



PIKA Kayaking Club reopening plan

Following [BC's Restart Plan](#), the club will re-open some of the events on our PIKA trip schedule, month by month, as of June 1, 2020. Each month will be reviewed two weeks prior to the first of the month to determine which events will take place based on site openings and current COVID-19 guidelines.

New health and safety measures for trips and trip attendees

All club trips and trip attendees are asked to follow new health and safety guidelines.

The guidelines are based on:

- the [BC Government Restart Plan](#);
- the BC Government Restart Plan's schedule of Phase 2 (mid-May to June), Phase 3 (June to September), and Phase 4 (September onwards);
- [BC Centre for Disease Control COVID-19 guidelines and recommendations](#)
- [BC Parks COVID-19 response information](#);
- [BC Search and Rescue Association COVID-19 safety recommendations](#);
- keeping groups small to allow for healthy separation within the group;
- potential travel restrictions or reduced/closed facilities on the travel route (e.g. public restrooms).

Health and safety guidelines when attending a trip

To attend any trip while this plan is in effect, please:

- contact the trip facilitator to express interest, and give your complete float plan info
- answer all questions in the Health and Safety Questionnaire, (see next section)
- be aware that the facilitator has the right to decline your attendance request based on their comfort level and group size.

Health and safety questionnaire

Please answer these questions when facilitating or attending a trip. **If you answer "yes" to any question, please do not facilitate or attend the trip.**

- Do you have any symptoms of a cold, sore throat, fever, flu or COVID-19?
- Have you travelled outside of the province in the last 14 days?
- Have you been in contact with someone with a cold, sore throat, fever, flu or COVID-19 symptoms in the last 14 days?
- Have you been in contact with someone who has travelled outside the province within the last 14 days?
- Are you – or have you recently been - in contact with someone currently in quarantine?



What to do on the trip day?

Per the BC Centre for Disease Control, wearing a mask is not required but you may choose to do so. Also:

- Do not attend if you have any symptoms of a cold, sore throat, fever, flu or COVID-19;
- no handshakes or hugs at this time please

Healthy separation guidelines

Don't paddle alone...paddling in groups of 3 or 4 is best. **No more than 6**

No car pooling unless you live together

Don't touch each other's gear and don't help undo each other's kayaks

Be careful when assisting another kayaker with their kayak, unloading, carrying, loading

Use hand sanitizer after helping to carry/load/unload someone's boat

Make sure the foot pedals/rests/rudder controls are set for the length of your legs *before* starting the paddle. No one can help you adjust them on the water while remaining COVID-19 safe.

Carry hand sanitizer and Lysol wipes (a few wipes in a Ziploc will fit in your pfd pocket

Carry a couple masks in a Ziploc in your pfd as well...emergency only...one for you and one for the unexpected swimmer who needs an assisted re-entry and you haven't got a safe distance method under your belt yet. All paddlers need to be able to self re-enter, but stuff happens!!! For those of you who wear those circular "buffs" around your neck, they pull up easily to double as a mask.

Remember to stay 2 metres apart, including when you stop for lunch

Don't go out in rough water...we don't want you to have to do an assisted re-entry, or need to involve search and rescue

Be confident in your self re-entry so that an assisted is not necessary

Don't forget all your usual safety equipment and dress for the water...it is still cold

Guidelines for trip facilitators

When you are planning and facilitating a trip, please follow the guidelines described below. Also, please ensure you do not have any symptoms listed in the Health and Safety Questionnaire.



Trip planning guidelines

When deciding where to paddle:

- pick waterways/launches that can accommodate physical distancing;
- pick sites that aren't too busy or crowded;
- pick a site with enough parking to accommodate higher car usage;
- check BC Parks, Metro Vancouver Parks, BC Hydro recreation sites, or the local regional authority to see if the area you want to visit is open or closed.
- consider available facilities along the travel route and at launch site—public restrooms may not be available
- Send out the Health and Safety Questionnaire on page one of this document to all participants 2 to 3 days before the trip. Confirm that no one participating in the trip has answered “Yes” to any of the questions. If they have, they cannot participate in the trip.

Do not facilitate or take part in a trip if you have any symptoms of a cold, sore throat, fever, flu or COVID-19. If someone does show up with any symptoms of illness whatsoever, they will not be allowed to participate in the paddle. If this means that there is no longer the minimum number of 3 paddlers necessary for a PIKA sanctioned paddle, then the paddle can no longer proceed as a PIKA paddle.

These precautions are for the benefit of all the members of PIKA. As Dr. Bonnie Henry says, “Be kind, be calm and be safe”. Happy Paddling!