 and 7-10 as the pairing does not meet the Social Distancing minimum.

7.2 Facemask / Eye Protection Preferred

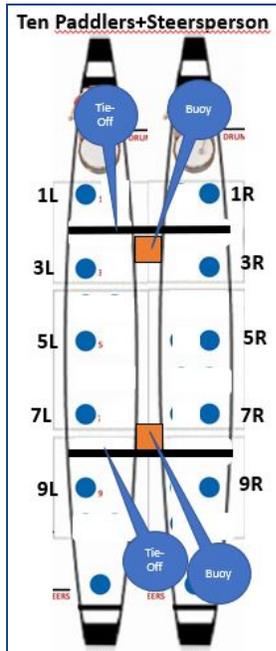
- Using Facemasks will provide added safety from Respiratory Signature from others near you.
- Wearing eye protection / sport eyewear that is tight fitting to minimize water droplets is recommended for all paddling.

7.3 Multiple Standard boats:

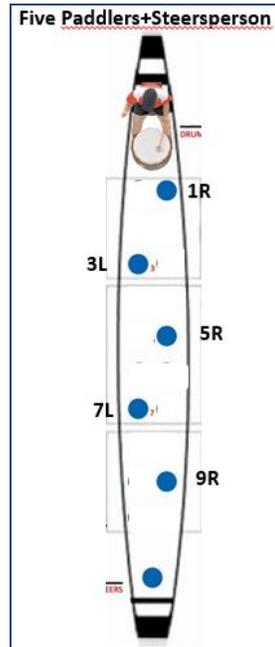
- Follow Social Distancing Restrictions
- Optional: Secure two boats side-by-side on the water with buoys

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- Seat paddlers in Row 1, 3, 5, 7, 9 in both boats (10 paddlers)
- Use counter weight to balance the boat as shown “Two 20-DB”.



(Two 20-P DB)



(Single 20-P DB)

7.4 Clubs with Single Standard boat

- Follow Social Distancing Requirements
- Sit paddlers L1, R3, L5, R7, L9 (5)
- If locally permitted, with Face Masks and Face Shields
- Seat paddlers in L1, R2, L3, R4, L5, R6, L7, R8, L9, R10 (10 paddlers)

7.5 Clubs with Small boats

- The distancing in 10 paddler Dragonboats is an issue because they do not allow enough separation.
- **Our Opinion:** Small Boats expose paddlers to many high risks from Respiratory Signature as well as muscle sprains and strains from

overexertion. Take extra care with 10-Person Boats.

7.6 Some Local Governments might allow paddling Outrigger Canoe (OC's)

- **Our Opinion:** Maintain social distancing at the loading area; wear masks and gloves while rigging and cleaning up; and follow CDC advice for cleaning and disinfecting.

7.7 Modifications “Splash Shields”

Our Team / Club is considering modifying our Dragonboat Equipment with “clear plastic” barriers throughout the boat (down the centerbeam) and “even” rows between paddlers.

- **Our Opinion:** We do NOT recommend Team / Clubs modify a Dragonboat to add these barriers because the risks of paddler body parts contacting sharp edges causing injuries is very high. In the event of a capsize, the structure would further entangle paddlers, drummers, steerspersons.

Section 8: SIT READY - GO! (ALMOST)

A “Phased Approach” for return to a full season will still take time, cooperation, and strong leadership across the components of our recreational sport.

8.1 Allow OC-1 individual paddling

- **Our Opinion:** Resume OC technique practices with safeguards

8.2 Start with small numbers in the boat

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- **Our Opinion:** Begin with 8-10 paddlers (Standard Boat) with eye and face mask protection mandatory. Coaches should consider adjustments to training plans.

8.3 Full standard boat and race competition

- **Our Opinion:** Each Team / Club will want to access their individual situation and willingness to accept the risks to their paddlers and their loved ones in their households. At this point in time, until we get herd immunity or full release from the WHO, CDC, and/ or local health departments, each team will have to assess all applicable guidances and accept risks in full boats and racing competitions in 2020.

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John F McDermott, QSSP, CSO
john@keystoneconsulting.services

Hung Cheung MD, MPH, FACOEM
hungc@cogencyteam.com

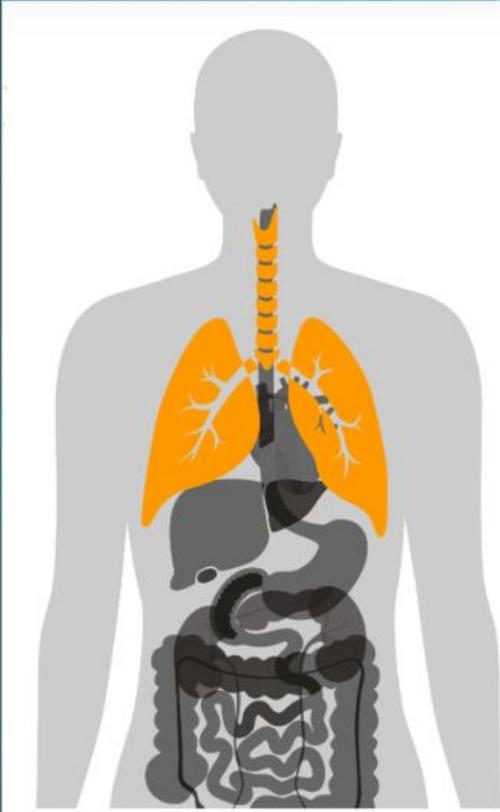
Elizabeth Toro MD, MPH, FACOG
etwahinepaddler@gmail.com

Robert McNamara MD, FAAEM
Robert.McNamara@tuhs.temple.edu

Kathy Lawson, Safety Manager, NESTLE
kjlaw1017@gmail.com

Csilla Gutay, EPE, FORD
cgutay@ford.com

COVID-19 FACTS



Data shows the disease is mild in 80 percent of patients, severe in 13 percent, and critical in 6 percent.

Most common symptoms:

- Fever
- Fatigue
- Dry Cough

Some patients may also have:

- Aches and Pains
- Runny Nose
- Sore Throat
- Shortness of Breath
- Diarrhea

In critical cases, COVID-19 can cause severe pneumonia or a multiple-organ failure and can lead to death.

SOURCE:WHO and CDC