

Seattle SAKE Paddling Club

Covid-19 Protocols for Dockside Coaching Sessions – V6 June 2021

These are the procedures under which dockside training sessions will happen, as allowed by and in accordance with government and county restrictions regarding the Covid-19 pandemic, and as approved by Club SAKE's Health Advisor Board of Directors. Because Dockside Coaching Sessions will include both fully vaccinated and non-fully vaccinated members, this protocol is based on guidelines for people not fully vaccinated.

Boats may be rigged on ropes and bungees to allow paddlers to sit on both sides of the boat, and this can allow for more than one boat to be used at a time. Ballast will be used to balance any weight differences.

For dockside practice, Club SAKE is responsible for providing:

- These guidelines
- Hand sanitizer, as a backup to personal hand sanitizer
- A Health Coach for monitoring dockside activities
- Access to Team Cowboy and Google Docs for signups
- Access to docks, coaches, and shared equipment (primarily pool paddles)
- Ballast to counterweight paddlers in practice

Participants must:

- Be current members
- Bring a dry bag, which should at minimum contain:
 - At least one extra mask
 - Hand sanitizer for personal use
- Wear a mask as directed below
 - Two+ layers of washable, breathable fabric, fitted fully over nose and mouth and snug to sides of face, with nose wire.
- Maintain 6 feet of distance from other participants and coaches at all times
 - If assistance is needed to board the boat, both coach and paddler will be double-masked, and must sanitize their hands with alcohol-based hand sanitizer before and after making contact. Only coaches may assist. Notify your coach at least 24 hours prior so that you may both be prepared.
- Bring your own PFD, or check one out from SAKE for long-term loan
- Follow applicable SAKE rules
- Recommended, but not required:
 - Eye protection – glasses, sunglasses, or safety glasses
 - Face shield, only if used in conjunction with a mask

What to expect at dockside sessions:

- To begin, the training coach will also be an approved and trained Health Coach. More Health Coaches are needed for higher numbers. If you are interested, please contact the Health Advisor.
- Using pool paddles due to increased resistance in a stationary boat
- RSVP for practice according to the method used by your coach/crew (most often Team Cowboy).
- Practices may simultaneously be held at north and south dock. Be sure you report to the right practice.
- Practices are open to all members (not just vaccinated members)
- Survivor welcome in Club sessions, WAM practices may begin as soon as they choose, all subject to these protocols

Checklist for Dockside Practice Protocols

Location	Step / description	Notes
24-hour pre-check	<ul style="list-style-type: none"> • Notify the coach if you need to check out a PFD for long-term use. • Notify the coach if you cannot get into and out of the boat by yourself, and will need assistance • RSVP for practice through Team Cowboy at last 24 hours prior. It is important that you are committed to attend if you RSVP, as last-minute changes mean: <ul style="list-style-type: none"> ◦ You are releasing a space that another teammate would have been happy to fill ◦ You are disrupting coach preparation, and demand on coaches is higher during the pandemic to provide these sessions to you. • In the beginning, to minimize gaps in the coaches' time commitment, we ask the following: <ul style="list-style-type: none"> ◦ Find a paddling buddy and sign up together. Practice sessions will be canceled by 8pm the night prior if there is only one paddler RSVP'd ◦ Please sign up for time slots adjacent to other time slots you see filled. This will make it possible for the coach to commit their time consecutively, rather than waiting at the marina through gaps in signups. If a gap results, please be flexible, should a coach ask you to come at a different time. • Coaches – If the practice contains more than 2 people, paddlers will be notified of the following by 8pm the night before practice: <ul style="list-style-type: none"> ◦ Boat partners – one pair per boat ◦ Boarding groups – what order they are to board in pairs ◦ Boat assignment – which boat they are to board when it is their turn for their pairing • Paddlers – Please pay close attention to and remember the coach's instructions. Orderly and efficient boarding will mean practice time is dedicated to your coaching, rather than to repeating instructions. 	<p>If assistance is needed, both coach and paddler will double-mask and sanitize hands with alcohol-based hand sanitizer.</p> <p>No more than one practice per paddler per week, until further notice, beginning in April.</p> <p>Attendance will be tracked.</p>
Practice Day Pre-check	<p>Paddlers:</p> <ul style="list-style-type: none"> • Conduct health self check • Bring personal dry bag with extra mask, hand sanitizer, and small personal items. • Wear mask (2+ layers, fits snug over nose & mouth, with nose wire) • Wear your PFD <p>Coaches, in addition to the above steps:</p> <ul style="list-style-type: none"> • Place alcohol-based hand sanitizer on the dock, near the boat entry point. 	<p>All Participants will do a health check-in at the start, and must stay home when not feeling well or running a fever. Self-assessment will be guided by recommendations from the Club SAKE Health Advisor.</p> <p>There are not to be meetings or gatherings before practice.</p>
Parking lot	<ul style="list-style-type: none"> • Do not bring large, personal or valuable items • Place small personal items, such as keys, in personal dry bag • Put mask on • Meet near the top of the stairs <ul style="list-style-type: none"> ◦ If session is for more than 2 paddlers, pair off with your assigned partner, which the coach will send the night before. ◦ Arrive early in case assistance is needed to prepare for the session, particularly if you are in the first session of the day. ◦ Assist with bailing, if needed, as instructed by the coach ◦ Assist the coach with rigging or managing the boats, if needed, as instructed by the coach ◦ Only begin the dock approaches upon the coach's signal, or when the previous group has returned to the parking lot ◦ Keep an eye on the coach for any signals to approach when its time. • Maintain 6ft physical distance at all times while you wait • Wear your PFD • If a practice is in session, wait for all participants to come up to the parking lot before going down for your session. The coach will manage the gate. • Review plan (this document) 	<p>Personal items may not be stored in lockers. Bring a personal dry bag for keys and other small items.</p>

