



RETURN TO DRAGON BOAT RACING – GUIDANCE

INTRODUCTION

This plan provides measures that should be taken by clubs and participants before, during and after all training activity as well as providing specific advice to clubs around the safeguarding of children and vulnerable adults.

This document refers to current UK Government guidance for England only and is subject to change in response to the COVID-19 Alert Level, community prevalence of disease and any changes to Government Guidance.

ACTION PLAN

The return to dragon boat racing will be managed in five phases

Phase 1—a return to training in a dragon boat, but with only 8 paddlers and a helm in a 20-person dragon boat. This will allow for greater distance between the paddlers. No race events including inter-club races would take place during this stage. Paddlers to be seated as shown in Appendix 1.

Phase 2—a return to training with a crew of up to 14 paddlers and a helm in a 20-person dragon boat. No race events including inter-club races would take place during this stage. Paddlers to be seated as shown in Appendix 1.

Phase 3—a return to training with a full crew of 20 paddlers and a helm in a 20-person dragon boat. No race events including inter-club races would take place during this stage. 10-person dragon boats would be re-introduced at this stage with no restriction on the number of paddlers providing the paddler spacing in a small boat exceeds that in a 20-person boat.

In Phases 1 to 3 clubs would be training in their home locations as a single club, ie no mixing of members from different clubs. Clubs may choose to have more than one boat on the water at any one time providing they can comply with the requirements for social distancing on land and during

boat launch and recovery.

Phase 4—a limited return to racing between a small number of clubs, the numbers allowed would be based on Government guidance on groups sizes that is current at the time. This phase would also see the return to training in dragon boats of GB crews, resulting in the mixing of paddlers from different clubs. Drummers would also be permitted.

Phase 5—a return to racing without restriction. This would require the relaxation of Government guidance on group sizes of up to around 500 people.

This guidance covers Phases 1 to 3. Further guidance will be issued if required to cover stages 4 and 5.

GENERAL REQUIREMENTS

For Clubs

Before your club may return to training you must do the following:

- Ensure your facilities, whether shared or not, have a Covid-19 plan in place that allows you to return to training. Availability of toilet and changing facilities should follow Government guidance.
- Appoint a named COVID-19 officer to develop a Covid-19 plan and risk assessment prior to the start of any training and communicate the plan to all participants. The name of the Covid-19 officer must be included in your plan.
- Affiliate your club to the BDA to ensure insurance cover is in place and you receive updated guidance information.
- Put in place a booking system for training to ensure that only people with a place in the boat for the session arrive at the club.
- Put in place a system to ensure track and trace of all participants for 21 days after a training session including recording the position of paddlers in the boat.
- Provide an opt-in system that ensures you have recorded acknowledgement of all participants to the Covid-19 plan and risk assessment.
- Ensure you have a method of communicating with participants should someone develop symptoms.
- Register all your club members on the BDA membership platform, upload your club Covid-19 plan and risk assessment.

For Individuals

Prior to attending training for the first time EVERYONE must

- Have read your club's Covid-19 plan and risk assessment. Complete your club's opt-in acknowledging that you have read the plan and risk assessment.
- Ensure that you are registered on the BDA membership platform, that your club is shown in your membership profile and that your contact details (including emergency contact) are up-to-date so that they can be used for track and trace purposes.

OFF THE WATER

Prior to arriving at the club all participants must

- Undergo a self-assessment for any Covid-19 symptoms. No one must leave their house if they, or someone in their household or support bubble has any of the symptoms identified in Government guidance [here](#).
- Follow best practice for travel. Where possible participants should walk or cycle. The use of public transport or of sharing vehicles should be minimised. On arrival participants should wash or sanitise their hands.

Changing Facilities and Toilets – if these are available they must be used in accordance with the facilities agreed plans. Social distancing in accordance with Government guidelines must always be maintained.

Personal Items – must be either left in participant's vehicles or taken in the boat. No shared valuables bags or shared spaces to be used unless detailed in the facilities plan.

Session Briefing – this is to take place outside and in accordance with Government guidelines on social distancing. Participants not to be face-to-face and may want to wear face coverings. The leader to use a megaphone to avoid the need to raise the voice to give instructions. Participants to be reminded of the key elements of the Covid-19 plan and risk assessment.

Warm-up and Down – this is to take place outside with participants having enough room to provide social distancing of more than 2m. Participants not to be face-to-face and to consider wearing face coverings. Music is not to be used and the leader to use a megaphone to avoid the need to raise the voice to give instructions.

Boat Launching and Recovery – The club risk assessment must cover how the boats will be launched with less participants. This may include the use of dollies, trolleys or other launch aids. Where possible boats should be kept on the water between sessions.

Participants to wear face coverings and sanitise their hands before touching the boat. Each paddler to disinfect the boat around their own seat before and after the session.

The helm is responsible for the disinfecting of the steering oar before and after the session. The helm is to use a speaker system and headset which is to be either allocated permanently to a single helm or disinfected before and after every session.

Participants to sanitise hands after cleaning of the boat at the end of the session.

Paddler Equipment – equipment is not to be shared between paddlers during a session.

