



Atlantic Division CanoeKayak Canada

PO Box 295 Station Main

Dartmouth, NS B2Y 3Y3

(902) 466-9925

www.adckc.ca

May 31, 2021

Back to Training 2.0

This document is subject to change based on the Provincial Guidelines. ADCKC will strictly adhere to Provincial Health Directives. The latest version of this document will be posted on the ADCKC website.

All weight rooms and changing rooms will remain closed. The only access is to the docks, boat bays and bathrooms only.

We can now have groups of ten (10) that can practice non-physical distancing protocols. (which means they can be within 2m without masks, etc.) We will be calling this group of 10 a pod.

These changes will take effect at 8am on June 2, 2021

Prior to any training groups beginning at our member clubs must complete the following:

1. all clubs will have markings on the ground/floor to demonstrate the 2m social distancing minimums.
2. all clubs will ensure they have a communications plan in place to ensure everyone knows their time of arrival and have disciplinary rules for athletes not following the rules.
3. all clubs will ensure they have all the necessary equipment to keep docks and boats sanitized.
4. all clubs will ensure they have all necessary Personal Protective Equipment (PPE) for coach(s) in case of tips or water rescues.
5. all clubs will ensure the training pods will be 9 athletes plus one coach. Clubs are able to have multiple pods of 10 as long as each pod can maintain the 2m social distancing minimums.
6. all clubs will ensure docks are sanitized before and after each training group.
7. all clubs will ensure only 9 people or less are in the boat bays (indoors) while maintaining 2m of distancing at any given time.
8. all clubs will ensure that in the event of a tip or water rescue will maintain 2m social distancing if possible and proper PPE. Safety from infection is essential but the immediate physical safety of everyone takes precedence.
9. all clubs will ensure all athletes will arrive with everything they need to get onto the water - paddles, PDF, etc.
10. all clubs will ensure athletes must take all of their belongings with them.
11. all clubs will ensure that athletes do not move amongst training groups.
12. all clubs are aware that failure to adhere to these rules will result in immediate disciplinary actions. Compliance will be monitored.

Since 1956, the ADCKC has supported paddle sport and our member clubs in Atlantic Canada.



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