

HUT!

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President's Message

Well, aren't these strange times...

With many of the early season races being cancelled, along with being told to isolate or social distance, it can be tough to find the motivation to train or even get out of bed some days. I encourage everyone to train at home and if you do go out for a paddle or a run, do so on your own (I can only imagine how competitive the C1 class is going to be when this is all over.) We are still hopeful that our mid-season races will be able to run without any issues, but only time will tell.

I know many of us are missing riding wash with our friends out on the water. My fingers are crossed that we will be able to do so again soon. For now, we will have to race each other virtually.

Looking forward to seeing you on the water,

-Oliver.

P.S. Keep checking the website for updates to schedule, COVID-19 and @home exercises:

<https://omckra.com/at-home/>

<https://omckra.com/learn/>

<https://omckra.com/races-schedule/>

@home keep moving ideas

OMCKRA is not sanctioning any races or training events this month or next. Not everyone has access to water right now. If you don't, here is a list of fitness challenges put forward by Canoe Kayak Sprint. Thank you to the coaches involved! <http://www.ckosprint.ca/at-home.html>

Other @home ideas

Kevin Olson paddling drills. Things you can work on water at home or at your local dam or pond without traveling. Kevin demos in a solo canoe. YouTube is great!!! The video is 7:30 min long. https://www.youtube.com/watch?v=Mwjn-3tAJvQ&feature=youtu.be&fbclid=IwAR38-yYMUjVQmkSY-HdgMvoDY8uRTcTWmAjil_A79i56qepcXDDftqIT3Oo

An 18-minute video with Olson sitting on a paddling machine. This instruction is aimed at beginning to intermediate racers but everybody needs a tune up every now and again. <https://www.youtube.com/watch?v=fiT2Bf1y-tE>

Leg training for paddling: <https://www.youtube.com/watch?v=l2BdYVO455A>

Core training for kayaking: <https://www.youtube.com/watch?v=Bjsvoc4tuqI>

Chris Proulx stroke analysis : <https://www.youtube.com/watch?v=e0kC7NhN6fM>

YouTube is waiting to be mined for any number of exercises that will benefit paddlers. Here is someone else with a video on head posture. <https://www.youtube.com/watch?v=6C-wfV27bzl&t=24s>

"The tyranny of over-reaching." This is specific to outrigger but applies to other paddling disciplines as well. <https://www.youtube.com/watch?v=7i8NF12BRrg>

If you do paddle take care!

Not all of us have safe river and lake access, but some of us do. Should you be on the water at all? In western Quebec near Ottawa, police are discouraging paddling. In the Shawingan area in central Quebec, it is not the same. Paddling safety tips: <https://www.youtube.com/watch?v=3kbxahKcZsc>

Before the weather turned colder on Easter weekend some southern Ontario paddlers planned to log 100 km over the four-days respecting all of the social distancing rules, safety equipment and rules etc.. They will be measuring distances using GPS on various devices and posting them on Instagram. If you would like to join on your own river and have your own independent GPS, that's great. If you have an iPhone, you can download an app called Strava. Enthusiastic users tell us Strava doesn't burn a lot of battery life or require data. You can post your weekend totals on OMCKRA's Instagram account.

If you go out, remember that you should not only play it safe, you should look like you are playing safe. Cold weather rules call for paddlers to wear their PFDs at least until May 1 in southern Ontario. As always, paddlers should carry a minimum of a one litre bailer and a floating 50-foot throw line. A change of clothes in a dry bag along with suitable fluid replacement and energy bars is a good idea.

COVID-19 related updates from Canadian Sport Institute of Ontario (CSIO)

Below are excerpts from a Canadian Sport Institute of Ontario newsletter OMCKRA gets as part of Canoe Kayak Ontario. It is aimed mostly at Olympic sport athletes, so I've pulled out what I saw as useful tips for Marathon paddlers. This newsletter reflects the state of known science and policies as of April 8, 2020.

1. No age group is immune to Covid-19.
2. Victims can be contagious before they show symptoms. Wearing a homemade mask to prevent contaminating others if you are contagious is advised. The professional masks are in short supply and should be reserved for health care workers.
3. Advice on how, and how not, to wear homemade masks below.
4. Nutrition: There is no indication that COVID-19 is a foodborne disease. But you can get sick from going to the grocery store.
5. Tips on grocery shopping: e.g.: Do NOT wash your vegetables with soap and water. Did you know that?

SPORT MEDICINE ADVISORY COMMITTEE UPDATE:

Within Canada the number of cases continues to rise across the country, but the rate of new cases appears to be slowing in most regions although at different rates. Despite this, areas or clusters of sustained infections and rising hospitalizations are still occurring. In Canada the overall "doubling time" is now between 4 and 5 days. This is in large part due to the efforts of everyone to stay at home and of the social distancing since 12 March. Interesting, of the present confirmed cases 79% have no known contact which reinforces the previous recommendations of "Act as if you are infected and treat anyone you come into contact with as if they are infected". It is also important to understand that 63% of all confirmed cases in Canada are between the ages of 20 and 59 (28% of all cases are between 20 – 39) no one is immune!

There is increasing evidence that people who are infected will transmit the virus even before they show any symptoms. (This is one of the reasons for Dr. Tam suggesting that masks be worn when social distancing cannot be guaranteed - to minimize asymptomatic spread.) **If you do wear masks** it is very important that you are fully versed in how to put them on and take them off to stop contaminating your own hands (Link to Canada govt website). <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html>

Although certain countries in Europe and Asia are considering relaxing isolation restrictions in the near future, it is still far too early in Canada for us to start to follow suit. We need to keep on with the social isolation, hygiene and distancing

measures to ensure the gains made so far are effective and sustained. It is still not safe to look for loopholes to restart group training. It remains essential for everyone for all of us to avoid training in teams/crews/ pools etc., using shared equipment of public facilities as per the previous statements.

