

RETURN TO OUTRIGGER TEAM SPORT



GREAT BRITAIN
OUTRIGGER



A Return to Crew Boats!

Since June, outrigger athletes have been enjoying the benefits of outriggering in OC1s and V1s. Outriggering in a single-person boat can dramatically improve technical skills and fitness. However, one thing is clear! We all have missed outriggering in team boats.

The Return to Play Teamsport guidance below is specific to outrigger crew boats of mixed households and is a supplement to Great Britain Outrigger's ongoing COVID-19 guidance. This Return to Play guidance should always be considered alongside the wider advice to the outrigger community in relation to other aspects of the sport such as club facilities and coaching. The full advice is available at: <https://www.gboutrigger.org>

This document has been prepared based on the "Return to Recreational Team Sport Framework" created by Sport England, the DCMS and Public Health England and published on 17 July 2020 by the Government:

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/return-to-recreational-team-sport-framework>

These guidelines are specific to COVID-19 and should be considered in addition to your normal responsibilities for safety, safeguarding and welfare, whether you are an athlete, coach, club or event organiser.

Wherever possible, the relevant UK Government social distancing guidance should be adhered to. In circumstances on the water where social distancing is not feasible, mitigations should be implemented in line with the advice within this document.



Introduction

Understanding the Risk: Crew Boats of Mixed Households

The risk of transmission of COVID-19 is assessed on three key variables:

- Population
- Droplet transmission
- Fomite transmission

Population

“The number of participants likely to take part in the proposed activity plus known risk factors of participants with underlying health conditions or high risk groups, who wish to participate.”

Outrigger crew members sit behind one another. Crew members range in age, from young to old. Crews are made up of 2, 3, 6 or 12 people. The distance between most participants in an outrigger crew is over 1m. Competitions between team crews are generally comprised of 10 to 12 six-person crews.

No more than 12 paddlers total should launch or dock at the same time and social distancing should be maintained at all times (see section below Before Outrigger Activity).

Droplet Transmission and Fomite Transmission

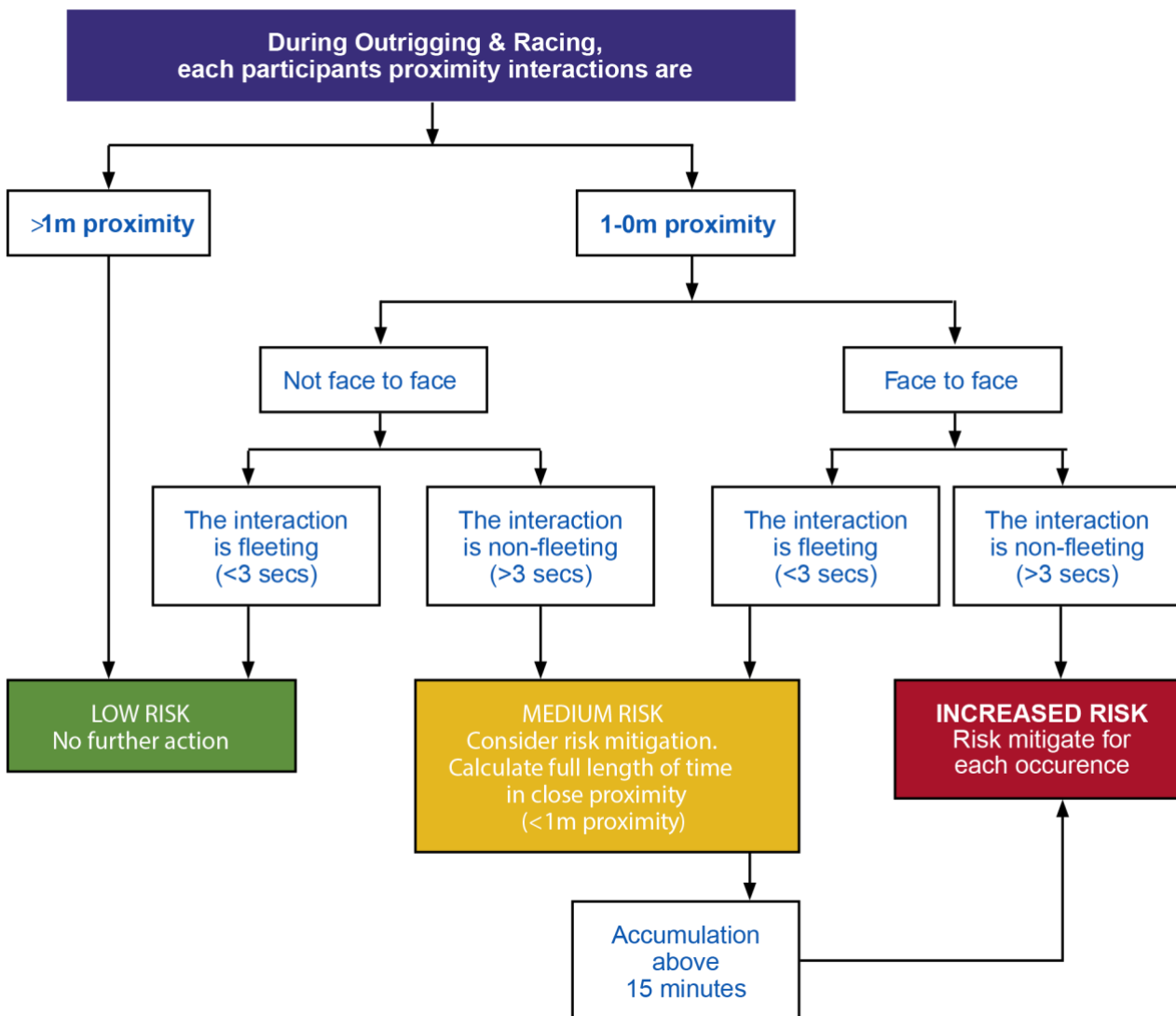
The risk of transmission of the virus is increased in a crew boat vs. a single person outrigger. This is because there may be times where participants will come into closer contact with those they are outriggering with. This may be for a relatively short period of time or it may be for longer. If the interaction is relatively fleeting or short-term, the risk is

