

Dragonboat Association of Southern Alberta

Return to Paddling Guidelines



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Objective

This document will support Dragonboat Association of Southern Alberta (DASA) members in their return to paddling. It aligns with:

- COVID-19 Information Guidance for Outdoor Fitness. Alberta Government. (Check for most recent update) <https://open.alberta.ca/publications/covid-19-information-guidance-for-sport-fitness-and-recreation>
- COVID-19 Guidance for Cohorts. Alberta Government. June 23, 2020 <https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-cohorts.pdf>
- Dragon Boat Canada Coronavirus Update - (Check for most recent update) <https://dragonboat.ca/news/covid-19-updates/>
- Lethbridge Sport Council Stage 2: Guidance for Sport, Fitness and Recreation <https://lethbridgesportcouncil.ca/assets/pdf/covid-19-guidance-sport-fitness-recreation-stage-2-2021-06.pdf>

This Return to Paddling guide will be updated regularly as more knowledge becomes available and information received.

Context

According to Dragon Boat Canada, “Unlike many other sports, dragon boating involves a large number of participants, paddlers, coaches and support and safety volunteers being present for practice, workouts, training and race venues... We are required to and will continue to follow guidelines set out by Federal, Provincial and Municipal governments. We are mindful that many members of dragon boat crews may be susceptible to more severe consequences of COVID-19 due to their age and/or pre-existing health conditions.” (p. 2)

- DASA will proceed with practices from mid-June to the end of September (weather dependent).
 - There will not be any restrictions regarding member attendance within Alberta.
 - Any DASA group interested in paddling must submit a plan following these guidelines to the DASA COVID-19 Safety Coordinator for approval.
- DASA will re-assess safety protocols regularly, taking into account active COVID-19 case numbers
- Practice will be allowed warm-up and cool downs in the safety zone (as identified by the safety cones). Social distancing must be adhered to at all times.
- All members must follow safety protocols as outlined in the Cohort Acceptance.
- Each cohort shall have the following:
 - **COVID-19 – Lead** who will report to the Primary Safety Coordinator on a regular basis
 - **Coach-in-Charge** assigned by the Technical Director and reporting on a regular basis
 - Teams within the cohort will identify a **Team Representative** who will report to the Primary Safety Coordinator on a regular basis. Meeting dates will be identified as soon as possible.
- Practice schedulers will make every effort possible to keep cohort bubbles consistent
- Technical Director will send a practice schedule to city to avoid other use of area



Personal Risk Mitigation Strategy

When considering a return to sport, individuals are recommended to implement their own Personal Risk Mitigation Strategy (PRMS). Included in the plan should be the below mandatory items. You **should NOT attend** training sessions if you:

- have any flu-like symptoms
- have a high health risk (including seniors and those with pre-existing respiratory or other health conditions)
- have COVID-19 or have been in direct contact with a known case of COVID-19 in the previous 14 days
- have travelled outside of Canada in the previous 14 days
- generally feel unwell
- feel that your personal health is at risk

Roles and Responsibilities

Definitions of Roles

1. **Cohort:** Defined group of 50 or less people whose membership stays the same for a designated period of time. (See *Appendix F: Resources for link to Alberta COVID-19 Information Guidance for Cohorts*)
2. **Cohort Bubble:** A smaller paddling group of members who form a consistent group of paddlers. The cohort bubble is created to limit the number of interactions for contact tracing purposes
3. **Paddlers:** Experienced DASA members who will be considered for participation in paddling this season.
4. **Coach in Charge:** Designated lead coach who is in charge of a particular session and approved by DASA Technical Director. This person ensures the Steer Pre-start Training Checklist is completed (See Appendix C). This person also is in charge of monitoring the weather on the day of the session and notifying session attendees if required.
5. **Dock Master:** Person in charge of dock safety and volunteers. Designated by the Technical Director.
6. **Dock Volunteer:** Person who supports the dock master at the dock. Responsible for cleaning the boats and canoes
7. **COVID-19 Lead:** Person responsible for ensuring cohort is compliant with DASA Return to Paddling protocol. Designated by the cohort and reports to the Primary DASA COVID-19 Safety Coordinator.
8. **Steer:** Must be accredited by the DASA Steering Cadre or equivalent and approved by Technical Director



- 9. **Technical Director:** DASA Board Member
- 10. **Primary/ Secondary DASA COVID-19 Safety Coordinator:** Individuals who act as points of contact for information relating to this plan and support delivery of the plan to their cohort. These individuals are determined by DASA Executive and should be active DASA board members.

