

Organization name:	Paddle Victoria Marathon
Plan completed by:	John Young, Chair - Paddle Victoria Marathon Committee
Date:	17 th December 2020
Restriction level	“COVIDSafe Summer”, applies from 6th December 2020
Key requirements	Keep at least 1.5 m distance while exercising. Venues are required to record attendance (race entry / QR code system). 2 m ² /person outdoor density limit (using electronic attendance recording) Must have a mask (but not required to wear it while exercising).
Allowed activities	Contact and non-contact community sport for all ages, indoor and outdoor Team boats are allowed. Communal change rooms, showers and toilets are open. Spectators allowed. Minimize sharing of equipment.

1. **Stay away if at risk:** People who are unwell or at risk should not attend events, either as competitors, volunteers, support crew or spectators. This means staying at home if:
 1. you have flu-like symptoms or feel unwell, or
 2. you have been in contact with someone with COVID-19 in the previous 14 days, or
 3. you are at high risk due to age or medical conditions, or
 4. you reside in a restricted postcode, or
 5. you or a close contact have visited a restricted area or case location in the past 14 days.
2. **Wash your hands:** before attending the event and after using the toilets or changing facilities.
3. **Maintain social distancing:** keep 1.5 m apart and no more than 1 person/2 m² outdoors.
4. **Arrive ready to paddle / participate / disperse:** arrive at the event dressed for paddling and minimize the use of changerooms. Leave promptly after the event. Avoid socializing in carparks.
5. **Keep your distance when collecting your boat number:** do not crowd the boat number collection area; walk “straight-through” and avoid doubling back. Volunteers will provide packs of boat numbers to each nominated school coordinator.
6. **Read the race briefing notes prior to race day:** a pre-race briefing will only be conducted in person immediately prior to the race should new information need to be communicated. Nationals briefing for each state will be via state team leaders.
7. **Look after our volunteers:** avoid close contact between volunteers and competitors where possible and avoid sharing equipment.
8. **Return boat numbers promptly after the race:** place in the container provided to be disinfected.
9. **Bring your own food:** no food for sale (other than at state or national championships), but a coffee van will be provided where there is space available.
10. **Look for the results on-line:** no presentations (other than state or national championships) – no handshaking or placing medals over heads; results will be published electronically.
11. **Think about others:** record attendance via the QR code to simplify contact tracing.
12. **Limit the number of support people attending:** The number of spectators is defined by the size of the space: 1 person/2 m² outdoors and keeping 1.5 m apart.
13. **Bring a face mask:** face masks must be worn on public transport or in taxis or ride-share vehicles, inside supermarkets, shopping centres and stores within, indoor markets and large retail stores, and any location where you cannot maintain 1.5 m separation from other people (e.g. in queues).

Purpose

This document provides detail on specific practices to manage the risks associated with COVID-19 at Paddle Victoria Marathon (PV Marathon) events. This provides additional information beyond the principles included in the PV Marathon Safety Risk Management Plan (SRMP). This COVIDSafe plan will be displayed at all PV Marathon events, together with any venue-specific plan for the facilities. Government restrictions and requirements with respect to managing COVID-19 are subject to change; this document is current as of 17th December 2020.

Victorian COVID-19 Restriction Stages (as they relate to community sport)

Step 3	<ul style="list-style-type: none"> ▫ Typically applies when the daily average number of cases in the last 14 days is less than 5 (state-wide) and less than 5 cases with an unknown source in the last 14 days (state-wide total) ▫ No restrictions on reasons for leaving home or distance of travel (but cannot travel to a restricted area without a permitted reason) ▫ Public gatherings: up to 10 people outdoors (maintain 1.5 m distance) ▫ Non-contact outdoor community sport allowed with normal numbers (contact community sport also allowed if all participants are U18) ▫ Outdoor sport facilities can open if equipment is cleaned and disinfected between users and groups limited to 10 people per group ▫ Communal change rooms, showers and toilets can open ▫ Face masks must be worn (unless during exertion or lawful exception)
Step 4	<ul style="list-style-type: none"> ▫ Applies when no new cases for 14 days (state-wide) ▫ No restrictions on leaving home ▫ Public gatherings: up to 50 people outdoors ▫ No exercise restrictions ▫ Sporting facilities open subject to safety measures ▫ Phased return of organised contact sports for all ages. Limitations for spectators
COVIDSafe Summer	<ul style="list-style-type: none"> ▫ Applies from 11:59 pm 6th December 2020 ▫ No restrictions on leaving home ▫ Up to 100 people can gather outdoors from any number of households but organisers must keep records of attendees ▫ Face masks must be carried and worn inside shopping centres, supermarkets, large retail, etc, and on public transport ▫ Contact and non-contact sport allowed, outdoor density quotient of 1 person per 2 m² with electronic record keeping of participants
COVID Normal	<ul style="list-style-type: none"> ▫ Applies when there are no new cases for 28 days and no active cases (state-wide) and no outbreaks of concern in other States/Territories ▫ No restrictions on leaving home ▫ No restrictions on public gatherings but organisers encouraged to keep records of attendees ▫ No restrictions on community sports or spectators ▫ Continued international border controls, state border controls activated in case of outbreaks

