



Hanalei Canoe Club COVID Guidelines

The Hanalei Canoe Club will be paddling under the following COVID guidelines to protect our members and community:

General Guidelines:

- The coaches will keep track of which paddlers are attending practices and events.
- If a paddler gets COVID, then the coach will ask the Secretary to notify, by email, the paddlers in the affected program (men, women, youth), or all paddlers if it was an event, that they may have been exposed.
- The infected paddler will not return to the club for 10 days minimum and have a negative test taken at 10 days or greater.
- Exposed paddlers who are fully vaccinated or have recovered from COVID in the last 90 days can continue to paddle but will monitor for symptoms for 10 days. However, exposed paddlers returning prior to 5 days need to bring a vaccination card or proof of recovery from COVID.
- Exposed paddlers who are not fully vaccinated can return to paddling after 5 days with a negative test taken at 5 or more days or after 10 days if symptom free.

Paddler Responsibilities:

- Implement Time/Distance/and Shielding when possible. Minimize Time near someone, maintain social Distancing (6 feet apart) when possible, and wear a mask (Shielding) when possible (recommended).
- Use good hygiene such as washing hands, no spit ting and covering your mouth when sneezing.
- DO NOT come to the club or events if you are sick or have any symptoms common to COVID.
- If you get COVID, as determined by a test or medical professional, you must tell your coach immediately.
- Paddlers who travel will not return to practice for at least 3 days if vaccinated or at least 3 days and a negative test if unvaccinated.
- If notified of exposure by contact tracing (DOH) then follow exposed paddler protocol above.

Note: Any required test must be administered and documented by a professional.

Paddler (or Guardian) Signature: _____

Date: _____

Printed name: _____