

**Dragon Boating WA**

**COVID-19 Risk Management**

**Table of Contents**

[Introduction - 3 -](#_Toc41921361)

[Some of the key COVID-19 related risks relevant to dragon boating - 3 -](#_Toc41921362)

[Phase Level Table - 4 -](#_Toc41921363)

[Vulnerable Groups - 6 -](#_Toc41921364)

[Disciplinary Process - 6 -](#_Toc41921365)

[Forms - 7 -](#_Toc41921366)

[Appendix - 7 -](#_Toc41921367)

# Introduction

DBWA is providing the following risk management guidance for the Western Australian associated club members, volunteers and stakeholders as COVID-19 restrictions are eased nationally and community and sporting activities are able to resume. This is occurring in a phased manner in line with the AIS Framework for Rebooting Sport document.

DBWA welcomes the opportunity to return to training and competitive competition, we acknowledge the need to proceed cautiously and to not endanger public health or athlete’s health in the process.

It is important to note that the Western Australian Government has a different disease burden than other states and as a reflection of this, there are different measures and timeframes of relaxing the COVID-19 restrictions than other states and territories in Australia. DBWA will refer to the local WA Health Department for advice and to our governing body Australian Dragon Boating Federation (AusDBF) on what is allowed in our state.

In order to guide safe return to dragon boating, DBWA has developed a summary below of the key risk areas related to our sport, and some recommendations for minimising the impact of each risk. We have made these recommendations in accordance with the AIS Framework’s level B and C sporting activity guidelines.

It is important to highlight that a critical part of risk minimisation for all sports, including dragon boating is that anyone who is even mildly unwell shall be instructed to stay at home and arrange a medical review. Members will be advised not to attend training even if you are only mildly unwell or think their symptoms are due to something else.

It is also important to note that this document is intended to be a risk management guide and is by no means exhaustive. DBWA will ensure we shall comply with our governing body AusDBF protocols and those risk controls put in place by the WA Government for managing risks associated to COVID-19. <https://www.wa.gov.au/government/covid-19-coronavirus> These measures are to minimise the hazard of contagion spread and progression to return to on water training and competition.

# Some of the key COVID-19 related risks relevant to dragon boating

1. Contact with people in the club/shed environment

* Large numbers of members/athletes training out of a club
* Shared bathrooms, change rooms
* Closed indoor spaces for boat / equipment storage

2. Aerosolisation during training

* Training in crews poses risk of droplet transmission
* High expiratory flow with increased effort of breathing means there is greater droplet dispersal
* 1.5m spacing not maintained between athletes in most crew boats

3. Contact with shared equipment for fomite mediated transmission

* Shared boats and paddles
* Shared erg and paddling equipment such as personal flotation devices

# Phase Level Table

|  |  |  |
| --- | --- | --- |
|  | **Phase 2 (Level B)** | **Phase 3 (Level C)** |
| **Minimising risk through contact** |
| Physical distancing within Club | 1.5 between athletes when off waterStaggered access to Club facilities in groups of 10 or lessNo unnecessary body contact e.g. hand shaking, high 5’s | 1.5 between athletes when off waterNo unnecessary body contact e.g. hand shaking, high 5’s |
| Access | No access to indoor trainingNo athletes access to office / admin areas | Hand sanitizer prior to entry to club rooms, kitchens, bathroom Small group using facility at a time where possible and distancing maintainedMinimise athlete access to office / admin areas |
| Kitchens | No access | Club kitchen can be accessed provided it is cleaned after each useStaff to have completed hygiene safety training where required |
| Changerooms | Arrive ready to trainAccess only for storage bags and changing after sessionsNo shower access | Access staggered such that distancing maintained |
| Toilets  | Toilets may be accessed, increased cleaning, daily as a minimum and limit access to maintain distancing.No shared hand towels or soaps to be used | Toilets may be accessed, increased cleaning, daily as a minimum and limit access to maintain distancing.No shared hand towels or soaps to be used |
| Training groups | Training split into groups of 10 off the waterNo on water training group training | Based on WA government ruling under Phase 3 - Up to groups of 100 outdoor, maintaining safe distancing. |
| Boat Training | Single Kayaks TK1 Maintain distancing | Based on WA government ruling under Phase 3 - contact sport and training permissible |
| **Minimising risk through shared equipment** |
| Ergo  | Hand sanitizer prior to sessionErgo disinfected after useCleaning log maintained by club with sign off after each sessionGroup of no more than 10 maintaining 1.5 spacing  | Hand sanitizer prior to sessionErgo disinfected after useCleaning log maintained by club with sign off after each session1.5 spacing maintained |
| Ergo | Cleaning and disinfectingbetween users | Cleaning and disinfectingbetween users |
| Paddles  | No on water training | Athletes to use hand sanitizer prior to commencing training and on completion of trainingAthletes encouraged to bring their own paddle |
| Oars, drum and drum seat | No on water training | Athletes to use hand sanitizer prior to commencing training and on completionOar to be cleaned with detergent and waterDrum and seat to be cleaned with detergent after training |
| Personal Flotation Device (PFD) | No on water training | Athletes to be assigned cleaned and sanitized personal club PFD for the season (where required)Athletes encouraged to bring their own personal PFD One off loan PFD must be cleaned and sanitized at the end of the training session |
| Mats (Seats) | No on water training | Cleaning between sessions for club equipment, encourage athletes to bring their own mat |
| Boats | No on water training | Cleaning and wash down on boats with detergent between sessions for all boatsAthletes to use hand sanitizer prior to commencing training and on completion of training |
| Access to hand sanitizer | Hand sanitizer in boatsheds, toilets, and shared areasAthletes encourage to carry their own hand sanitizer | Hand sanitizer in boatsheds, toilets, and shared areas to be available for athletes and volunteers |