Training

(Paraphrasing here): Now is a good time to address any known bio-mechanical and physical deficiencies that are easily addressed with home training and NOT to be attempting to reach peak performance this year. (Rationale has been addressed in earlier releases from CSIO) If you do have symptoms you should not train until you have contacted your family physician to avoid any potential complications etc.

Anti-Doping

(If you're interested to know) the Canadian Centre for Ethics in Sport (CCES) has suspended testing at this time. World Anti Doping Association (WADA) published a helpful Q&A for athletes: https://www.wada-ama.org/sites/default/files/resources/files/covid-19_qaforathletes_en_0.pdf

Nutrition

Scientific evidence currently shows no indication that COVID-19 is a foodborne illness. Evidence does, however, show that the virus can be transmitted via contact (with an infected person, surface or object) or droplets (from and infected individual coughing, sneezing or talking).

According to the Centers for Disease Control and Prevention (CDC), the transmission of the virus is far more likely to spread through respiratory droplets from an infected person and much less likely via surfaces or food.

TIPS FOR SAFE GROCERY SHOPPING

While grocery chains have ramped up cleaning and sanitation measures to keep customers safe, it is essential that we also maintain proper hygiene when grocery shopping.

- When at the store, touching surfaces and objects such as shopping carts, freezer door handles, and grocery items are inevitable.
- Use disinfecting wipes to wipe down baskets and shopping carts, freezer door handles. (Discard used wipes immediately after use and wash your hands when possible.)
- Health Canada has published a list of hard surface disinfectants that are likely to be effective for use against COVID-19.
- Keep your distance (2 m)! Follow the one-way signs in the aisles
- Opt OUT OF RECEIPTS!
- Latex gloves are not durable and designed for everyday activities, like grocery shopping. They can rip easily and making them ineffective to protect you. Gloves require proper discarding and frequent changing after use. They should be reserved for our front-line workers. You can use your own gloves (and wash after use) or simply practice good hand hygiene and use a hand sanitizer (with 70% alcohol) as you leave the store and wash your hands immediately when you get home after your grocery trip.
- Visit stores during less busy hours.
- Bag your groceries yourself to minimize touching by the store clerk or use the self-checkout.
- It is advised NOT to use your own re-usable bags. Use single use bags and discard after use and wash hands thoroughly after touching.

AT HOME

Currently, there are no documented cases of COVID-19 that were infected by viral transmission through food. However, the New England Journal of Medicine states that the virus can remain viable on hard surfaces, such as:

- Plastic and steel, for up to 3 days
- Cardboard, for 24 hours
- Copper, for four hours

This makes food packaging potentially a risk particularly if that packaging has the virus on it then one touches their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads because of poor survivability of these corona viruses on surfaces. There is likely very low risk of spread from food products or packaging.

BEST PRACTICE RECOMMENDATIONS

- Set aside non-perishable groceries in a place in your point of entry in your home (i.e. garage) for 72 hours before using them to allow for the virus to become inactive.
- Set up a cleaning station to avoid contaminating your food or other surfaces in the house.
- Consider disinfecting packaging with common EPA-registered household disinfectants OR discard the packaging and re-package in your own clean bags or containers.

HOW SHOULD I CLEAN MY FRESH PRODUCE?

YOU DO NOT need to sanitize your fruits and vegetables! Simply washing under running water for 20 seconds is sufficient. The US Food and Drug Administration (FDA) doesn't recommend using soap and water when cleaning because these are not approved or labelled by the FDA for use on foods due to the risk of soap residues remaining and causing gastrointestinal discomfort.

You may consider using a scrub brush to cleanse your produce better. Don't forget to clean the scrub brush thoroughly with soap and water after each use.

FOOD SAFETY

Food safety, personal hygiene and equipment cleaning should always be a priority when handling food. This is particularly true in the case of fresh fruits and vegetables. Corona viruses are killed by common cleaning and disinfection methods and by cooking food to safe internal temperatures. Check out the [Canada.ca/Public-health](https://www.canada.ca/Public-health) site to learn more about food safety.

CSIO provides an update to sports groups every Wednesday at 4:00 PM EDT or as required. If you'd like these forwarded please email info@omckra.com to tell me to forward to you each time.

Disease Update April 8, 2020.

The number of confirmed cases of COVID-19 is over 1,450,000 with 310,000 recovered and 83,500 deaths. The "hot spots" in the world continue to be USA, Central Europe and emerging centres in Turkey, Russia and South America. Physical distancing and self-isolation are in place in over 50 countries and affect over 2.3 billion people.

In Canada we have over 18,000 cases, 380 deaths and 4,000 recovered. **The next two weeks will be very telling** and once again we cannot stress enough the need to double down in following the measures already discussed. At this time the medical system is coping, and our challenges include obtaining appropriate PPE and ensuring the health of all essential workers so that we can maintain all services needed. **N95 masks are in low supply in Canada and should only be reserved for health care providers when needed.**

Updated links from the Government of Canada and WHO

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html#faq>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

[Provincial Information](#)

We want you and your family members to stay well.

<https://omckra.com/at-home/>

<https://omckra.com/learn/>

<https://omckra.com/races-schedule/>

email your thoughts and stories to info@omckra.com