Source: <https://www.coronavirus.vic.gov.au/coronavirus-covid-19-reopening-roadmap-metro-melbourne>, accessed 7th October 2020; <https://www.coronavirus.vic.gov.au/coronavirus-COVIDSafe-Summer>, accessed, 20th December 2020.

COVID-19 regulations with respect to community sport

The pandemic caused by COVID-19 has impacted the operation of sporting events. PV Marathon will adhere to relevant government requirements and restrictions to ensure the safety of competitors, volunteers, support crew, spectators and members of the public at PV Marathon events.

Non-contact community sport can resume under Step 3 restrictions, subject to compliance with personal hygiene, social distancing and outdoor gathering restrictions. Contact and non-contact community sport can commence under Step 4 restrictions.

The specific regulations may vary from time to time. For Step 3 restrictions:

- Organised non-contact training and competition are allowed for all age groups where participants can stay 1.5 metres apart.
- For organised community sport, both indoors and outdoors, the minimum number participants required to conduct the sport can participate in the activity. The rules of the sport's governing body determine the number that can participate (i.e. the number who would normally be involved in a match or training, including players on the field / court and allowed substitutes). This applies even if it exceeds the density quotient or group limit on the venue.
- For individual events, such as running or track and field events, up to 10 participants can take part in each race. The 10-person cap does not include people who are needed for the event (e.g. coaches, officials, etc.).
- Spectators for outdoor training and competitions must abide by public gathering restrictions – spectators should be in groups of no more than 10 people in open, outdoor venues and spread out around the ground or venue. (If indoors, spectators should not attend.)
- Community sport training and competition cannot occur within a restricted postcode. If you live in an impacted area you cannot participate in community sport elsewhere.

Source:

<https://www.dhhs.vic.gov.au/sport-and-exercise-restrictions-COVID-19#summary-of-restrictions>

<http://www.gazette.vic.gov.au/gazette/Gazettes2020/GG2020S297.pdf>

<https://sport.vic.gov.au/our-work/return-to-play/return-to-play-for-community-sport-and-active-recreation>

<https://www.coronavirus.vic.gov.au/sport-and-exercise-third-step>, accessed 13th November 2020

Under Step 4 restrictions contact community sport is allowed and outdoor public gathering numbers are increased. Under COVIDSafe Summer restrictions public gathering numbers increase further.

N.B. the Step 3 limit on participants for organized community sport is different to the limit that applies for all age groups to outdoor non-contact physical recreation (e.g. outdoor group fitness).

It should be noted that different regulatory authorities with responsibility for venues at which PV Marathon races are held may interpret the government's restrictions differently.

- One authority has advised that the restriction of no more than 20 participants for outdoor non-contact physical recreation applies to “designated sporting facilities” and that the “public gathering” restriction of no more than 10 people applies if the venue is crown land that has not been designated as a sporting facility.
- Another authority has advised that paddling is deemed to be a “boating” activity rather than a “community sporting activity” and hence is not allowed while a state of emergency exists which precludes recreational boating.

Overview of PV Marathon races (to provide context for the COVIDSafe Plan)

Background: Competitors range in age from under 12 to over 70 and race over distances from 3 km to 24 km in “Division” or “Class” groupings depending upon the race. “Divisions” are groups of paddlers of a similar speed who compete together regardless of age, gender or boat type. “Classes” are groups of paddlers typically comprising a single gender and age bracket paddling the same type of craft – e.g. U18 M K2, V50 W TC2, etc., or paddlers of any age or gender but paddling a common craft type. Individual divisions or classes are typically comprised of less than 20 paddlers and, prior to COVID-19, multiple divisions or classes compete at the same time on the same course (although the number of laps completed may differ between divisions or classes). Paddlers commonly compete in singles craft (one person per boat) or doubles craft (two paddlers in tandem per boat), with quad craft (four paddlers in tandem per boat) participating relatively infrequently.