Table 1: Roles and Responsibilities

This table defines the roles and responsibilities of everyone involved for a safe return to dragon boating.	
Dragon Boat Canada	<ul style="list-style-type: none"> • Interpret Federal directives and guidelines • Provide membership and broader dragon boat community with tools and frameworks to safely implement dragon boating in their community • Liaise with Federal, Provincial, and Municipal governments as needed
DASA Board of Directors and Designates	<ul style="list-style-type: none"> • Approve plan and oversee implementation of plan arrangements • Revise plan as required, ensuring it reflects up to date information from government and public health officials • Coordinators to execute the delivery of the plan and to act as a point of contact for information relating to this plan • Develop and conduct a safe handling of equipment plan including on and off the water • Appoint the following individuals as the DASA COVID-19 Safety Primary DASA COVID-19 Safety Coordinator Name: Romina Senneker (June 2021) dasa.teamliaison@gmail.com Secondary DASA COVID-19 Safety Coordinator Name: Connie Gross (June 2021) dasasecretary@gmail.com
Coach in Charge	<ul style="list-style-type: none"> • Go through a sign-in procedure at each training session or event • Complete the Health Checklist (see Appendix A) This must be completed every time, for every multi-person, in-person activity • Should the athlete answer YES to any of these questions, then the person will NOT be permitted to attend practice/training.
DASA Teams / Cohort	<ul style="list-style-type: none"> • Read, disseminate and understand the contents of this document • Read, disseminate and understand provincial guidance, directives and orders (<i>See Appendix F: Resources</i>) • Read, disseminate and understand municipal guidance, directives and orders • Implement and communicate a COVID-19 safety plan including, but not limited to: <ul style="list-style-type: none"> a. enhanced disinfecting of surfaces b. universal PPE (masks, gloves) c. active screening of participants d. group sizes in accordance with municipal and provincial directives • Designate a COVID-19 Lead for the team / cohort



DASA Individual Athletes	<ul style="list-style-type: none">• Read and understand the contents of this document• Understand provincial guidance, directives and orders (See <i>Appendix F: Resources</i>)• Understand municipal guidance, directives, and orders• Practice personal safety precautions in accordance with DASA Return to Paddling Guidelines• Monitor yourself for symptoms each time you participate in a DASA dragon boat activity. If you have any symptoms or concerns about exposure, complete the Alberta Health Self-Assessment Tool (See <i>Appendix F: Resources</i>)• If you think you have COVID-19 or have been exposed to someone who has tested positive, you must complete the Alberta Health Services Self-Assessment Tool (See <i>Appendix F: Resources</i>)• If you're sick – stay home! Notify your coach or COVID-19 Lead <p><i>Note: The Alberta Health Self-Assessment Tool and the Alberta Health Daily Checklist (Appendix A) are two different resources</i></p>
Steer	<ul style="list-style-type: none">• Steer Pre-Start Training Checklist to be completed prior to on water season, following social distancing guidelines (See <i>Appendix C: Steer Pre-Start Training Checklist</i>)
Team Representative	<ul style="list-style-type: none">• Monitors and assesses team compliance with safety protocols or other practice matters• Liaise with team's coach and primary safety coordinator• Take part in regular Return to Paddling Guidelines Review meetings as called by the Primary Safety Director

Guidelines for Training Sessions

At all training sessions, regardless of type (i.e., dragon boat, small craft, dry land), the following general guidelines apply:

- Social distancing must be observed at all times (2 meters maintained between all participants)
- Maintain records of all attendees and complete the following:
 1. **Health Checklist** – Appendix A
 2. **Cohort Acceptance of Training Plan** – (Completed before acceptance into Cohort) Appendix B
 3. **Steer Pre-Start Training Checklist** – Appendix C
 4. **Safety Protocol and Notification Process** – Appendix D
 5. **Training / Event Safety Checklist** – Appendix E
- Use of common training equipment should be minimized (e.g., participants must bring their own paddles and PFDs) and sanitized after each use
- Toilets at Henderson Lake may be used. Individuals must follow the City of Lethbridge guidelines (bring your own sanitizing wipes and toilet paper)
- All participants must refrain from spitting and clearing their nasal passages during activities



- Limit group celebrations during activities. Any activities that promote contact or bring participants within two meters should be avoided

General Dragon Boat Training Protocols

All general guidelines listed above must be observed. In addition, the following protocols must be followed:

