

Protocol for Summer Junior Sailing 2020

COVID-19 Arrangements



The Junior Committee are delighted to welcome you back to sailing under the easing of restrictions by our Government on 1st May 2020.

This document provides a protocol to enable us all to stay safe, keep within the government guidelines and implement a smooth and enjoyable return to the sport of sailing.

The protocol takes account of the ISA guidelines for 'Return to Sailing Scheme'

https://www.sailing.ie/Portals/0/documents/2020/Governance/Irish_Sailing_Return%20To%20Sailing%20Scheme%20Phase%201_120520%202.pdf and

<https://www.sailing.ie/Coronavirus/FAQ> as well as the Government 'Return to Work Safety Protocol' <https://dbe.gov.ie/en/Publications/Publication-files/Return-to-Work-Safely-Protocol.pdf>

If at any time there is a suspected or/and case of COVID-19 confirmed among the sailors or Instructional Staff, all training will cease immediately and the relevant authorities will be notified.

Phase 1 – 18th May 2020

1. Compliance with current COVID 19 restrictions maintaining social distancing of 2m with no contact, including hand shaking and accessing activities if living within 5k of club.
2. Taking Personal Responsibility for your own safety and decision making.
3. Ensuring you have the means to return to shore without assistance (alternative means of propulsion) in the event of the unexpected distress situations.
4. Risk Assessment – Individuals and organizers need to ensure that they have assessed the risks associated with the conditions, equipment, experience of sailors, sailing area etc., before making a decision to go afloat. See <https://www.sailing.ie/Coronavirus> for Risk Assessment Form.

Phase 2 – 8th June

Individuals will be able to avail of sailing activities if living within a 20k distance from the club and are over 10 years of age. All sailors must complete the Personal Questionnaire (Appendix 1) prior to engagement in the Clinics.

Single handed sailing only will be employed in this phase (should the government restrictions change then the club will follow suit). Clinics for Single Handed Dinghy's Optimists, Toppers and Lasers will be on offer for those who are at the level of start racing or advanced boat handling. Sailors must be able to handle their boat in at least 16 knots of wind. If they capsize they need

to be able to right their boat themselves. The sailor must be mature enough to understand the concept and importance of social distancing. Individuals can avail of a morning or afternoon session only as there will be no changing/shower facilities to enable individuals to warm up after sailing as the facilities will be closed.

Private Coaching

In order to facilitate a safe return to sailing for all in these first phases, and to manage a reasonable number of sailors on the platform at any one time, private coaching is not encouraged. This decision will be reviewed on a regular basis.

Arriving to the Club

Members must be changed into sailing gear with sun screen applied prior to arriving into the club as there will be no changing facilities.

Members will enter via the side gate where they will be met by the SI who will provide them with sanitization for their hands.

Face masks/muffs or other facial coverings are mandatory while on the platform at all times.

All Sailors must check-in each day on entry and exit in order to facilitate contact tracing if required.

The clinics sailors shall remain with their allocated group for the period of the session.

Those sailors who are not part of the club clinics should arrive at the club no earlier than 10.30 am to allow for the clinic sailors to be launched.

Groups, Rigging and Briefings for Clinics

Each clinic group will be no greater than 6 sailors.

Sessions will be held from 10 - 1.00pm and 14.00 - 17.00pm

Each group will have their own zones for rigging and briefing.

Rigging – It is imperative that sailors need to be able to rig their own boats themselves while maintaining the 2m social distancing and no contact at all times, as no assistance can be given by Instructors.

Briefings will take place on the platform outside with the Instructor while maintaining the mandatory 2m social distancing in their own zone.

De-briefings may be given online. Sailors are encouraged to review the de-briefing sessions in their own time at home prior to their next session.

Launching and Returning to Base

Sailors attending the clinics will launch their own boats and the SI will stack the trollies.

All other non-clinic sailors will launch and stack their own trollies safely.

Returning to the club will be on a phased basis and managed by the SI while maintaining the 2m social distancing.

Food and water

Every sailor must bring their own water bottles filled and carry their own water bottles at all times both on and off the water.

Snack bags must be only carried by individual sailors and not given to instructors.

Communication with Parents

Communication will be maintained with Parents via Email/WhatsApp Groups.

If parents have any questions for instructors about their sailors progress or have any concerns this should be coordinated through SI and done digitally.

Use of Club Facilities

There will be no access to club facilities for any sailor. Only one toilet will be available for use. The instructor office will be for the sole use of the SI only.

Hygiene and Social Distancing

A risk assessment will be carried out the SI using the ISA Risk Assessment protocol at the start of every new clinic.

Social Distancing Regulations will be adhered to at all times.

All sailors are to bring their own face coverings and to wear them on the platform at all times.

No equipment is to be shared between sailors. It is the responsibility of each sailor to ensure their equipment is in working order.

Anyone hiring a club boat will retain that boat for the duration of the course.

All sailors must wash down their boat and trolley after coming afloat from sailing.

If the forecast is not suitable for sailing the parents will be contacted and asked not to drop down their sailors on that day.

Key Control Measures Symptoms

Please do not attend the club with any of the following symptoms - fever (temperature), cough, shortness of breath, breathing difficulties.

General Health Measures

Hand Hygiene

Everyone must hand sanitize regularly and particular in the following circumstances:

- When you arrive at the club
- After coughing or sneezing
- Before and after eating
- Before and after being on public transport.
- If your hands are dirty
- After toilet use.

Social Distancing

Ensuring sailors and Instructors maintain 2-metre (2m) separation while sailing, on the platform. Members must have travelled to the club with members of the same household or alone. If travelling by public transport they should ensure they use their hand sanitizer prior to entry to the club.

Cough Etiquette / Respiratory Hygiene

If people cough / sneeze do so into sleeve or elbow, always cover up, dispose of tissues in a safe manner i.e. a suitable bin on site.

Cleaning

Disposable face masks should be disposed of safely in a bin at the end of the session and not thrown on the ground.

Cloth facial coverings should be placed in a plastic bag and washed in a hot wash prior to reuse.

Protocols for Instructors -

Risk Assessment – Risk will be carried out by the SI prior to the start of each of the clinics.

Briefings - All briefing and debriefing sessions should be held in the open air while maintaining 2m social distancing and no contact. A briefing should be no longer than 10 mins.

All equipment (whiteboard, pens etc) must be sanitized at the end of each session ready for the next person to use.

Ribs will be prepared and sanitized by the Boathouse before and after each session.

VHF Radio's – VHF Radios must be sanitized before and after each use. VHF Radios should not be shared or handed to someone else at any time before they are sanitized.

Personal Phones need to be placed in a sealed bag in order to reduce the risk of contamination and should not be used except in an emergency.

Food and Water – Instructors to carry their own food and water and are not to carry any food or water for sailors. Instructors are to maintain social distance of 2m during their lunch break.

Sun Screen – All instructors need to bring their own sun screen which is not to be shared with any persons.

Suspected COVID-19 Cases

Instructors and SI will monitor sailors at all times for symptoms of Covid-19.

If there is a suspected or/and case of COVID-19 confirmed among the sailors or Instructional Staff, all training will cease immediately and the relevant authorities will be notified.

Rescues

If a rescue is required for a sailor before the instructor does the rescue they must have their mask/face covering on themselves and ideally the face covering of the sailor should also be put on.

After the rescue the instructor and the sailor should hand sanitize.

Management of an unpredicted gust – All sailors should sail into the pond and wait till the SI calls them ashore.

Happy sailing
Junior Committee