

**PPE**  
**Appendix 5: Paddlesports During the Age of COVID-19**  
May 22, 2020

## **Introduction**

The purpose of this document is to present a set of suggested paddlecraft practices, based on currently available information. This document suggests PPE (Personal Protective Equipment) that should be carried by *each* paddler, as well as by the group leader. Specific uses of this equipment, and how to integrate into paddlesports activities, are discussed in other documents. These suggestions are provided to assist paddling instructors and event organizers and do not replace guidance from federal (e.g., CDC), state, and local authorities (e.g., health departments). In certain cases, it also may be advisable to check with your health care provider, attorney, insurance representative, and other appropriate experts. Local risk will depend on numerous factors. Individual instructors and event organizers are responsible for appropriate risk assessment and risk management.

### **Immediately Accessible (each paddler)**

- Soap dispenser usable in the marine environment (for cleaning hands)
- Hand sanitizer
- Alcohol wipes (60% or greater concentration), or other disinfectant wipes
- Mouth and nose protection; e.g. surgical mask, or improvised mask (such as a neck gaiter), for use ashore. Improvised mask (e.g., neck gaiter), for use underway
- Eye protection (as a minimum, regular glasses, or regular sunglasses; safety glasses will provide a higher level of protection)

### **May be Stored in a Hatch (each paddler)**

- Soap to clean boat
- Sponge to clean boat
- Additional cleaning/disinfecting supplies, as appropriate
- Plastic trash bags to dispose of PPE

### **Group Organizer**

The group organizer should carry the above items, for individual use, as well as a few “spares” in case participants’ equipment becomes damaged. Group organizers also should consider bringing the following items to the event:

- Additional dispensers of hand sanitizer (to be positioned at key spots such as check in location)
- Additional plastic bags to dispose of PPE
- Small boxes of tissues (to be positioned at key spots such as check in location)
- Extra cleaning supplies
- Medical gloves and surgical masks (for whoever will be taking the temperature of the participants) along with an infrared thermometer

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