- Weather check must be completed (*See Appendix E: Training / Event Safety Checklist*)
- Cohorts with maximum of 50 persons will be adopted and records kept (*See Appendix F: Resources for link to Alberta COVID-19 Information Guidance for Cohorts*)
- Maximum of 5 participants per boat (4 paddlers, 1 steer)
- Maximum of 4 dock volunteers (including dock master) at a training session at one time

On-Water Training

In a standard (20 seat) dragon boat:

1. A seating plan (including measurements) designed to adhere to this requirement is below in **Figure 1: Seating Plan**
 - 5 people only (4 paddlers and 1 steer)
 - Only use Seats 1, 3, 5 and 7 on alternating sides to maintain physical distancing
2. Use only personal paddles, PFDs, seat pads, water bottles, etc. *Paddles and PFDs may be signed out (loaned) from DASA for the duration of the season*
3. Use masks in marshalling area and on dock. Masks should not be worn when engaging in high-intensity workouts
4. All participants must use hand sanitizer before and after activity
5. The number of contacts between different participants should be limited by paddling within set cohorts or having a fixed group of participants not exceeding 50 people, including the responsible persons.
 - Cohort is defined as a closed, small group of individuals who will paddle together
 - Members of a cohort cannot be a member of another close contact sport cohort
6. All practices will be pre-arranged by DASA coaches
7. Drop-in practices will be prohibited
8. Paddlers must be experienced and deemed by the Technical Director as being able to support the safe operation of a dragon boat when the boat has only 4 paddlers on board
9. Paddlers must be able to get in and out of the boat independent of assistance from other members

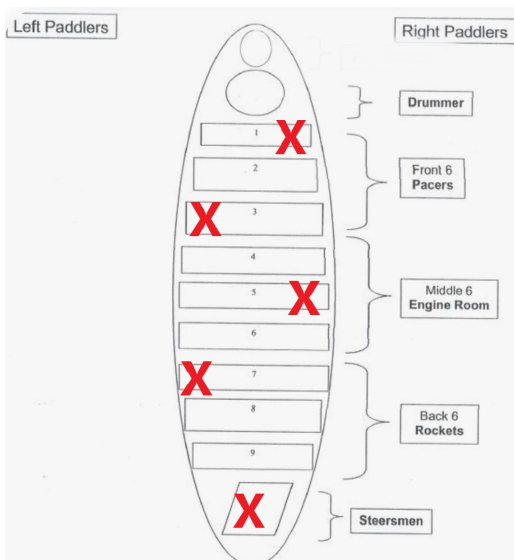


Figure 1: Seating Plan

Outdoor Small Watercraft Training (Ex. OC1, kayak, canoe or other small watercraft)

- All general guidelines above should be adhered to
- Weather check must be completed (Event Safety Checklist: Appendix E)
- Designated cohorts will be adhered to

Outdoor Dry Land Training

- All general guidelines above should be adhered to
- Weather check must be completed (Event Safety Checklist: Appendix E)
- Designated cohorts will be adhered to

Athlete/Coach/Volunteer Personal Responsibility Code

- You must pre-register for your training session according to your cohort's procedures
- Masks must be worn in the marshalling and dock area for all paddlers / coaches
*NOTE: Masks will **NOT** be provided*
 - Homemade masks are welcome
 - Masks must be worn in the appropriate manner, covering nose and mouth
- Maintain a minimum of 2m social distancing
- Personal PFDs, paddles, seat pads, and water bottles must be labelled; no sharing is permitted
- Leave paddle bags, extra paddles, and other extra belongings in vehicles
- **DASA will store personal keys, cell phones, or other items in the trailer**
- Boat loading and unloading (dependent on location) will be staggered
- All participants will be encouraged to wash hands, paddles, PFD etc. with soap and water as soon as possible following a session
- No handshakes, high fives, fist bumps, chest bumps or group celebrations allowed



- No sharing of food or drink
- Boats, drums, and steering oars will be sanitized before and after all practices
- Follow proper respiratory etiquette (sneezing or coughing into the crook of your elbow, no spitting, no clearing of nasal passages)
- Washrooms may or may not be available at your practice site
 - Bring your own cleaning wipes to sanitize facilities before and after you use them
 - Include doorknobs, faucets, toilet seats, and flushers

All steps we take as a cohort, we do to protect each other

On-Water Practice Protocol for Cohorts

Your coach(es) will determine your cohort. Considerations will be based on weight distribution, preferred side, paddle strength, physical ability, and other factors. Practices will be one hour (+ -) in duration.

