



Carleton Place Canoe Club Re-Opening Plan – Phase 1

Following the Ontario Government’s announcement on May 14th, 2020, the Carleton Place Canoe Club will be entering a phased re-opening plan guided by the following updates to club policies, procedures, rules, and regulations pertaining to participants, staff, volunteers, and parents. The club will re-open ONLY when the Board of Directors and Staff feel that the club has met all the following steps to re-open safely and reserves the right to shut down programming should this become necessary.

We are extremely fortunate to be able to open our boat bays at this time. It is especially important that everyone involved at the club read, understand, and adhere to the following guidelines so that we are all contributing to our community’s efforts to reduce the spread of COVID-19. This is the only way we can ensure our doors remain open, and will give the best chance at expanding our programming throughout the season.

The following document has been created in consultation with provincial, federal, and municipal government guidelines, as well as guidelines from our provincial and national sport organizations. This document outlines how the CPCC will safely re-open with limited operations through phases 1 and 2 of the CPCC re-opening plan.

It is important to note that the guidelines in this document should at NO time supersede or replace government and/or public health regulations.

Insurance Note: Please be advised that our insurance company has created a communicable diseases exclusion clause to our policy. This is common amongst insurance companies at this time. This means that that Canoe Club does not have liability insurance if someone were to contract COVID-19 at our facility.

Phase 1 – Target June 1, 2020

The Club will open to U16+ Sprint Racing Groups in a structured practice format only. Athletes will be separated into training groups based on compatibility and will be in group sizes that adhere to government regulations for group gathering sizes. Each group will be assigned a 2-hour training block and a loading/unloading time staggered by at least 10 minutes with any other training group.

Example training group schedule:

Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			
	Group	# part.	Coaches	Group	# part.	Coaches	Group	# part.	Coaches	Group	# part.	Coaches	Group	# part.	Coaches	Time	Group	# part.	Coaches
8:00 - 9:45am	1	8 to 10	Pat + 1	1	8 to 10	Pat + 1	1	8 to 10	Pat + 1	1	8 to 10	Pat + 1	1	8 to 10	Pat + 1	8:00 - 9:45am	1	8 to 10	Pat + 1
10:00 - 11:45am	2	8 to 10	Pat + 1	2	8 to 10	Pat + 1	2	8 to 10	Pat + 1	2	8 to 10	Pat + 1	2	8 to 10	Pat + 1	10:00 - 11:45am	2	8 to 10	Pat + 1
12:00 - 1:00pm	Club Cleaning			Club Cleaning			Club Cleaning			Club Cleaning			Club Cleaning			12:00 - 1:00pm	Club Cleaning		
3:00 - 4:30pm	Virtual Program			Virtual Program			Virtual Program			Virtual Program			Virtual Program						

Training Groups: U16+ paddlers who are signed up for spring training will be split into four training groups. Two coaches will each take a group of up to 5 athletes for an assigned 2-hour training block. Athletes may be added, moved, or removed from training groups at the discretion of the Head Coach. Athletes will NOT be permitted to participate in any on-water activity if they answer NO to any of the following questions:

- Are you confident you will not capsized (tip) in moderate wind and wave conditions (including cross winds)?
- Are you able to carry your own equipment to and from the dock without assistance?
- Are you able to set up your equipment (seat, footboard, paddle, etc.) settings by yourself?
- Are you capable of executing a self-rescue (tip-turn-toe (swim) and re-entry from shoreline)?



Phase 2 – Target June 8, 2020

The club will open coached paddling sessions to U14 & U12 (**born 2008 only**) athletes who had previously registered in spring programming, and who meet the requirements for eligibility set out in the CPCC COVID-19 policy package. Athletes will be placed into groups of no more than 5, with groups to be determined by the coaching staff. Sessions will be scheduled in 2 hour blocks, allowing for arrival and screening time, boat preparation, and cleaning between training groups. The tentative schedule for phase 2 is as follows:

Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			
	Group	# part.	Coaches	Group	# part.	Coaches	Group	# part.	Coaches	Group	# part.	Coaches	Group	# part.	Coaches	Time	Group	# part.	Coaches
8:00-9:45am	1 & 2	8 to 10	Pat+1	1 & 2	8 to 10	Pat+1	1 & 2	8 to 10	Pat+1	1 & 2	8 to 10	Pat+1	1 & 2	8 to 10	Pat+1	8:00-9:45am	1 & 2	8 to 10	Pat+1
10:00-11:45am	3 & 4	8 to 10	Pat+1	3 & 4	8 to 10	Pat+1	3	8 to 10	Pat+1	3 & 4	8 to 10	Pat+1	3 & 4	8 to 10	Pat+1	10:00-11:45am	3	8 to 10	Pat+1
12:00-1:00pm	Club Cleaning			Club Cleaning			Club Cleaning			Club Cleaning			Club Cleaning			12:00-1:00pm	Club Cleaning		
1:00-2:45pm	5	Up to 10	Pat+1	5	Up to 10	Pat+1	Virtual Program			5	Up to 10	Pat+1	5	Up to 10	Pat+1				
	Virtual Program												Virtual Program						

It is required that ALL athletes and parent’s of athletes participate in a mandatory Zoom information meeting prior to beginning paddling in Phase 2. All of the policies and procedures will be reviewed thoroughly, and must be understood and acknowledged by both athletes and parents. Athletes may be added, moved, or removed from training groups at the discretion of the coaching staff. Athletes will NOT be permitted to participate in any on-water activity if they answer NO to any of the following questions:

- Are you confident you will not capsize (tip) in moderate wind and wave conditions (including cross winds)?
- Are you able to carry your own equipment to and from the dock without assistance?
- Are you able to set up your equipment (seat, footboard, paddle, etc.) settings by yourself?
- Are you capable of executing a self-rescue (tip-turn-toe (swim) and re-entry from shoreline)?