relatively low. However, if the interaction is for a longer period of time and face to face, the risk is much higher and mitigations will need to be considered to lower the risk of transmission of COVID-19.

Clubs and participants should make themselves aware of the risks associated with outriggering during the pandemic. It is important that everyone takes personal responsibility for evaluating any potential risks to themselves or others, and those participants who have underlying health conditions should take suitable precautions. Please see the risk assessment at the end of this document and also available on the Great Britain Outrigger COVID-19 Hub at www.gboutrigger.org.

Risk Flowchart

The following page provides a flow diagram to help clubs and participants understand and mitigate the risk.



If you are within the medium or increased risk category, you will need to introduce mitigations to control the risk. Here are some mitigations we advise you follow:

No.	Mitigation	Applies To	Conducted By
1	Pre-attendance Symptom Check	All participants	All participants
2	Maintain record of participant contact details for 21 days	All participants	Club COVID Officer or race organiser (may be delegated to team captain/steersperson)
3	Normal social distancing protocols to be followed onshore	All participants	All participants
4	When outriggering, if unable to maintain more than 1m separation (e.g. between seat 5 and 6 in the V6) and if water and weather conditions allow, face coverings should be used or seat 5 left empty.	Competitors	Competitors
5	Ensure numbers onboard Official Boats are limited dependent on size of boat to allow minimum 1m spacing	Race Organising Team	Organising Club
6	At end of day or before use by another person wash all equipment with soapy water [Fomite transmission]	All participants	All participants
7	At end of each race and more frequently where practicable, practice hand hygiene [Fomite transmission]	All participants	All participants

Essential first steps

All recreational clubs must have a written COVID-19 plan and complete a risk assessment prior to activity.

Your club will make its own decisions about when crew outriggering can happen safely.

Your club should discuss a plan for safe operation and provide members with a COVID-19 plan which outlines operating procedures. When planning you should update your training risk assessment with safety measures for COVID-19.

Planning will help you coordinate with other clubs/users who might train out of your facility and will help your members to understand what measures they will need to take to mitigate risk. It will also help you to understand what extra training measures people (e.g. coaches or steerspeople running practices) might require.

Clubs should phase the introduction of crew boats back into the club (as set out in the section Specific Timings for Crew Boats section below) to help minimise the risk of transmission of the virus as the number of infections in the community decreases.

Whilst it might be possible for multiple boats to be on the water at one time, boat launching and docking times should be staggered so that no groups larger than 12 individuals are using the landing stages (or equivalent) at any given time.

Clubs should recognise that some members may not feel comfortable returning to crew boats and should take care that there is an experienced steersperson to steer the crew. Further, outriggering as a team should be subject to all individuals understanding the risk and agreeing to follow the procedures below.

Particular consideration needs to be given to children and young people under the age of 18 and vulnerable adults who may be less able to understand or maintain social distancing discipline.

Juniors & schools programmes

Schools have formed consistent groups of individuals (bubbles) and subject to the school's own guidelines and risk assessment, it may be possible to form crews of school children from the same group outside of the timings above if this is consistent with the rest of the restrictions and mitigations put in place by the school.

The 'bubbles' formed by schools apply consistently for the majority of the day, most days of the week. Clubs would not have the same consistency and any group formed by a club would be a mix of households and 'school bubbles'. For that reason, clubs should follow the timelines set out below for their junior crews.

Specific timings for crew boats

The Return to Outrigger follows a phased approach. The timings below are subject to a continuing decrease in infection numbers in the general population. Clubs should stay aware of local conditions, any additional local restrictions and where necessary, limit the boat types used at a local level and be ready to move back a phase if necessary.