Sample Schedule

Time	Activity
10:00	Arrive on time
10:00 – 10:05	Each participant will wait in a single designated spot while Alberta Health Daily Checklists are completed <ul style="list-style-type: none">● Verbally complete Health Checklist with Coach in Charge <i>Note: Documents will not be distributed, and pens will not be shared</i>
10:05 – 10:15	On land warm up / instruction / coaching
10:15 – 10:20	Boat loading <ul style="list-style-type: none">● Follow 2m distance social distancing guidelines● Load as per your steer's instructions
10:20 – 10:50	On-water practice
10:50 – 11:00	Unload and Cool-downs
11:00 – 11:30	Cleaning of boat, steering oar, dock area
11:30	Next practice commences as above

On-Water Safety Protocol

- Normal procedures for calling weather and dock safety will be adhered to
- In most cases, only two paddlers will take the canoe to fetch the boats in order to maintain 2m social distancing. Should three paddlers be required, they must all wear masks

On-Land Safety Protocol

- Safety cones will be used to measure 2 meters distance for the Health Checklist and for warm up
- Coach in Charge will keep attendance of volunteers/coaches/athletes



- Health Checklist for the day, including attendance, will be kept in an envelope for 6 weeks
 - The Coach in Charge will have copies of the checklist and will complete the forms in conjunction with those in attendance.

Dock Protocol

- DASA will book practice times with City of Lethbridge Recreation Services
 - This will secure the dock for dragon boat purposes only
 - Dock will be cordoned off while boats are in the area
- DASA will encourage other dragon boat clubs to coordinate dates and times to keep the dock area uncongested
- In the event that anyone requires first aid, a family member may attend to the injured. If not possible, the first aider would use appropriate personal protective equipment, including medical mask and gloves
- The dock volunteer(s) will clean the boats/equipment

Equipment Cleaning Protocols

The dock volunteer(s) will clean the boats/equipment

1. Disinfectants will be used to clean equipment prior to and following a practice session.
 - Disinfectants will be sprayed on the surfaces and wiped with a cloth
 - Each cloth will be used once, then placed in provided containers to be cleaned following practice
2. After each use of the canoe, dragon boat or other watercraft:
 - Sanitize steering oar (if relevant) with disinfecting spray or wipes
 - Sanitize gunwales, and other contact surfaces with disinfecting spray or wipes
 - Disposable gloves must be worn while cleaning and disinfecting (*See Appendix G: Dragon Boat Canada Club Guide to Cleaning and Disinfecting*)

Conclusion

If all procedures and protocols in this document and the referred-to government and DBC documents are adhered to, we can all begin to enjoy our beloved sport again. As excited as paddlers are to jump in a boat, it is important to take all safety measures seriously to ensure everyone can stay healthy while we reintroduce dragon boating to our community.



Appendices

Appendix A: Health Checklist

[Source: Alberta Health Services COVID-19 Daily Fitness for Work Screening Questionnaire](#)

Date _____ Time _____

Yes / No	Do you have any of the following symptoms which are new (<i>or worsened if associated with allergies, chronic or pre-existing conditions</i>): fever, cough, shortness of breath, difficulty breathing, sore throat, and/or runny nose?
Yes / No	Have you travelled outside of Canada in the last 14 days?
Yes / No	Have you had close contact with someone who has tested positive within the last 14 days, or is awaiting Covid-19 testing results?
Yes / No	Have you tested positive within the last 14 days, or are awaiting Covid-19 testing results?

Team	
Volunteers	
Attendance	

**Appendix B: Cohort Acceptance of Training Plan****DASA Return to Paddle Checklist - Cohort Acceptance of Training Plan Form**

This checklist will be completed by a member of the **COVID-19 Lead** for each cohort prior to returning to paddle. This outlines some of the basic requirements that the team needs to undertake prior to allowing its members to participate in Dragon Boat Activities.

This form must also be completed when a new member is added to a cohort.