<p>Boarding for Practice</p>	<ul style="list-style-type: none"> • Health Coach is first to enter and disinfects gate handle. • Approach the dock: <ul style="list-style-type: none"> ◦ If session is for only two paddlers, approach the dock when the previous group has exited. ◦ If session is for more than two paddlers, approach the dock in pairs, in the order given by the coach the night prior. <ul style="list-style-type: none"> ▪ One pair may approach the dock at a time. ▪ When the first pair begins boarding, the second pair can approach the dock. ▪ Once on the dock, wait near the lockers until the pair ahead of you is seated in their boat, before approaching the coach for your seat assignment. • Get seat assignment from the coach before approaching the boat. • Before boarding the boat, disinfect your hands with alcohol-based hand sanitizer, preferably with your personal hand sanitizer. [If you wear gloves, glove-up.] • Enter the boat, one at a time, and go directly to your assigned bench. <ul style="list-style-type: none"> ◦ When session is for 2 paddlers, paddlers will be on the outside of the outer boat ◦ When session is for more than 2 paddlers, you will be assigned benches on opposite sides of the boat ◦ In this case, outer boats will be boarded first, followed by the inner boats, in the order given by the coaches the night prior • If you prefer not to wear mask during practice, remove now. • Ballast will be present to for counterweight as needed. Please be careful as you move about. • Wait for practice instructions from your coach, who will coach from the dock, or from the front of the boat. • When changing sides, simply turn around in your bench to face the other way. • Minimum of three empty benches between paddlers. 	<p>If you require assistance in boarding, only the coach may assist, and both you and the coach must be double-masked, and must sanitize your hands with alcohol-based hand sanitizer before and after contact.</p>
<p>At the end of practice</p>	<ul style="list-style-type: none"> • Wait for instruction from your coach to exit the boat. • Remove gloves. • Disinfect your hands with alcohol-based hand sanitizer, preferably your own. • If you removed mask during practice, replace it now. • Exit the boat <ul style="list-style-type: none"> ◦ Always one at a time ◦ If more than 2 paddlers in the session: <ul style="list-style-type: none"> ▪ Exit the boats in reverse order to the way they were boarded ▪ Wait for the first pair to disembark and reach the lockers before the next pair begins to disembark. ▪ Assist the coach with boat management as the coach directs, before exiting the marina. • Leave the marina and return to the parking area, maintaining physical distance. • The last pair exiting should signal any waiting group to begin their dock approach once you are clear of the stairs. • Health Coach disinfects gate handle after all others exit. 	<p>There are not to be meetings or gatherings after practice.</p>