



## Atlantic Division CanoeKayak Canada

PO Box 295 Station Main  
Dartmouth, NS B2Y 3Y3  
(902) 466-9925  
[www.adckc.ca](http://www.adckc.ca)

May 26, 2021

### Canoe Clubs Back to Exercise

The following guidelines will be followed by all of the Halifax Regional Municipality member clubs in order to return to paddling for exercise only and monitored by the Atlantic Division CanoeKayak Canada (ADCKC) effective May 28, 2021.

These guidelines are not intended for official sport programs, but individuals taking part in an outdoor recreational sport activity.

- There is absolutely **no coaching**. Any coaches in boats will act as a safety boat only as per the May 10 & 18, 2021 protocols.
  - There will be no exceptions to these rules. We will be monitoring frequently and any infractions will go directly to the Disciplinary Committee.
- **All clubs will provide a schedule to ADCKC for approval prior to beginning this stage of Back to Exercise.**
- All clubs will ensure there is a maximum of five (5) people at your facility at one time - including coaches, staff, etc.
- You can have multiple groups of five (5) but they must be staggered to ensure there are never more than five (5) individuals on club premises at one time. Everyone must be able to maintain the two meters of social distance at all times.
- All clubs will ensure that any access to a facility either before or after taking part in the activity, for the purpose of accessing necessary equipment must be limited, and the facility must be able to comply with all COVID-19 Nova Scotia Public Health Regulations that are currently in place.
- All clubs will ensure that access is only given to their boat bays and docks.
- All clubs will ensure all physical and social distancing requirements required by NS Public Health guidelines remain in effect..
- All clubs will allow access to boats only on an individual basis. One person, one boat.
- All clubs will ensure that all participants will remove their boat, get onto the water, paddle, return their boat, and exit the club. They will not leave any belongings behind other than their boat and paddle.
- All clubs will ensure that there is no sharing of any equipment.
- All clubs will ensure that only members in good standing are paddling at this time.
- All clubs will ensure no one U12 or younger is paddling at this time.

*Since 1956, the ADCKC has supported paddle sport and our member clubs in Atlantic Canada.*

**Pagayer Vit Ici | Paddling Lives Here | Ji'memkewey**



**Atlantic Division CanoeKayak Canada**

PO Box 295 Station Main

Dartmouth, NS B2Y 3Y3

(902) 466-9925

[www.adckc.ca](http://www.adckc.ca)

- ADCKC also recommends that all participants wear a PFD and do not paddle alone

*Since 1956, the ADCKC has supported paddle sport and our member clubs in Atlantic Canada.*

**Pagayer Vit Ici | Paddling Lives Here | Ji'memkewey**