Cohort Name	
COVID-19 Lead	
Name	
Contact Information (phone, email)	
COVID-19 Safety Plan – Briefly explain how you reviewed the DASA COVID-19 return to Paddle Guidelines with your cohort members	
Yes / No	Has your cohort reviewed protocols for safe handling of boats/equipment, factoring in Social Distancing?
Yes / No	Does your cohort understand what is required prior to re-commencing training?
Yes / No	Does every individual in your cohort understand that failure to abide by the DASA Return to Paddling Guidelines / Alberta Government Guidelines / Public Health Guidelines will result in the individual being banned from training until such times that restrictions are relaxed?
Yes / No	Does each person in your cohort feel they are in a position (considering all guidelines, member understanding and acceptance) to resume training safely?

(Add names of those who attended / date they took part) – spaces for up to 22



Appendix C: DASA Return to Paddle Protocols: Steer Pre-Start Training Checklist

DASA Return to Paddle Checklist - Steer Pre-Start Training Checklist

This checklist should be completed by STEER with their crew, prior to commencing training as a means of meeting the “COVID-19 – Return to Paddling Standards”. This process acts as a “second check” to ensure protocols are being followed and ensure personal safety. The steer signs off on this document at the start of a paddling season acknowledging that they accept the responsibility of ensuring these questions are reviewed for every boat they steer.

Circle Yes / No	Questions
Yes / No	1. Has every cohort member completed the Health Checklist (See <i>Appendix A</i>)?
Yes / No	2. Have all participants sanitized their hands upon arrival, prior to paddling, and after the training session?
Yes / No	3. Are all participants and volunteers wearing masks on the dock and marshalling area?
Yes / No	4. Have all volunteers and paddlers had their attendance recorded?
Date: _____	
Name: _____	
Signature: _____	



Appendix D: DASA Return to Paddle Protocols: Safety Protocol and Notification Process

DASA Return to Paddle Checklist - Safety Protocol and Notification Process

<p>Coach in Charge – General Responsibilities</p> <p><i>Arrive early to prepare and open the equipment trailer.</i></p> <p>General Tasks</p> <ul style="list-style-type: none">● Call the weather and post notifications as early as possible● Check the following:<ul style="list-style-type: none">□ Each boat has an accredited steer□ All keys needed are available (canoe, boats, kit trailer etc.)□ Boats are secure at the end of practice and the canoe and equipment is put away□ Equipment trailer is locked at the end of practice□ All boats have proper equipment□ There is a Dock Master ON THE DOCK□ Safety count must be noted on the whiteboard, and recorded after practice□ Any incidents are recorded on the incident sheets in the trailer□ Check weather throughout the day. Monitor weather, wind and temperature limits□ Contact cohort groups if practice time is cancelled or put on hold. If practice is cancelled, put a dated sign on the trailer door that practices have been cancelled
<p>WIND</p> <ol style="list-style-type: none">1. In the event of strong winds, the Technical Director posts the cancellation of practice and notifies the cohort2. Only boats with competent steers will be allowed practice. All steers will be advised to keep to the west half of the lake and clear of the shore
<p>TEMPERATURE</p> <ol style="list-style-type: none">1. In the event of wind chill temperatures of 7 degrees or less, cancel the training session and notify the cohort2. In the event of temperatures forecasted at 10 degrees or less and mild precipitation for that practice, cancel the training session and notify the cohort3. In the event of temperatures forecasted at 28 degrees or more for that practice, use caution to avoid heat stroke, dehydration, or other temperature related health issues. In extreme conditions, practice may be cancelled
<p>Sites to Use for Weather Updates</p> <ol style="list-style-type: none">1. To see what is coming up from Montana: AccuWeather Montana Weather Radar http://www.accuweather.com/en/us/montana/weather-radar?play=12. To check Lethbridge: Government of Canada Weather Information - Lethbridge, AB. https://weather.gc.ca/city/pages/ab-30_metric_e.html



3. Check the weather radar for Southern Alberta: Government of Canada Weather Information – Weather Radar – Navigate to “Your location” using upper left icon https://weather.gc.ca/map_e.html?layers=radar
4. To check for lightning: West Lethbridge Weather - Lightning Strikes Map <https://westlethbridgeweather.com/lightning-strike-map/>

Note:

- If severe weather is impending, check these sites every 15 minutes
- Document time checking and weather conditions at the time (Complete Appendix E: Training / Event Safety Checklist)

**Appendix E: DASA Return to Paddling Guidelines – Training / Event Safety Checklist****DASA Return to Paddle Checklist - Training / Event Safety Checklist**

This checklist is in place to reduce risk and allow members to participate in dragon boating in the safest environment possible. This checklist should be completed by the *Coach in Charge* at the end of each training or event. If needed, use the *Comments* section to report any unusual circumstances.

