

COVID-19 Stand Up Paddle Board/SUP Guidelines

1. Pack your gear and supplies ahead of time and don't spend extra time at the beach or near your car.
2. **Wear face coverings over your nose and mouth when within six feet of others (cloth masks preferred) and in public areas (garage and storage areas) and when helping others carry their board.** When on the water, masks or face coverings should be removed and stowed for safety purposes.
3. **Wash your hands often: Use soap and water at the washroom, or apply a hand sanitizer, or apply an approved disinfectant.** Do this as soon as possible or after doing anything that requires touching an item someone else may have touched, like a marina gate lock or a fuel pump. NSYC will provide disinfecting solution and hand washing stations. Bring your own hand sanitizer.
4. **Maintain a safe distance from others, 6 feet or more, at all times.** This applies to land and water. Only 2 persons in the locker room at a time. Max of 2 people at the equipment rack and each should carry one long end of the board. If someone is already at the Paddleboard rack form a line and wait your turn.
5. **Disinfect paddleboard and accessories before use using provided products.** Try not to set equipment on hard surfaces, such as decks, picnic tables, or docks. If using club boards, disinfect the board, paddle, and leash with disinfectant or wipes provided. If you fail to wipe down equipment prior to use, you could lose your member privileges.
6. **NSYC wet water gear and personal flotation devices (PFDs) will not be available for use or sharing during the COVID-19 Pandemic.** Bring your own wet water gear (PFD/lifejacket, wetsuits, neoprene booties, etc. and wash them in soap and water after you get home.
7. **Only authorized and skills-approved members are allowed to paddle during COVID-19.** New member paddlers can request an assessment, but it is conditional to water temperature, volunteer availability, and successfully passing the swim and skills assessment.
8. For safety and communication, **paddler groups must carry at least one mobile phone in a waterproof case.** The phone should be attached to the paddler and easily accessible in case of an emergency. A marine radio can also be carried. Club-owned radios must be disinfected before and after use.
9. **A maximum of 2 people from the same family are allowed on a board.**
10. **All NSYC rules will still be enforced.** Adhere to NSYC's Buddy Boating system, two paddleboards must paddle together (maintaining a minimum of 6' distance). All other current Safe Paddleboard Guidelines remain in effect per the NSYC Member Handbook, April 2019.
11. **Don't "raft up" with other boards or boats or pull up onto a beach close to other people,** as that could put you in close proximity with others.