Participants to use personal equipment which should be clearly named to avoid touching of other paddlers' equipment. Equipment used in the boat, such as water bottles and hand sanitiser, are to be fixed in the boat, or to the paddler to avoid items rolling around in the boat. Participants should not touch any equipment that is not their own.

Suitable water shoes or feet coverings are always to be worn. Sports or sun glasses are advised to cover the eyes. All clothing to be washed and cleaned after each session.

Club Equipment - shared equipment is to be minimised and must be disinfected before and after

each session. Consideration should be given to allocating a paddler loan equipment to be used solely by them.

Boat Loading – boat to be loaded, in order, from the front (or back) always maintaining social distancing. During Phases 1 and 2 seats to be used must be clearly labelled. Participants should only touch and sit in their pre-identified seats.

The coach is to take a photograph, or record by another suitable method, the position of each paddler in the boat. Paddlers must remain in the same seat throughout the session.

ON THE WATER

Coaching - The coach in charge of the session is to either helm the boat and give instructions using a head microphone and speakers or to give instructions from a coaching launch alongside. Paddlers should not talk in the boat unless essential for safety reasons and should always remain facing forwards.

Personal Hygiene - Hand sanitiser to be taken in the boat and used every 15 minutes by all paddlers. Paddlers must avoid touching other paddlers and direct coughing or sneezing away from other paddlers.

Session Format – The key risk associated with paddling in a dragon boat at this time is the risk of droplet transmission from other paddlers. This risk is increased the longer a paddler is near another paddler. The session length is to be kept as short as possible by ensuring that warming up and down is done on the land. Sessions should not exceed 45 minutes on the water during Phases 1 and 2 and 60 minutes in Phase 3.

The session must be suitable for the number of paddlers in the boat and should avoid high intensity sessions requiring heavy breathing. Technical drills and sessions are appropriate in the early stages of returning to training.

Capsize Drill – The club must include in their risk assessment whether any additional measures are required over and above their normal procedures in the event of a capsize.

SAFEGUARDING

Junior Paddlers - Clubs must assess, in conjunction with their parents, whether juniors should return to training at this time. They must be capable of complying with all the social distancing and hygiene measures being put in place by the club. Juniors must provide an opt-in form countersigned by their parent. The club safeguarding officer is to be responsible for checking these forms and discussing any concerns with the parent

The risk assessment must include risks associated with a reduced number of paddlers given the additional weight of the boat and load imposed on the junior. If juniors are in the boat, then the session must be suitable for them.

The club risk assessment must consider whether any changes to the facilities available, such as changing, are able to maintain suitable safeguarding provisions.

Vulnerable Adults - Clubs must assess whether it is feasible to bring vulnerable adults back to training at this stage. The risk assessment must address any specific issues that are known to affect members of their club who fall into the vulnerable category.

Para-dragons - The IDBF has provided guidance on the return of para-dragons to training. These should be discussed between the club and the member as appropriate and included in the risk assessment.

[Return to dragon boat racing in a Coronavirus Environment - Paradrasons](#)

APPENDIX ONE – SEAT SPACING DIAGRAMS

Paddler Positions in Phase 1—8 paddlers plus helm



Paddler Positions in Phase 2—14 paddlers plus helm



Calculation of Paddler Spacing

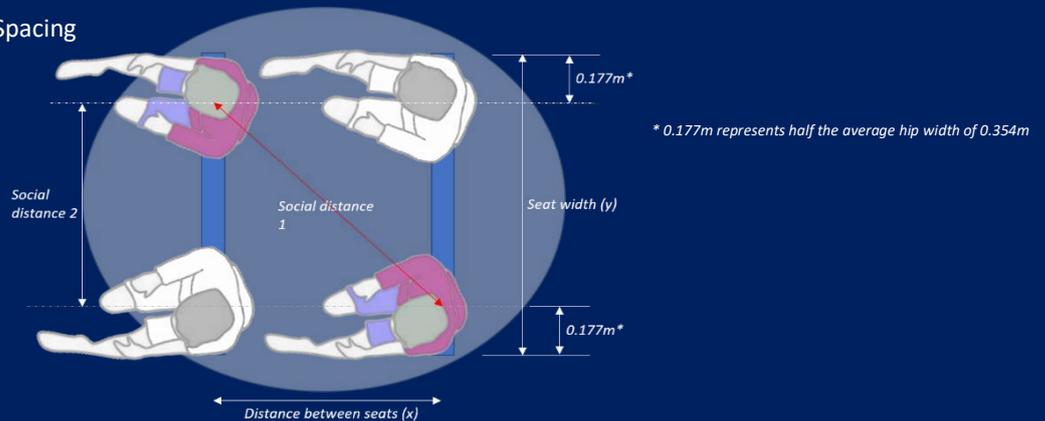


Table of Paddler Spacing

Seat	Seat spacing (m)	Seat width (mm)	Social distance 2 (mm)	Social distance 1 (mm)
Seat 1		795	441	
	800			944
Seat 2		917	563	
	800			1000
Seat 3		990	636	
	800			1043
Seat 4		1055	701	
	800			1071
Seat 5		1078	724	
	800			1079
Seat 6		1078	724	
	800			1068
Seat 7		1045	691	
	800			1035
Seat 8		975	621	
	800			980
Seat 9		864	510	
	800			906

