Aloha Everyone!

Lanikai Canoe Club is holding a SUMMER SEASON (keiki & adults), which will run from June 29 - September 30. **Fees $125 Keiki/ $150 Adults. Registration and payment must be completed before attending practice.** Contact Raul Fallau at raulfallau@aol.com for information regarding coaching and practice times.

**REGISTRATION** can be completed online at [LanikaiCanoeClub.org](http://LanikaiCanoeClub.org). There will also be a physical registration on July 5, 2020 from 8am – 12 noon at Lanikai Long House. For those who have completed registration (during 2020 World Sprints) and/or have opted to roll paid dues to next season and would like to participate in the Summer Season, please contact Curtis Hawkins at chocolatethunder1104@gmail.com.

Before your first practice please review OHCRA’s Paddling Requirements Covid-19 below and at [ohcra.com](http://ohcra.com); please be responsible for compliance.

1) **All paddlers need to be validated with fees paid before getting into the canoes.**

2) Practice tracking for potential contact tracing protocol:

   - **Sign in with Coach at every practice.** Coaches will complete OHCRA tracking log for each crew/canoe being used.

   - Coaches turn in forms weekly to be send to OHCRA.

3) **Sanitation protocol:**

   - Canoes must be sanitized before/after each use

   - Use bailers and rags to thoroughly wipe and rinse seats, gunnels and iakos with salt water.

Visit [LanikaiCanoeClub.org](http://LanikaiCanoeClub.org) and Follow us on FaceBook Instagram for latest information

**OHCRA General Recommendations**

**Masks & Distancing:** A mask is recommended at all times at practice areas when NOT actively in the canoe. Social distancing requirements require groups / crews to be at least 6’ apart and in groups of 6 or less.

**Personal Preference:** There is no mandate to return to paddling/practice if someone is not comfortable doing so, or concerned about being in the community. Please remain sensitive and supportive to the individual preferences of your paddlers

**Illness & Recovery:** Should you become sick or feel sick at any time, please stay at home for the continued health and safety of all involved.
***Any coach or paddler who is sick from COVID-19 may not attend practice until they are cleared for release from isolation according to CDC guidelines and cleared to return by a healthcare provider. Any coach or paddler who is exposed to a person with a confirmed or probable case of COVID-19 may not attend practice until they have completed quarantine according to CDC guidelines.

Practice Site(s): Recognize the social constraints of each practice site and keep your practice numbers at or under these limits. Once your practice times are completed, engage paddlers in sanitization of equipment, clean-up of the site and dismiss practice in a timely manner.

Practice Schedule(s): To minimize overlaps in practice times and observe social distancing requirements at your sites, please update practice schedules and distribute to your club members. HCRA Insurance only covers scheduled and supervised (Coach or Club Authorized Representatives – on site) practices.

CDC & Government: Follow all County, State, and Federal Guidelines in addition to OHCRA/HCRA Rules. All club reps and coaches should refer to websites and updates often.

CDC: www.cdc.gov

HCRA: www.hcrapaddler.com

OHCRA: www.ohcra.com

City–Mayor Caldwell: https://www.honolulu.gov/mayor/proclamations-orders-and-rules.html

Stat –Governor Ige: https://governor.hawaii.gov/emergency-proclamations/

Hawaii State Health: https://health.hawaii.gov/coronavirusdisease2019/

DLNR: www.hawaii.gov/dlnr/dbor

2020 OHCRA/HCRA Mandatory Requirements

OHCRA/HCRA Registration

• All paddlers (recreational or competitive) are required to have registered with their club and must be processed in the HCRA database. Entry of participants must be completed with the OHCRA Registrars (Yvette or Lisa) within 7 days.

• Contact Yvette Akamu (yvette@ohcra.com) or Lisa Ho (lisa@ohcra.com) for registration processing.
2020 HCRA Waivers

• All participants and coaches are required to complete a **2020 HCRA Waiver**.

• **THIS IS A MANDATORY STEP PRIOR TO ANYONE GETTING IN A CANOE!!!**

Practice Sign In/Contact Tracing Log

• A coach & authorized club rep must be on site for all scheduled practices.

• A designated coach or rep must be responsible to log all canoe practices and equipment usage to include:

  PADDLER / DATE & TIME / CANOE NAME / DURATION

• Club representatives will be responsible to submit Practice Logs to the Race Director at the end of each month. These must be kept on record to meet HCRA requirements. A sample log is attached as an example format. Clubs may develop their own documentation to enable contact tracing.

Practice Requirements:

• Stagger launch times of canoes to allow for social distancing

• NO SEAT CHANGES can be made during a practice—no exceptions.

• Crews cannot change members during a practice.

Sanitization of Equipment (Before & After Use)

• No use of individualized club equipment (For example: club paddles and individual use items not to be shared.)

• No sharing of personal equipment

• All practice equipment must be disinfected thoroughly (including canoe seats, gunnels, amas and iakos)

• Allow for proper time to disinfect and sterilize equipment before a canoe is back on the water with a new crew.

Limit Practice Duration

• It is highly recommended that practice times be monitored and if needed, limited to adjust for the number of participants and to ensure overall health and safety.
Social Distancing

• Limit # of people & crews at your halau/site at any given time for compliance

• No gatherings of more than 100 people.

• Groups cannot gather in pods greater than 10.

It is absolutely critical that we collectively and individually take these requirements seriously. Compliance with these requirements is not just for our insurance and protection, but also supports our reputation as an association around the State. If we do not comply with these requirements, the government can always reinstate further restrictions—a backwards step in the progress we are currently making as a community. Let’s get it right the first time! Above all, be safe, have fun and see you on the water….

Mahalo,

Lanikai Canoe Club