

2020 ANNUAL SUMMIT

COVID MEETING

December 8, 2020



AGENDA

- Recap of 2020 Survey Results
- COVID Case Numbers Data
- Contingency Planning 2021
- Discussion and Round Table



RECAP OF 2020 SURVEY RESULTS

RECAP OF 2020 SURVEY RESULTS

N=52 CLUBS/ORGANIZATIONS RESPONDED

- **Did your club have a formal strategy for responding to COVID restrictions?**
 - Yes: 92%
 - No: 8%
- **If 'yes', what was that strategy?**
 - Covid-19 Protocols (Distancing, No Sharing of Equipment, Sanitation etc.)
 - Screening/Daily Attestations
 - More Supervision and Monitoring (Higher Ratios of Coach/Athletes)
 - Half day programming, limited enrollment/returning paddlers only
 - Cancelled youth paddling programs, cancelled in-person meetings



RECAP OF 2020 SURVEY RESULTS

N=52 CLUBS/ORGANIZATIONS RESPONDED

- **Were you able to run a full slate of paddling programs this summer?**
 - Yes: 52%
 - No: 48%
- **If no, what did you not run?**
 - Limited enrollment or no new paddlers, no school programs, Special Olympics, Masters etc.
 - No crew boats/dragon boat/C-15
 - Later on-water start
 - No social events,
 - No competitions or time trials



RECAP OF 2020 SURVEY RESULTS

N=52 CLUBS/ORGANIZATIONS RESPONDED

- **Impacts on staffing:**

- Staff/volunteers burnt out by end of summer
- Decreased Staff
- Delayed start for some staff/volunteers
- Increased need for staff/volunteers
- Decreased availability of staff/volunteers

- **Financial Impacts:**

- Negative impact: Increased demand for staff, high costs for cleaning supplies, PPE & extra equipment, less revenue due to less programs/reduced group sizes, no fundraising opportunities
- Positive impact: Decreased payroll, more revenue in some instances with a high demand for activity where possible



RECAP OF 2020 SURVEY RESULTS

N=52 CLUBS/ORGANIZATIONS RESPONDED

- **Impacts on Competitive Numbers:**

- Decreased: 31%
- Increased: 37%
- Stayed the same: 27%
- N/A: 6%

- **Impacts on Overall Membership Numbers:**

- Decreased: 54%
- Increased: 29%
- Stayed the same: 17%

- **Impacts on HP training group once on water training was permissible:**

- Decreased: 17%
- Increased: 17%
- Stayed the same: 42%



RECAP OF 2020 SURVEY RESULTS

N=52 CLUBS/ORGANIZATIONS RESPONDED

- **Did your coaching staff attend online Coach Education programs during the shutdown?**
 - Yes: 54%
 - No: 29%
 - Not aware: 17%

- **Did you take advantage of any of the following government programs?**
 - Canada Emergency Business Account / Compte d'urgence pour les entreprises canadiennes : 25
 - Canada Summer Jobs Program / Programme Emplois d'été Canada : 33
 - Canada Emergency Wage Subsidy / Subvention salariale d'urgence : 19
 - Provincial/Territorial Support Programs / Programmes de soutien provinciaux/territoriaux : 10
 - Temporary Wage Subsidy for Employers / Subvention salariale temporaire pour les employeurs : 10
 - Other : 5
 - None : 7



RECAP OF 2020 SURVEY RESULTS

N=52 CLUBS/ORGANIZATIONS RESPONDED

- **Impacts on athletes:**

- Negatives: low morale and attendance, low sense of purpose for training, drop out, lack of proper training
- Positives: enjoyed paddling for fun, trained harder and smarter, still motivated, more camaraderie, increased recovery, enjoyed not having so many competitions

- **Gaps from this season:**

- Membership drop
- Crew Boats, Weight Training & Competitions
- Virtual comps anticlimactic
- Spring Training Camp in Canada
- Regatta schedule that allows balance to training and competing
- Fundraising ideas
- More coach training opportunities
- More tools to keep in touch with athletes
- Competition Protocols and Formats



RECAP OF 2020 SURVEY RESULTS

N=52 CLUBS/ORGANIZATIONS RESPONDED

- **Modifications planned for winter training:**
 - Remote Training Plans and Loaning of Equipment
 - Outdoor training, Reduced or No Indoor training.
 - Training Camps in Jeopardy or Canceled
- **How likely is it your athletes will attend a warm weather training camp in the spring of 2021?**
 - Likely: 66%
 - Unsure: 20%
 - Unlikely: 14%



RECAP OF 2020 SURVEY RESULTS

N=52 CLUBS/ORGANIZATIONS RESPONDED

- **What can CKC do to help?**
- Return to Competition is Priority
- Focus on Motivation and Key Emerging Gaps (Crew Boats).
- Support for coaches, clubs, athletes across country
- Clear, timely communications
- Assessment of risks and development of contingencies & guidelines
- Promotion of our sport and different types of paddling
- Work with and lobby Government's at all levels
- Communication with ICF-make sure International Events are safe
- Spring Training Communication and Messaging



COVID CASE NUMBERS DATA

COVID DATA COLLECTION RESULTS

N=17 CLUBS/ORGANIZATIONS RESPONDED

GENERAL

- 88% returned to sport operations since initial lockdown
- Avg date of return to paddling = June 15
- Avg days in operation between April 1-October 31 = 138
- Reason some not operating = Government Restrictions

CASES

- 7% of organizations with a positive case among participants
- No community spread at Clubs/Orgs reported
- Avg daily participants at each Club/Org= 63