Cohort Name	
Name of Coach in Charge	
Contact Information (phone, email)	
Session Information	
Type of Craft	Number in Craft
Number of participants at each skill level Moderate _____ High _____ Mixed _____	Water Conditions (Circle descriptor) Flat Choppy Mixed
Debris in Water (Circle best answer. Describe if needed) Yes No	
Air Quality Index	
Weather / Wind Information	
Wind Direction and Speed readings at start of session	
List any weather warnings for the area today. Include source of warnings (ex. Weather Network app)	
Did you need to modify the training program to suit the conditions (i.e., paddling direction was east west vs north south)? Yes No	

Safety	Circle Yes or No
The Water Safety Rescue Boat was on site	Yes / No
A trained first aider was on site	Yes / No
Standard First Aid Kit was available on site	Yes / No
All participants wore masks when required	Yes / No
You or a member of the cohort had a working mobile phone on their person while on the water	Yes / No
What other controls did you put in place to conduct the session as safely as possible?	
Based on your risk assessment, the conditions were safe enough to conduct practice	Yes / No



General Comments (Add photos if appropriate)



Appendix F: Resources

1. COVID-19 Information for Albertans. Relaunch Guidance Documents. Alberta Government. June 2021. <https://www.alberta.ca/guidance-documents.aspx>
 - a. Guidance for Sport, Fitness and Recreation (Check for most recent update). <https://open.alberta.ca/publications/covid-19-information-guidance-for-sport-fitness-and-recreation>
 - b. COVID-19 Self-Assessment for Albertans. Alberta Health Services. 2021. <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>
 - c. Alberta Health Daily Checklist (Check for most recent update). <https://open.alberta.ca/publications/covid-19-information-alberta-health-daily-checklist>
 - d. Guidance for Cohorts. June 23, 2020. <https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-cohorts.pdf>
2. COVID-19 Updates. Return to Dragon Boat Guidelines Dragon Boat Canada (Check for most recent updates). <https://dragonboat.ca/news/covid-19-updates/>
3. Lethbridge Sport Council Stage 2: Guidance for Sport, Fitness and Recreation. <https://lethbridgesportcouncil.ca/assets/pdf/covid-19-guidance-sport-fitness-recreation-stage-2-2021-06.pdf>



Appendix G: Dragon Boat Canada Club Guide to Cleaning and Disinfecting (July 14, 2020)

Club Guide to Cleaning and Disinfecting



DRAGON BOAT CANADA

BATEAU-DRAGON CANADA

Cleaning and Disinfecting of Club Facilities

Left alone the COVID-19 virus has been known to last:
2-5 days on plastic and glass
3-5 days on metal
4 days on wood

Hard surfaces and heavily used areas should be cleaned and disinfected at least twice daily.

The cleaning and disinfection of all shared equipment and common surfaces is recommended to assist in the prevention of COVID-19.

Cleaning



All visibly dirty surfaces should be cleaned before disinfection.
Removal of all visible contaminants (e.g. dirt, mucus, blood). Cleaning removes viruses and bacteria. It does not kill viruses or bacteria.

- Cleaning Tools
- Water and Detergent (washing up liquid)
 - Household cleaning wipes
 - Bucket
 - Brush/Sponge/Cloth

Following cleaning all surfaces and equipment should be rinsed well.



Gloves should be worn for cleaning and disinfecting.

Disinfecting



Kills viruses and bacteria on objects and surfaces.
Be sure to follow manufacturer's instructions and heed warnings.

- Disinfecting Tools
- Chlorine dilution (1:100 of household bleach, e.g. 10ml bleach in 990ml of water)
 - Common household disinfectants (e.g. disinfecting wipes and off the shelf solutions)
 - Bucket
 - Brush/Sponge/Cloth

A list of disinfectants that are effective on hard surfaces can be found here:
<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>



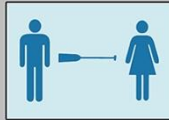
Washrooms (all taps, locks, doors, door handles and all other handles) should be cleaned between group usage.

Craft and equipment cleaning and disinfecting should be conducted on all shared surfaces and equipment between each use by different individuals.
This includes paddles, oars, seats, foot rests/pedals, craft surface, sides and gunnel.

Limiting the Spread





Please wash your hands often!



Social distancing is to be maintained at all times.



Clubs and programs should maintain a complete attendance list for all programs including dates and time should contact tracing be required.

 director@dragonboat.ca
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