Participant numbers: There is no specified minimum or maximum number of participants required to conduct the sport. On average, in Victoria, ~100 competitors are normally involved in PV Marathon races (with up to ~170 competitors at larger state level races).

Paddler separation: During racing paddlers are more than 1.5 m apart, and often much more. At the start of each race paddlers are typically two or more metres apart, governed by the size of the boats and length of the paddles, in a line spread across the river or lake. Soon after the start each group breaks into “wash packs” of a small number of boats (typically two to four boats) travelling at a similar speed. Paddlers within a wash pack are typically two or more metres apart, again governed by the size of the boats and length of the paddles. In lap-based races paddlers complete one or more laps of 4 to 8 km in length, depending upon their division or class. A lap length of 4 km and 100 paddlers means that, on average, there is 40 metres separation between each boat on the course. Paddlers on either side of the course will typically be at least 20 metres apart, depending upon the river width.

Team boats: In doubles or quad craft (boats paddled by two or four crew members respectively) the distance between each paddler is greater than 1.5 m (typically 1.6 m in kayaks and more in canoes), set by the design of the boat. Boats in which the distance between paddlers is less than 1.5 m (such as R9 canoes or dragon boats, where paddlers sit side by side) will not participate unless distancing regulations allow this.

Capsize/rescue: The one time when the social distance requirement of 1.5 m may not be achieved is if a paddler capsizes and is assisted by a safety boat crew (safety boats are typically aluminium tinnies). This assistance may require the safety boat crew to physically assist the paddler re-enter their craft or, in limited circumstances, convey the paddler to the finish. The number of capsize recoveries conducted at races is typically small (single digits or nil) and the number of rescues (where the paddler is assisted to the finish) is usually nil. As noted in the general principles section above the Safety Officer will maintain a record of close contact incidents such as recoveries and rescues. The First Aid Officer maintains a record of first aid treatment.

No equipment sharing: Paddlers do not typically share equipment at PV Marathon events, with paddlers bringing their own boat, life jacket and paddle. Paddler’s who borrow club or school boats to participate in PV Marathon events are subject to each club’s or school’s procedures for disinfecting equipment prior to and after use. At the annual school’s championships (usually held in March) junior paddlers may share boats, due to logistics reasons: separate protocols will be used at this event to ensure equipment is disinfected prior to being shared. The schools have already developed protocols for equipment sharing as part of their school sport training programs.

Proposed changes to race management

The race and personnel management practices adopted to ensure that the government requirements are met are summarized below. A detailed description of the changes is documented separately ("PV Marathon Event Organization Changes").

Race format

PV Marathon races will be managed to comply with competitor number limits (e.g. 10 adults per race start under Step 3 restrictions) during competition and the public gathering limits for all participants (e.g. competitors, officials and spectators) at all other times.

Some sports have reorganized competitions such that under Step 3 no more than 10 competitors are present at the event at any one time. This approach is impractical for many marathon paddling events, with races for each division or class ranging from approximately one to two and a half hours. A typical race if conducted sequentially would thus take approximately 15 to 20 hours to complete (10 groups * ~90-120 minutes per group). This would exceed available daylight time and require shifts of volunteers to provide the necessary race support (registration, timing, safety, first-aid, etc.).

Instead, competitors will be allocated to individual groups not exceeding the competitor number limit. Multiple groups will compete on the course at the one time, given this is the number that would normally be involved in competition and that social distancing is maintained during racing.

Where required competition may be split over different days or venues, to reduce overall numbers (e.g. junior competitors on one day and adult competitors (and some advanced level juniors) on another day). However, this approach is not suitable for all events because it increases the requirement for volunteers, requires access to waterways (river, lake, etc.) on multiple days, potentially impacting other river users, and increases costs (for venue hire, safety boat operation, radio telecommunications hire, etc.).

