

LNSC Covid-19 Guidelines (Updated 20th October, 2020)

GENERAL GUIDELINES

General Guidelines
Individuals with COVID symptoms are not to enter or participate in activities/ club facilities. Follow government guidelines for self isolation. Ask yourself the question; Do I have any symptoms? Should I attend?
<u>The Clubhouse remains closed</u> for social use to all members excluding committee for urgent maintenance only. Individual members may use the toilet facilities if essential. Committee meetings are not permitted. The Clubhouse as a setting will need to undergo an individual risk assessment and upgrade of facilities/signage prior to permitting use by members.
Coaching of Youth Sailors requires close contact hence social distancing will not be possible. Youth Sailing coaching sessions will NOT be permitted.
<u>Cruiser Sailing/ Dinghy sailing including racing is permitted on the basis that risks are mitigated.</u>
Follow government guidance at all times with respect to hand washing/sanitising guidance. Members should be encouraged to bring their own hand sanitiser. Sanitise hands on arrival and prior to touching any shared surface.
<u>Follow Government guidance with respect to social distancing at all times if possible.. Social distancing (2m) ashore should be adhered. When sailing, if unable to maintain more than 1m separation then maintain at least 0.5m separation between crew with other non-face to face mitigation. Face coverings may be utilised.</u>
<u>There is currently a limit of 15 in organised sessions.</u>
Members may visit the Jetties and Boat Park to carry out maintenance work on their boats or to retrieve boats. All social distancing measures should be adhered to ashore.
Local Councils (ABC Kinnego Marina) will be authorised to act as an enforcement body with regards the safe operation of the Marina – Council instruction must be adhered to AT ALL TIMES. Please refer to ABC Council website for specific guidelines to the facility.
<u>Individual access is permitted to (Club Toilet) small, shared facilities e.g. storage area / toilet /through-ways ONE IN AT ANY TIME. Key areas will be disinfected regularly with sanitation products.</u>
Before you arrive
An attendance register will be provided for all members attending organised Club sessions. Those participating must pre-register. Maintain records of participants' contact details will be held for 21 days.
While attending sailing activities, limit car sharing. Avoid travel with someone outside your household. Self symptom check before leaving home. Assess personal risk and that of your team. <u>Travel from ROI should be in accordance with local restrictions.</u>
Use of council changing rooms are discouraged and limited, please arrive ready to sail.
Club buoyancy aids and wetsuits will not be provided for sharing. However, we will consider a

designated loan of equipment that must not be shared. All loaned items will be recorded and must be returned at the end of the season.

Sailing with irregular crew is not permitted. However, sailing within a 'crew bubble' will minimise the risk. This is only permitted provided additional risk mitigations are followed.

As long as risks are mitigated and sailing conditions are within each sailor's ability there is no requirement for restriction on club racing.

Use of club boats must be approved by the dinghy secretary or club committee. The decision will be based on previous experience and ability

Shared surfaces such as Jetty Gates, Clubhouse Gate and lock, Boat Park gate and Club Container should be considered as high risk surfaces. Maintain proper hand hygiene recommendations and where available use hand sanitiser i.e. entrance to the Clubhouse and Club container. Boat Park Gates and Club container will be opened by the attending instructor or designated 'leader'.

Preparing to launch

Participants will be controlled using the current guidelines for participation. Practice social distancing of 2m ashore. Additionally, please utilise launching and recovery rigging spots (Yellow Dots) to facilitate social distancing. Launching and recovering should minimise close contact with others.

The rigging of boats should take place outside the Boat Park to facilitate social distancing requirements. Rigging spots are defined with Yellow Dots to facilitate social distancing.

Sailors should be able to launch and recover their boat to the compound by themselves, with the help of members of your own household or while maintaining 2m social distancing guidelines.

All members are to attempt to eliminate close proximity situations with public/passers-by. Critical areas include gates, roads, pontoon, and slipway. Social distancing is to be maintained

A recommended limit of 20 knots is applied to experienced sailors. Be considerate and conservative when deciding to go afloat. Know your limits.

A recommended upper limit of 15 knots is applied to competent sailors. This restriction will be enforced on the use of Club boats at the discretion of an attending instructor or lead safety boat officer. Be considerate and conservative when deciding to go afloat. Know your limits.

Only one person is permitted at any given time in the equipment container.

Take additional time to check likely failure points whilst rigging. Carry out repairs, and replace kit, that is identified as a likely failure point. Ensure your boat is properly rigged with shackles, pins etc. secured.

On the Water

Greater restrictions should be placed on youth sailors wishing to sail. Only those youth sailors deemed competent to sail in restricted wind conditions will be permitted. This advice applies to use of club boats and recommended to privately owned boats

Safety cover is provided on the basis that sailors can sail within their means and within guidelines provided. However a safety boat may be present to facilitate sailing activities while keeping to restrictions outlined in this assessment.

