

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 can’t maintain 1.5 m separation from other people (e.g. in queues).

Reference: <https://www.coronavirus.vic.gov.au/coronavirus-COVIDSafe-Summer>, accessed 20th December 2020