



Return 2 Play Training Guidelines

Kayaking

Activity	Sport Risk
Singles	Low: Phase 1,2,3,4
Doubles	Slight: Phase 2,3,4

Guidelines

Phase 1

- Social Distance during group trainings
- Coach maintains social distance during instruction
- No contact in body placement or demonstration of skills
- Specific training groups remain small (10 or less) and consistent
- If a larger group, choose different nights or times to train
- No shared water, towels, equipment, bags, shoes, clothing
- No hydration stations
- Clean flotation devices before and after use
- Assign specific flotation device to each athlete to be used during training
- Athlete should use same kayak and paddle throughout training session
- Clean kayak seat entrance and paddle before and after training
- Use best judgement in giving assistance to athlete entering a kayak

Phase 2

- Same as above EXCEPT
 - Athlete and partner distance as much as possible and have a little contact as possible

Phase 3

- Same as above EXCEPT
 - Groups can train with 50 or less



Phase 1: Low Risk Sports: 10 people or less, follow guidelines above



Phase 2: Slight Risk Sports: 10 people or less, follow guidelines above



Phase 3: Moderate Risk Sports: 50 People or less, follow guideline above



Phase 4: High Risk Sports: No Restrictions