

## COVID-19 DRAGON BOAT TRAINING PARAMETERS

Seating configurations in boat: 10 paddlers for 10's and 20 paddlers for 20's boat

Multiple training boats are permitted at training sessions with total numbers capped at 100 people.

Paddlers **MUST** register to be included in each training session and for coaches to formulate crews before session commencing. Once registered, ***it is vital to attend the training session booked*** and notify club if you cannot attend.

**Personal hygiene for participants, coaches, officials and volunteers, these hygiene practices are a must in this COVID-19 environment.**

- Practice social distancing 1.5 metres apart (no hugging, high-fives, hand shakes etc
- Reduce time at the venue. Arrive dressed and ready to paddle. **GET IN, PADDLE and GET OUT. Don't congregate in club grounds.**
- Hand washing/sanitising. (*Antibacterial gel and wipes will be available.*)
- Showers will not be available. Paddlers are encouraged to shower at home after session.
- Covering your coughs and sneezes and properly disposing of tissues and hand washing immediately after.
- Not sharing water bottles.
- Avoid touching your face.
- Clean equipment after use.
- Limit touching surfaces.
- Wash down boats, club paddles and sweep oar before and after training.
- **DO NOT** attend training if you are unwell.