

**Explore North Coast Kayaking Club  
Recommendations for Sea Kayaking  
During the COVID-19 Pandemic  
April 6, 2020**

Because of the COVID-19 outbreak, and in accordance with County, State and Federal guidelines, the Board of Directors for Explore North Coast has cancelled all our paddling and other membership events, *at least through April*. The Board will evaluate future club activities every couple of weeks and will act accordingly per governmental guidelines, based on how the pandemic proceeds, and specific to Humboldt County vicinity. Please check the ENC newsletter, calendar and web page for updated information on future activities and events.

Meanwhile, it is currently permissible per County and State requirements to enjoy outdoor activities for exercise, provided participants adhere to group size and social distancing recommendations.

Before you decide to go kayaking, you may want to consider the following articles from the San Diego Union and the Los Angeles Times

- [UC San Diego virus expert pleads with surfers to stay out of the ocean to avoid coronavirus](#) (San Diego Union)
- [Coronavirus at beaches? Surfers, swimmers should stay away, scientist says](#) (Los Angeles Times)

We understand that paddling may be a main source for people in our community to maintain their physical and mental well-being (getting exercise and being outdoors). If you choose to go sea kayaking (or paddle boarding), here are some ENC's strong recommendations:

- Prior to heading out on a kayaking trip, check to ensure that the launch site has not been closed. Please respect closures if and when they occur.
- Don't paddle alone, always use the buddy system, BUT maintain at least six feet between paddlers at all times. Consider wearing a face mask if you anticipate being in close proximity to anyone other than those in your household.
- Choose paddling locations appropriate to your skill level. If you are uncertain about your skill level and the local conditions, it might be best not to paddle for now.
- Think carefully about whether you should paddle if you cannot self-rescue; assisted rescue necessarily involves close contact and has obvious additional risks to you and your kayaking partner(s).
- It is crucial to minimizing risk to yourself and others by avoiding injuries that may require first aid, put you in the hospital and/or require search and rescue. This may mean avoiding the surf, wash rocks and other higher risk areas.
- Don't carpool unless you live with the person you are going to paddle with.

- Unless you live with your kayaking partner, use a kayak dolly to transport your kayak to the launch site instead of relying on someone to help you carry your boat.
- If you choose to team carry a boat, wash and disinfect it and your gear when you get home.
- Stay local to minimize contact and potential spread with other communities.

We recognize that this is not fun for anybody, but it is essential that we do our part to help flatten the growth curve of this pandemic in every way possible, so that we may all be able to be out exploring the North Coast in the not too distant future.

Good health to you and yours and please be safe!

/s/Board of Directors  
Explore North Coast Sea Kayak Club