**IMPORTANT**

If you feel sick at all – Please stay home.

If you have any symptoms of COVID-19, please get a test and then stay home until you get the results back.

If you have been in contact with someone that has travelled overseas within the last 14 days or have been in contact with anyone displaying COVID-19 symptoms in the last 14 days, please stay home.

People at higher-risk of severe illness from COVID-19 (e.g. those with underlying medical conditions, especially if not well-controlled, and seniors) are encouraged to take additional precautions when leaving home.

1. Contact Tracing:

* The club must keep a register of paddlers, coaches and managers who attend practices.
* The register must capture the date, time, name and phone or email address of everyone.
* Ocean Blue has their own QR code, which will be attached to the inside of the lock box or on Barrie’s van window.
* Paddlers can also do a manual entry



2. Hygiene:

* Ocean Blue has purchased eco-friendly disinfectant for paddlers/teams to clean down all *shared* waka and equipment life jackets, safety gear before and after use.
* During Level 2, there will be no access to changing rooms & showers, so please plan for this in advance.
* Individuals must maintain a high level of personal hygiene, especially handwashing your hands before and after activities, coughing into elbow and don’t touch your face.

Note: existing evidence and advice from experts have shown the unlikelihood to catch

covid19 through ocean/seawater; as well as the positive effects of the sun and ocean on

health.

3. Gathering requirements:

* Sports gatherings are limited to groups of 10 at Level 3 & 2.5 and 100 at Level 2
* This includes both outdoor and indoor sports.
* This limit includes all paddlers, spectators, managers and coaching staff.
* For Waka Ama practice, this means that multiple W6 can go on the water and train, however there cannot be any congregating of paddlers, coaches, managers (more than 10 people, if level 2.5) in a group before, during or after practice.
* Ocean Blue will endeavour to stagger trainings where practicable to avoid multiple groups of teams gathering and waiting for waka on the water and to allow time for cleaning in between waka use
* Spectators and whanau who are not paddlers, coaches or managers should be discouraged from attending practices.
* Care must be taken to avoid more than 10 people congregating at communal points such as entries, shared toilets and carparks, and to maintain physical distancing of 2m between groups.
* Phasing of activities is recommended to allow time for people to pass through these areas safely.

4. Social Distancing:

* It is recommended that individuals maintain physical distancing of 1 metre when not participating in the sport or activity.
* It is recognised at alert Level 2, that contact during physical/recreational activity will occur, but this should be minimised as much as possible and distancing should resume when not participating in sport and recreational activities.
* Keep your personal items (bags, bottles, towels, shoes) contained to the waka ama training area or leave in your car. Please label if possible.
* Avoid sprawling of teams and equipment across the café deck and the grass area in front of the cafe

5. Avoid these Behaviours:

* Huddles, high-fives, fist bumps, handshakes, etc.
* Sharing food or drink with teammates.
* Cheering, chanting, or singing when closer than 6-8 feet from others.
* Spitting or blowing nose without a tissue.

6. Travel:

* At Alert Level 2 the risk of COVID-19 being present in the community is higher. You must wear face coverings on public transport.
* Face coverings are also highly recommended in situations where physical distancing is not always possible.

7. Water Safety:

* Regular safety precautions must always continue to be adhered to:
* Life jacket/s, Two forms of communication, Spare paddle/s, Leg leash (OC1),Bailer/s
* Tell someone you are going paddling and when you are likely to be back
* If you are paddling in the evening, make sure you have a light on your waka that is visible 1
* meter high and 360 degrees. (This applies to W1, W2 W3, W4, W6 & W12)
* All equipment should be checked prior to paddling.
* Check the lashings are still good and tightly attached to the taumanu. Check the lashings on the ama too.
* Check the bungs are still in and it is always good practice to check that there is no water in the bulkheads of the waka or the ama
* Lastly check that there are no cracks or physical damage to the waka or the seats before going out on the water.
* Do not paddle beyond your capability

8. For More Information:

• You can stay up to date with the latest information and advice from the New Zealand

Ministry of Health here: health.govt.nz

* More Level 2 information can be found here: <https://covid19.govt.nz/alert-system/alert-level-2/>
* Maritime Guidance - <https://www.maritimenz.govt.nz/recreational/>
* Sport NZ Alert Level Information - <https://sportnz.org.nz/covid-19-response/overview/>
* Waka Ama Safety Link - <https://www.oceanbluesports.com/safety>

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