CONTINGENCY PLANNING

CURRENT OUTLOOK

- Positive, but Realistic.
- Summer 2021 will not be “normal”
- Olympics/Paralympics
- Prepare for many contingencies
- Plan for worst case, protect better outcomes
- Uncertainty remains and landscape always shifting



TRAINING CAMPS

- CKC training camps currently underway (Chilliwack and Shawnigan Lake)
- Complex undertaking, and constant risk mitigation
- Learnings applied immediately to planning
- Planning Winter/Spring Camps for Sprint & Slalom Olympic Track and Development Athletes.
- Group Size (Cohort) and travel restrictions key determinants
- Recognition that challenge to Clubs & PT Teams are massive
- Lens of no requirement for camps for non-2021 Tokyo track athletes on criteria and planning



PROTOCOLS EVOLVING

2020 NATIONAL TEAM TRAINING - SHAWNIGAN LAKE COVID-19 PROTOCOLS

The enclosed protocols are specific to National Team Training at St. John's Academy Shawnigan Lake and are supplementary to the [Paddling & COVID-19 Phase Guidelines](#) and [CKC Paddling & Covid-19: High Performance Strategy](#).

The following safety measures are in place to protect the team and local community. Ignoring them puts the whole team and community at risk.

PRE-ARRIVAL

Athletes, coaches and staff must complete the [CKC COVID Screening Form](#) daily for at least 3 days prior to



DOMESTIC COMPETITION

- Safety of participants and community
- Local restrictions
- Ability to travel to the event
- Ability to train for the event
- Contingencies: Scalable, Regional and Better Virtual Options
- Be flexible and creative



DOMESTIC COMPETITION

CKC COVID-19 COMPETITION PROTOCOLS 2021

The enclosed protocols are built as a general template for Canoe Kayak Canada (CKC), Provincial/Territorial Organizations, Divisions and Clubs to use as a basis for drawing up their own specific competition protocols based on the following key considerations:

1. The specific type of competition being run.
2. The athletes and officials who will participate.
3. The COVID-19 public health restrictions in place in each region.
4. The physical requirements of a Competition site.

In no way are these guidelines intended to supplant Public Health Guidance or Restrictions in a given jurisdiction. All Competition Safety plans must be approved by the relevant sanctioning bodies as applicable from a Canoe Kayak Governance, Insurance, General Safety and Public Health perspective.



INTERNATIONAL COMPETITIONS

- Safety of teams
- Insurance
- Local restrictions
- Quarantine Requirements (destination and on return)
- Constant Risk Mitigation Assessment
- Reality of different standards around the world.



COMMUNICATION AND COLLECTIVE PLANNING

- Challenge for entire community to both survive the crisis organizationally and to plan as we look ahead to summer 2021.
- Communication and as much clarity as possible (go/no-go dates).
- Understanding of contingencies and determinant factors.



MENTAL HEALTH

- Mental Health of all community members is under strain.
- Athletes, Coaches, Administrators, Officials and Parents.
- Support:
 - CKC Mental Health Resource Poster
 - Coaches Role Mental Health Webinar
 - Game Plan
 - Canadian Centre for Mental Health in Sport



MENTAL HEALTH

CANOE KAYAK CANADA ATHLETE MENTAL HEALTH AWARENESS GUIDE

10 MENTAL HEALTH WARNING SIGNS*

- 1 Feeling very sad or withdrawn for more than two weeks.
- 2 Thoughts plans, and/or attempts of self-harm or suicide.
- 3 Severe out-of-control, risk-taking behaviors.
- 4 Sudden overwhelming fear for no reason and/or intense worries or fears that get in the way of daily activities.
- 5 Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain.
- 6 Seeing, hearing or believing things that others aren't experiencing.
- 7 Repeatedly using drugs or alcohol.
- 8 Drastic changes in mood, behavior, personality or sleeping habits.
- 9 Extreme difficulty in concentrating or staying still.
- 10 Recurring thoughts, dreams, or distressing memories about a stressful or traumatic event.



WHAT YOU CAN DO?

As a Canadian athlete, the following resources are available if you need support:

IF IT'S A CRISIS,
GO TO YOUR NEAREST
EMERGENCY ROOM
OR CALL:

- 911
- The 24h mental health crisis line
1-866-996-0991
crisisline.ca
- Tel-Jeunes
Call: 1 800 263 2266
Text: 514 600 1002
teljeunes.com

IF IT'S NON-URGENT,
CONTACT:

- Contact your family doctor or visit a clinic with services covered by your provincial health plan
- Reach out to someone you trust: Your parents, coaches, teachers, friends or teammates
- Contact The Canadian Center for Mental Health and Sport
ccmhs-ccms.ca/self-referral-form
613-454-1409 #2090
info@ccmhs-ccms.ca

Always remember:
You know yourself, so even if you feel a little off, be proactive and talk to someone.



GAME PLAN
PLAN DE MATCH
Powered by: Pinnacle and
Deloitte.

*Canadian Centre for Mental Health and Sport

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MOTIVATION AND WIDENING GAPS

- Exceedingly difficult for athletes moving through the development pathway.
- Planning for what we can deliver for these athletes.
- Support for coaches to do what we can as a community to keep athletes engaged and motivated.



DISCUSSION & ROUND TABLE

ELEANOR – ADMINISTRATOR
PERSPECTIVE



CHEYANNE – COACH PERSPECTIVE



JAMES



OPEN DISCUSSION

- What is top of mind for Winter 2021
- What is the priority for Summer 2021



NEXT STEPS