Competitor management

1. As is current practice, a register will be kept of all competitors, including name and contact details.
2. A COVID Safety Officer will be appointed (in addition to the Competition Safety Officer) to manage COVID safety matters. The COVID Safety Officer's role and responsibilities are listed later in this document.
3. Race divisions and classes comprising adult competitors, or a mixture of adult and junior competitors, will be limited to the maximum allowable group size (e.g. 10 under Step 3). Junior only groups (Divisions 10, 9 and 8 for U12, U14, U18 competitors respectively), if not restricted by regulations regarding the maximum number of competitors, will usually comprise less than 20 paddlers per group.
4. Race marshals will be assigned to ensure paddlers within each group maintain social distancing when off the water, from the time of arrival until departure.
5. Under Step 3 paddlers will be assigned geographically separate areas based on their group to store their craft prior to the race and prepare for racing. Group areas will be identified by signs.
6. Each group will be called up separately to launch their boats and proceed to the warm-up area. Under Step 3 sufficient time (at least 2 minutes, but typically longer) will be scheduled between the launching of each group to ensure no overlap between groups.
7. Each group will be called up separately from the warm-up area to the start for their event. Under Step 3 at least 2 minutes will be scheduled between each start to ensure no overlap between groups. This will provide ~200-500 metres of separation between each group (based on typical starting speeds of 7 – 15 km/hr of each group).
8. Whilst racing more paddlers are more than 1.5 m from each other.

9. After racing each boat exits the course. Race marshals at the exit point will ensure social distance is maintained and direct the paddlers to their allocated area, where a race marshal for each group will ensure social distance is maintained. Paddlers will be directed to pack up and leave the course.
10. Post-race presentations will only be held if sufficient space exists to maintain social distance and comply with public gathering restrictions.
11. First aid management practices will comply with COVIDSafe recommendations (see attachments at the end of this document).

Volunteer management

1. A register will be kept of all volunteers, including names and contact details.
2. Instructions will be emailed to volunteers prior to the event.
3. Volunteer equipment (radios, clipboards, pens, binoculars, etc.) will be disinfected prior to and after use.
4. Hand sanitizer will be provided at the event.
5. Sufficient space will be provided to maintain social distancing (such as at registration/boat number issuing, finish line timing tent, etc).

Spectator management

1. Competitors will be requested to minimize the number of accompanying support personal and spectators that attend the event.
2. Participants at the event will be reminded of their social distance and hygiene obligations.
3. One or more race marshals will be assigned to monitor spectators and direct spectators to spread out and not congregate in groups of more than ten.
4. Spectators who do not abide by the direction will be asked to change their behaviour and requested to leave the event should they not comply.
5. Spectator names and contact details will be collected as per state government requirements (e.g. via the QR code facility).

General public management

1. Under Step 3 "Event in progress" signs will be placed at the boundaries of the event location advising the public to avoid the area or to maintain social distance should they wish to spectate or pass through the event area (some event locations are public space and contain footpaths, etc. that remain open to the public).

General practices

1. Identify areas that require floor marking (number collection, etc.)
2. Allocate different points for entry and exit
3. Minimize contact
4. Minimize the time participants spend indoors
5. Avoid sharing of equipment

COVID Safety Officer responsibilities

1. Ensure the PV COVIDSafe Plan is implemented effectively at each event
2. Ensure the PV COVIDSafe Plan is prominently displayed at the event venue
3. Review the COVIDSafe Plan of the host facility and understand its requirements
4. Manage the COVIDSafe race marshals
5. Ensure facilities (soap, hand sanitizer) are available for personal hygiene of attendees
6. Monitor attendance numbers per the applicable government guidelines
7. Ensure attendees (paddlers, spectators, volunteers, officials) comply with government public health requirements (social distancing, mask wearing, group size, etc.)
8. Ensure adherence to facility occupancy limits and avoidance of restricted areas (e.g. gym, etc.)
9. Ensure appropriate use of equipment (no sharing, restrictions on team boats, etc.)
10. Do not allow participation if an individual is showing symptoms of Corona Virus, is unwell, comes from a restricted area or is a close contact of a COVID-19 case
11. Ensure surfaces and shared equipment are disinfected before and after each session and maintain a cleaning log.
12. Ensure all participants maintain social distancing guidelines (1.5 m separation, avoid physical contact greetings)
13. Ensure no personal equipment (life jackets, clothing, boat covers, etc) left in storage areas
14. Notify the Chief Official and Safety Officer if any COVIDSafe Plan breaches occur.

PV Marathon Committee responsibilities

1. Ensure events comply with government requirements.
2. Coordinate the response should a notifiable event occur (such as a participant testing positive after the event). This will include reporting the event to the PV Executive Officer and other parties as appropriate (WorkSafe Victoria, close contacts, etc).
3. Arrange for cleaning the facility in the event of a positive case.
4. Contact DHHS and notify the actions taken, provide a copy of the risk assessment conducted and contact details of any close contacts.
5. Keep records and contact details for all paddlers, volunteers and race officials at each event.
6. Review and update the COVIDSafe plan as required.

