

COVID-19 Plan for the 2020 Fall Cedar River Slalom and Downriver Races, Nov 7-8

Covid-19 is a viral disease transmitted by respiratory droplets. It can cause a wide range of serious effects, including death. The disease can be transmitted by individuals who are not experiencing any symptoms, making it particularly difficult to control. Any contact among people introduces the risk of transmission: closer contact and/or more people increase that risk. The following plan incorporates recommendations from the Centers for Disease Control (CDC), the American Canoe Association, King County, and the Washington State Department of Health. This plan outlines our approach for reducing participant's exposure to Covid-19.

King County is currently in Phase 2 of the States COVID-19 response plan and includes canoe and kayak races as allowed recreational activities. The following COVID-19 plan for the 2020 Fall Cedar River Slalom and Downriver Races has been prepared in accordance with the King County Guidelines for Safer Gatherings and the State of Washington's Professional Sports & Other Sporting Activities COVID-19 Requirements as updated October 6, 2020.

Although Canoe and Kayak racing is considered a low risk activity the following requirements for outdoor sporting activities apply:

- All athletes, volunteers and/or spectators will be required to stay home when sick or if a close contact of someone with COVID-19
- Masks will be required for athletes/participants directly before and directly after sporting activities and strongly encouraged whenever not engaged in strenuous activity.
- Physical distance of 6 feet must be maintained between staff, volunteers, and any spectators at all times with exceptions for training and medical personnel and volunteers performing their medical duties.
- Athletes, coaches, and any volunteer must practice good hygiene including washing their hands frequently and covering their sneezes and coughs.
- All activities will be held outdoors with no walled temporary structures.
- Participants will be encouraged to travel to and from the event in separate vehicles unless of the same household.
- A roster of athletes and following present will be maintained to assist with contact tracing in the event of a possible exposure. Attendance rosters and seating charts must be kept on file for 28 days after the practice, contest, or trip.

Event specific requirements include the following.

Participants will be required to

1. Prepare before they visit by bringing their own water, hand sanitizer, toilet paper, food, shelter, sports equipment. Paddling equipment will not be shared outside households.
2. Stay at least 6 feet away from others at all times both on and off the water.
3. Acknowledge they understand the risks to themselves and others. All participants will be reminded that some paddling activities, such as rescues, require close contact and could

possibly place participants at higher risk of exposure. In addition, simple activities such as sharing a small eddy or launching at a small access may place participants at higher risk.

Race Organization will be modified to minimize exposure:

1. Judging stations will be filled by only one person at a time.
2. Timing equipment will be sanitized between shifts.
3. A Bio-Safety Officer will be present to oversee enforcement of implementation of CDC recommended practices regarding hand hygiene, face coverings, social distancing and shared surface cleaning.
4. A hand-washing facility with soap and/sanitizer will be set-up.
5. Registration will be available on-line or at a self-serve station at the site.
6. Will ensure all paddlers know self-rescue skills at the beginning of the event, Ensure all participants use the appropriate gear including, helmets, life jackets, and proper thermal protection.
7. Any gathering for communication will occur in a location large enough to allow adequate distancing on land and everyone will wear masks and observe 6 feet distance from one another.
8. No extensive outreach was done in order to reduce number of spectators and not more than 20 participants are expected.