Phase	Timing	Allowed Boats and Activity
Phase D	from 15 August	OC1s, V1s, OC2s, V3s; no racing
Phase E	from 1 September	V6s and V12s; Internal club racing (between members of the same club)
Phase F	TBD	Racing between clubs

Crew & equipment selection

- If possible, clubs should keep the same crew outriggering together minimise the number of different close interactions outrigger athletes will have with each other.
- If possible, clubs should assign specific boats/equipment to particular groups or sets of groups.
- Records of all crews should be kept by the club for at least 21 days to assist with NHS Test and Trace if required.
- GB Outrigger recommends that your club members avoid sharing equipment.
- Where sharing is necessary, it is essential to provide materials for club members to wash, with soapy water, PFDs, paddles, leashes and boats after each person trains.
- Consider giving participants guidance on how to wash boats, reminding them to pay particular attention to areas of the boat in and around where the participant sits (e.g. gunwales, seat, footwells, cockpit and deck). It is also important to carefully wash areas that participants make contact with while lifting and carrying the boat.
- It is also advised that equipment be disinfected at the start and end of each period of use (i.e. BEFORE and AFTER each person uses the equipment). Disinfectant can consist of a dilute solution of bleach in water. Wear protective gloves when using disinfectant.
- Remind paddlers to wash hands in soapy water following the recommended NHS technique and display NHS handwashing posters in and at your facility.
- You can consider providing hand sanitiser to club members, but it may be more practical to advise members to carry their own hand sanitiser.

Participant preparation

Prior to outriggering with people from other households all participants should:

- Check with their club or organising authority that they are permitting outriggering and or racing with participants from different households.
- Self-symptom check before leaving home.
- Assess personal risk and that of their crew
- Limit car sharing.
- Register their attendance with the host club for test and trace.
- Arrive in kit where possible.
- Sanitise hands on arrival and prior to touching any shared surface.
- Maintain social distancing at all times whilst ashore before launching and after recovery.

Before Outrigger Activity

- A minimum of 2m distancing must be maintained at all times while on land.
- A safe minimum number of people should be used to carry outriggers to the water. It may be found helpful to mark staggered lifting positions on the outrigger at 2m intervals.
- Distancing must be strictly observed while launching outriggers. Crew must not take up carrying positions opposite each other across the boat.
- Participants are recommended to wear a face-covering during the launching process.

During Outrigger Activity

- Crews should aim to maintain the maximum distance between crew members at all times.
- Timing should be stressed at all times and crew members should be reminded to maintain body positions to avoid reducing spacing between the person in front or behind.
- Take a slow approach reintroducing team outriggering. Consider the fitness of participants and ease people back up to pace. Re-introduce racing only after crew members have had time to become confident again in crew boating.
- Talking in the crew should be limited in order to reduce the risk of droplet transmission and, wherever, possible only the steersperson, seat three or another designated person should speak in the boat.
- The use of face-coverings during the training session itself is a personal choice and should be considered alongside environmental and weather conditions. Participants should consider the risk of a mask getting wet through breath, sweat or splashes, restricting breathing and equally becoming less effective as protection against viral transmission when wet and potential harm to themselves through long term use.

After Outrigger Activity

- While getting out of the boat and when back on land, participants should maintain social distancing.
- All points of contact with the outrigger should be washed down.
- Participants should wash their hands, their face and any parts of the body that came into contact with the boat
- Where sharing is necessary, it is essential to provide materials for club members to wash, with soapy water, PFDs, paddles, leashes and boats after each person trains.
- Boats and all equipment must be washed down after each use

- Consider giving paddlers guidance on how to wash boats, reminding them to pay particular attention to areas of the boat in and around where the participant sits (e.g. gunwales, seat, footwells, cockpit and deck). It is also important to carefully wash areas that participants make contact with while lifting and carrying the boat.
- It is also advised that equipment be disinfected at the start and end of each period of use (i.e. BEFORE and AFTER each person uses the equipment). Disinfectant can consist of a dilute solution of bleach in water. Wear protective gloves when using disinfectant.
- Remind paddlers to wash hands in soapy water following the recommended NHS technique and display NHS handwashing posters in and at your facility.

Motorised Coach's Launches and Safety Boats

- Some local waterway authorities are now allowing motorised vessels to use their water (clubs should check with their local waterway authorities). Clubs and coaches should consider carefully whether their use is entirely necessary. We would encourage clubs to limit their use of launches as much as possible.
- If a club chooses to use a safety launch or coaching launch they should be equipped with appropriate personal protective equipment (PPE). At the minimum this should include face masks and gloves for those in the launch and spare face masks for anyone that might need to be rescued. As a safety launch's primary purpose is to provide rescue cover, those in the launch should wear face masks and gloves at all times to ensure they are ready to respond quickly if required.
- While it is not ideal for a safety launch to be crewed by only one person a second crew member could compromise social distancing. This risk can be reduced by having one person positioned in the bow and the driver in the stern and the crew wearing PPE. It is important to consider whether social distancing is practicable while launching a safety boat.
- Marking handling points on the boat might aid distancing discipline, as might limiting management of the boat to a small number of people. Safety boat handling points should be sanitised before and after use and the crew should wash their hands when finished.

**A hui hou, mālama pono.
Great Britain Outrigger**