In addition to the above strategies, at an individual club level consideration to other general measures to reduce risks including:

* Nominating a key contact to make sure the club is familiar with State/Territory restrictions, DBWA and AusDBF protocols regarding COVID-19
* Keeping registers of non-club members and visitors to Clubs to ensure contact tracing can be implemented
* Ensure the Clubs have access to adequate supplies of hand sanitizer and other cleaning materials for equipment and boats
* Club members nominate to wear their own face mask during training (these individuals should be made aware of potential breathing difficulties due to wearing of a mask)
* Any tasks that can be done at home, should be done at home (e.g. recovery sessions, online meetings)
* Clearly communicate risk minimisation measures with Club users/members
* Recommend members/users acknowledge an understanding of current limitations
* Clear signage should be placed around clubs to remind users and athletes of measures/limitations in place
* Measures to encourage distancing of at least 1.5m is maintained by users and athletes attending facility
* Markers on floors (where required)
* Stagger access to boats
* Place boats that will be accessed together in different areas of sheds (where applicable)
* Stagger training time/access to reduce in-person contact between athletes (larger clubs)
* Recommend use of checklist for Clubs to complete prior to recommencing
* Checklist for athletes using club facilities

# Vulnerable Groups

Some DBWA members may be more at risk of COVID-19 infection and or more at risk of severe illness if they are infected. Special consideration will be given on how these members can be protected. Athletes and other personnel with concurrent medical conditions such as respiratory or cardiac disease, hypertension, diabetes, obesity and immunosuppression due to disease or medication may be at increased risk. Other groups that require special consideration include individuals over 70 years of age, carers for or a household contact of a vulnerable person and Aboriginal Communities.

Appropriate measures will depend on the individual circumstances, club environment and resources.

Individuals who have a medical condition, are on medications or for other reasons may be at increased risk, should consult with their medical practitioners to determine what measures may be appropriate for them. Specifically, they should consider whether it is safest for them to return to club environment until the community COVID-19 risk is further reduced.

Potential interventions at a club level to support vulnerable individuals may include:

* Delaying a return to sport for those members
* Training scheduled at designated ‘lower risk’ times (i.e. with no one else around)
* Exclusion of ‘high risk’ athletes and other personnel from the training environment until restriction further reduce.

# Disciplinary Process

Clubs that fail to comply with the risk management requirements to recommence training, shall incur disciplinary action from DBWA. This disciplinary action may include suspension of a member or sanctions against the identified club.

# Forms

* Return to Paddling (to be returned to DBWA prior to recommencing training)
* Attendance Register (to be retained for the 20 – 21 season)
* DBWA COVID-19 Phase 3 requirements for clubs

# Appendix

[AIS Framework](https://ais.gov.au/health-wellbeing/covid-19#ais_framework_for_rebooting_sport) – this page is regularly updated with resources that may be relevant to some clubs and high-performance athletes.

AusDBF – [Policies and Procedures](https://www.ausdbf.com.au/policies/)

DBWA – [Health and Safety Documentation](https://www.dragonboatingwa.asn.au/documents/health-and-safety/)

WA Health Department - [Coronavirus Resources](https://ww2.health.wa.gov.au/Articles/A_E/Coronavirus)

[Cleaning protocol](https://www.health.gov.au/sites/default/files/documents/2020/03/environmental-cleaning-and-disinfection-principles-for-covid-19.pdf)

[Signage for hand hygiene](https://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf?ua=1)

Department of Local Government, Sport and Cultural Industries – [COVID Safety Plan and Guidelines for sport and recreation venues](https://www.wa.gov.au/government/document-collections/covid-19-coronavirus-sport-and-recreation)

Worksafe Australia – [Checklist and Resources](https://www.safeworkaustralia.gov.au/collection/covid-19-resource-kit)

[General signage](https://www.safeworkaustralia.gov.au/doc/signage-and-posters-covid-19)