



July 5, 2019

The PDBA continues to monitor the science and the national recommendations for safety regarding COVID-19. We note that some parts of the region are beginning to return to more social activities, while other areas are in conditions that demand a more conservative approach. As things move forward, dragon boat athletes are naturally asking questions about the return to sport. While the PDBA cannot make blanket recommendations in such a variable environment, we do observe and advise the following:

1. **Physical Distancing** - The CDC advises a minimum distance of 6 feet between individuals, while masked. Unfortunately, observing this distance in our sport results in numbers too small to safely crew a dragon boat. The hard reality, while physical distancing is advised, is that we must seek our water time in single-person crafts, such as OC, SUP, or kayak.
2. **Masking** – Note that the CDC recommends the wearing of masks. Wear a mask when you cannot maintain physical distancing, and consider the difficulty of keeping a mask on during active water practice with your teammates.
3. **Follow Local Health and Safety Recommendations** – Look to your local government health officials for the latest advice specific to your locality. Do not rely on what you see happening outside your community to determine your return to the sport. Also follow the safety regulations of your local dragon boat organization.
4. **We are fortunate** in most of this region to have access to open water for most of the year, if not all of it. Remember that East Coast, Midwest, and Canadian teams often cannot hit the water until April or May, yet they perform well at high levels of competition. This is due to the work they put in on land during the off-season, and you might consider your efforts there as you wait for the return of paddling.

Remember that, much as we love our sport, ours is a non-essential leisure activity, and keep in mind your local guidelines and local risk factors as you consider resuming activities.

This link to CDC recommendations for youth sports applies largely to us as well.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>