DRSABCD if there is a risk of COVID-19

Follow this chart if you suspect any risk of COVID-19 or are in a high prevalence area/hotspot.



D

DANGER

- Check scene for any dangers
- Don PPE, following the correct process

DO NOT ATTEND PATIENT WITHOUT PPE

R

RESPONSE

- Is the patient conscious?
- Assess response from **1.5m away**
 - If no response, approach and check response to touch and talk

S

SEND FOR HELP

- Call 000/SurfCom for assistance
- Inform service you are wearing PPE

A

AIRWAY

- Assess airway in the position the patient is found
- If required, roll onto side and allow fluids to drain without assistance

DO NOT USE SUCTION
DO NOT USE OP AIRWAYS

B

BREATHING

- Apply oxygen via a therapy mask at 8LPM, if qualified
- Do not use more than 8LPM

DO NOT USE BVM
DO NOT GIVE RESCUE BREATHS

C

COMPRESSIONS

- Start compressions at a rate of 100-120 per minute
- Compress to 1/3 of the depth of the chest

D

DEFIBRILLATION

- Early defibrillation saves lives
- Attach AED and follow prompts

SAFE

SAFELY REMOVE PPE

- The risk of contamination is highest during the removal of PPE
- Carefully remove PPE following the correct order and process
 - Have a buddy watching you and ensure you do not touch your face

DO NOT COMPLETE REPORTS WHILE WEARING PPE

STAY COVID SAFE

For more information visit sls.com.au/covid-19/



How to put on (don) and take off (doff) your personal protective equipment (PPE)

How to put on (don) your personal protective equipment (PPE)

Important: Put on all PPE before entering the patient zone	
	<p>1. Perform hand hygiene Wash hands with soap and water or use an alcohol-based hand rub</p>
	<p>2. Put on gown Close gown using ties or Velcro closures at the back of the neck and waist</p>
	<p>3. Put on surgical mask/respirator</p> <ul style="list-style-type: none"> • Secure ties or elastic bands at the middle of the head and neck. If loops at side of mask, secure over your ears • Fit flexible band to nose bridge • Ensure mask is fitted snug to face and below chin • If using a P2/N95 respirator, conduct a fit check. Always refer to the manufacturers' instructions for fit checking of individual brands and types of respirators
	<p>4. Put on protective eyewear / face shield Place protective eyewear / face shield over eyes/face and adjust to fit</p>
	<p>5. Put on gloves Extend to cover cuff of long-sleeved gown</p>

Adapted from CDC Guideline for isolation precautions
www.cdc.gov/infectioncontrol/guidelines/isolation

How to **take off (doff)** your personal protective equipment (PPE)

Important: Remove all PPE before exiting the patient zone	
	<p>1. Remove gloves</p> <ul style="list-style-type: none"> • Outside of gloves are contaminated – Do Not Touch • Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove • Hold removed glove in gloved hand • Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove • Discard gloves into a waste bin or receptacle
	<p>2. Perform hand hygiene</p> <ul style="list-style-type: none"> • Wash hands with soap and water or use an alcohol-based hand rub
	<p>3. Remove gown</p> <ul style="list-style-type: none"> • Gown front and sleeves are contaminated – Do Not Touch • Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties • Pull gown away from neck and shoulders, touching inside of gown only • Turn gown inside out • Fold or roll into a bundle and discard into a waste bin or receptacle
	<p>4. Perform hand hygiene</p> <ul style="list-style-type: none"> • Wash hands with soap and water or use an alcohol-based hand rub
	<p>5. Remove protective eye wear</p> <ul style="list-style-type: none"> • Outside of protective eye wear or face shield is contaminated – Do Not Touch • Remove protective eye wear or face shield from the back (if has elastic band) or by the side arms without touching the front of the eye wear / shield. • If disposable – place into a waste bin or receptacle • If non-disposable – place into receptacle designed for reprocessing • Perform hand hygiene if hands become contaminated
	<p>6. Remove surgical mask/respirator</p> <ul style="list-style-type: none"> • Front of mask is contaminated – DO NOT TOUCH • Ties – undo bottom tie first then the top • Loops – remove loops from around ears • Pull mask away from face without touching the mask • Dispose of mask into a waste bin or receptacle
	<p>7. Perform hand hygiene</p> <ul style="list-style-type: none"> • Wash hands with soap and water or use an alcohol-based hand rub

Find out more www.dhhs.vic.gov.au/coronavirus

If you are concerned, call the

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only

To receive this publication in an accessible format email COVID-19@dhhs.vic.gov.au

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