Individuals should sail well within their capabilities. Follow RYA advice to Sail Conservatively and Be Considerate. During Club sessions a safety boat will be available for assistance while taking the necessary precautions. Should our members decide to sail independently it is recommended that basic equipment should be carried. i.e. VHF Radio, tow rope, anchor, sailing knife, whistle, paddle

Safety Boat Crew will provide guidance during rescue - advice MUST be adhered to at ALL times. It will be the responsibility of the safety boat helm to maintain good sanitation measures on the safety boat. i.e. Wiping of all surfaces before and after sessions.

Derigging

Sailors should be able to launch and recover their boat to the compound by themselves, with the help of members of your own household while maintaining 2m social distancing guidelines.

Use of club boats will be permitted on the basis of control measures outlined in this risk assessment is implemented i.e. Potential infection from shared surfaces. Boats are to be sanitised after use or alternatively left for 72 hrs.

All potentially contaminated materials/surfaces are to be disinfected immediately prior and after use with disinfectant spray provided. This includes club boats, marks, gate locks etc. Club equipment should be left 72 hours before reuse.

Boats and equipment used in sailing sessions are to be only used on Saturdays and Wednesday PM - this is to facilitate a recommended 72hrs between use of hard surfaces.

Use of club equipment outside Wed PM and Saturday is not recommended. Should equipment be required in between sessions, all equipment must be disinfected thoroughly prior to use by the user.

Competition

Competition is permitted while adhering to permitted group numbers. Additional mitigation should be in place to reduce risk.

During sailing sessions, individual test and trace records should be maintained for participating boats. Dinghy sailing should record any unusual contact over and above participation in sessions i.e. safety boat rescue. Keelboat racing should implement an effective contact and trace record keeping procedure.

Ensure numbers onboard Committee Boats are limited dependent on size of boat to allow minimum 1m spacing. Face coverings should be considered.

Safety Cover

Provision of Safety cover is permitted providing certain mitigations are followed regarding social distancing, shared surfaces etc.

Ensure Rib Driver prepares own boat with equipment eliminating use of shared hard surfaces

Number of people in the Safety Boat is subject to Safety Boat Helm instruction. If unable to maintain more than 1m separation then maintain at least 0.5m separation between crew with other non-face to face mitigation. Utilise same household crews OR Single Manning.

Wear face covering. Ensure casualty is facing away from the safety boat. If able to, self-rescue using strop or ladder. If casualty conscious and able they should wear face covering once aboard the safety boat. A person rescued from the water should be deemed as close contact.

We may have safety cover on the water to facilitate sailing activities but towing by rope, self rescue is encouraged. In the event of a rescue being required the Safety Boat Helm advice MUST be adhered to.

In extreme circumstances where life may be in danger fellow sailors or the safety boat may intervene as required - subject to minimising covid-19 infection risk. The Club Emergency Action Plan should be implemented should the need arise.

Access to club first aid kits are restricted. Bring your own first kit.

CALL 999 and ask for 'Coast Guard' or VHF CH16 and call a 'mayday or pan pan' . Carry a mobile phone with the numbers of a suitable onshore contact/onshore buddy.

Clubhouse

This section will be expanded upon permitted use of the Clubhouse

Keelboat Sailing

Keelboat sailing/racing is permitted on the basis that risks are mitigated. Participants are permitted to sail while minimising risk of infection and meeting current government guidelines.

Maintaining a regular crew (crew bubble) will mitigate the risks but other mitigation measures should be put in place

Organise manoeuvres to maximise social distancing and avoid face to face where this would normally occur

Avoid face-to-face contact and avoid raised voices / shouting

When sailing, if unable to maintain more than 1m separation then maintain at least 0.5m separation between crew with other non-face to face mitigation. Face coverings may be utilised.

Avoid more than one person below deck at any given time. When >1 person below deck limit duration to less than 5 minutes & regularly clean shared surfaces

Double-Handed Dinghy Sailing

Sailing in double-handed dinghies will be permitted provided there is adequate mitigation of risks

Pre-symptoms check (Ask yourself should I attend) If in doubt don't attend

Maintain good hand hygiene - sanitise your hands upon arrival

Sailing with irregular crew is not permitted. Maintaining a regular crew (crew bubble) will assist in mitigating risks

Avoid face-to face contact when sailing with someone from another household, if unable to maintain more than 1m separation then maintain at least 0.5m separation between crew with other non-face to face mitigation. Face coverings may be utilised.

Consider the use of a face covering (mask, snood)

Avoid face-to-face contact and avoid raised voices / shouting. Consider the use of a face covering (mask, snood)

Maintain effective 2m social distancing while ashore rigging / derigging

Definition of Test & Trace Contacts

Based on risk assessments, the RYA believe that the following should be considered as close contacts for the purpose of test & trace in the context of sailboat racing:

1. Those who have sat within 1m of each other on the side deck for more than 15 mins;
2. Those who have been below deck at the same time for more than 5 minutes;
3. Those who have recovered someone or been recovered from the water;
4. Those who have had a face to face interaction within 1 metre of another crew member.