

Proposed NESS COVID Protocols for NESS Slalom Races

Last Updated 5/3/2021

General Guidelines for Interactions

- In response to the research showing a very low risk of COVID transmission in outdoor spaces, participants only need to wear masks if they cannot maintain a distance of at least 6 feet from people not in their 'pod'. Participants should continue follow the CDC guidelines appropriate for their vaccination status.
- Eating and drinking in close contact with others has been shown to be a risky activity, participants should refrain from doing so with participants not in their pod*.

Rescues

- In-boat and throw rope rescues are recommended if a participant needs to assist a paddler not in their pod*.
- Race organizers will consider asking vaccinated people to volunteer as safety boaters during the race.
- If possible, participants should consider paddling with people within their pod* during practice who can assist if a rescue is needed.

Workstations and Handoffs (gates, finish, scoring, start)

- Finish and Scoring areas will be separated and use radios to communicate
 - Gate stations will record times on paper
 - Scoring will be on one radio station and will contact gate stations to record scores
 - Scoring will contact finish to record finish times
 - Depending on the number of racers, race organizers may be limiting judges working together not in the same pod*. Sessions may not be separated by class (i.e. you may be judging your competition in another session! Be nice.)
- As possible, people will be assigned to work assignments with people within their pod*.
- Ideally, the person working Start should be vaccinated as they interact with everyone.
- All gate stations, start, scoring, and finish will not share radios, pencils, clipboards, scoresheets etc. during the session (unless working with person in their pod*)
- Radios will be kept in plastic bags. Cleaning of radio bags and other scoring equipment between handoffs is critical and each participant must clean their own items.
- Clean shared items using disinfectant wipes (should have coronavirus kill claim) AND follow the process as indicated on the container (most have a dry time of 3-5 mins). Depending on the disinfectant wipe, you may want to use disposable gloves as they often include bleach.
- Hand sanitizer will be provided at each gate station and scoring

Course set up and takedown

- Within pod* groups are preferred as it's difficult to maintain social distance while setting up and taking down the course.

Awards

- Awards can be done in a socially distanced method. Allow plenty of extra space for announcer.

General sanitation

- Race organizer will ensure the porta-potty has hand sanitizer
- Hand sanitizer will be provided in multiple locations. Racers are also encouraged to bring their own.
- Extra disposable masks will be provided if racers need them. Racers are encouraged to bring their own.

Camping On-Site

- Camp within your pod

Other Race Considerations

- Racers will review state [guidelines](#) for quarantining
- Race organizers will review state and CDC [guidelines](#) for gathering size before the race.
- Race protocols will be provided to land owners and municipality where the race is taking place.
- The race organizer may provide COVID contact tracing sign-in sheets for spectators or practice boaters on Saturday who do not plan on racing Sunday.
- We know you are excited to see each other finally! Being with familiar people might lead to relaxed behavior, but to continue holding races and in respect of our race-site communities, we need to be diligent with these protocols.

Race Registration

- On-site registration is discouraged. Please register on-line to help the race organizers plan as best as they can.
- There is a new line item to provide information about being fully vaccinated or if you have had COVID within 90 days on registration form.
- There is a new line item to identify people from the same pod* that you are comfortable working in close vicinity with.
- A health check form and COVID liability form will be required in addition to the race registration form and ACA liability waiver.

*Pods - small, self-contained networks of people who limit their non-distanced social interaction to one another—in other words, they're the small group of people with whom you share air without using breath-control precautions such as masks.