



# CLIFDEN BOAT CLUB



## A Practical Guide for Returning to Sailing following the Covid-19 Restrictions

### Return to Sailing

Always follow the Government Guidelines of Good Hand Hygiene – Respiratory Etiquette – Social Distancing

The guidelines in this document relate to Phase 3 of the Irish Government's Roadmap for Reopening Society and Business.

#### **This phase:**

1. Permits sporting activity in open outdoor public sports amenities where social distancing can be maintained
2. Permits people to engage in outdoor sporting and fitness activities, either individually or in very small groups (maximum 15 people), where social distancing can be maintained and where there is no contact.

Sailing is a sport for life. We know sailing provides great mental and physical health benefits for our members. In view of the Covid-19 Coronavirus pandemic we must ensure that our sailing is carried out safely and will not compromise the health of our members or their families.

This practical guide, prepared by our Committee, having sought advice and following Government, HSE and Irish Sailing guidelines, outlines the robust measures Clifden Boat Club will implement to safeguard volunteers and members during the COVID-19 pandemic. This will allow all of us to get back on the water safely, and improving the wellbeing of members in our Club.

These measures apply to our facilities at Clifden Boat Club. These measures will be in place from the 29<sup>th</sup> June

Our measures and procedures will be under constant review and updated as advice from government, health authorities and governing bodies evolves in line with the gradual lifting of social restrictions.

The instructions in this document are in addition to the standard operating procedures (SOP2) in place at Clifden Boat Club and take precedence over any conflicting instruction contained in the SOP. They are temporary and will be reviewed.

We will implement any process changes that are identified as being required as a matter of urgency. We ask you to assist us as we navigate our way through this process by adhering to the guidelines in this document and offering us any suggestions to improve our processes.

We want to take the opportunity from the 29<sup>th</sup> June 2020 to establish a safe, fair and reliable system for operating in the new world we are now living in. We will all play our part in the recovery and help each other in whatever way we can. A risk assessment has been conducted and our plan is designed to mitigate against the risks we have identified. We will test our processes to ensure they are fit for purpose and provide a safe environment for everyone using our facilities.

### What is Not Available during this Phase:

- There will be **no** use of Club wetsuits or Club Buoyancy Aids.
- There will be **no** shower facilities.
- There will be **no** catering facilities.
- There will be **no** changing room facilities.

Your Clifden Boat Club Covid-19 Team has been established and is responsible for managing sailing issues and queries relating to the Covid-19 pandemic. They will report to the Committee.

This Team will:

- Maintain oversight of the implementation of these protocols upon reopening of Club facilities to members.
- Encourage Club members to adhere to HSE / Public Health advice in all cases.
- Ensure that sufficient HSE Covid-19 information posters are in place.
- Introduce a compulsory booking system which will allow for staggered sailing.
- Roster a period of time between sailing periods for sailors to exit and enter the facility reducing the risk of interaction.
- Maintain accurate records of persons using Club facilities.
- Record details of persons entering the facilities (including the yard). This will help with contact tracing if necessary.
- Inform members of the current CBC Covid-19 Coronavirus guidelines.

## 1. Clifden Boat Club Yard Access

From 29<sup>th</sup> June 2020, following the Club's re-opening, access to the Clubhouse and Dinghy Yard will be limited, and restrictions placed on those who can go sailing or from our facility.

To access the Club & Dinghy Yard in this phase of the reopening:

- A sailor must be a paid up current member.
- A parent/guardian must accompany any sailor under 18 years, while in the yard.
- A parent/guardian must maintain social distancing from non-family members at all times and in particular when their sailor is on the water.
- Only one parent per sailor will be allowed on site.
- Young children, who are not sailing, will not be permitted entry to the yard.
- Attendees must not have been out of the country in the last 14 days.
- Attendees must not have been around someone with symptoms of Covid-19 in the last 14 days.
- Attendees must not be in a period of self-isolation and/or cocooning under the current Health Policy Rules.
- Attendees must not be displaying COVID-19 symptoms.
- Attendees are subject to non-contact temperature monitoring by use of an infra-red thermometer by a nominated CBC official.
- Attendees must have pre- booked

## 2. Booking Protocols

- Booking in advance is **compulsory**, via our WhatsApp groups already in place with our Junior Organiser.
- All sailors should ensure their personal contact details entered on Checklick are up-to-date and correct.
- Sailing will be limited to single-handed sailing. Double-handed sailing is permitted if sailing partner is from the same household.

- Sailing will be limited to those sailors who are deemed to be of the required level of experience given the weather conditions at the time. This decision will be made by CBC senior instructor.

### **3. Arrival and Check-In Protocols**

- The volunteer/instructor on duty will maintain a register of all persons arriving at the facility for contact tracing purposes if required. This volunteer or other nominated official will take a temperature reading of all sailors and parents/guardians by use of a non-contact infra-red thermometer. A reading of 38 deg. C or above will prompt a request for that person and any accompanying person to return home with the advice to seek urgent medical attention via GP/HSE.
  - If attendees must park next to another car, they should wait for the other person to exit or enter before doing so themselves.
  - Sailors and parent/guardians will observe social distancing at all times and resist the temptation to mingle.
  - Changing rooms and shower facilities will remain closed during this phase. Sailors should arrive in sailing attire.
  - No club wetsuits or buoyancy aids will be available for sailors during this phase. Any sailor arriving without the necessary safety gear, will be asked to return home.
  - Sailors arriving to sail, and who have not booked in, will be asked to return home.
- Members should arrive with gloves, and at their own discretion face masks.
- Sailors should sanitise their hands using dispensers provided at the entrance to the club.
  - Sailors should ensure that they utilise toilet facilities in their own home prior to arriving at the club.
  - Sailors must understand the need for social distancing while entering and exiting the yard.
  - Sailors should make arrangements to store own gear/bag while on the water.
  - Sailors should ideally bring a small bottle of hand sanitizer with them and keep it in their pocket or bag for use at regular intervals.

### **4. Boats and Rigging**

- No assistance will be available to sailors with launch/recovery by any other member of the Club, to reduce any risk of Covid-19 transmission.
- There are designated rigging and de-rigging positions for each sailor to help maintain social distance. A sailor will bring their boat to the next available position for rigging and de-rigging.
- Sailors will wait here until safe to launch.
- Parents/Guardian must remain on site to assist under 18's with launch and recovery.
- Sailor/boat should enter the water one at a time, following the two-metre guide markers.
- There should be no spectators present during this phase of reopening. Only exception to this is parent/guardian of children rostered to sail.

### **5. Clubhouse and Facilities**

- All rooms in the Club building will be locked/out of bounds to members,
- Rubbish bins will be removed, and all items brought to Club should be taken home afterwards.
- All Club containers are out of bounds with the exception of Safety Boat Containers for Rescue Personnel only.

## 6. On the Water Protocols

- Physical distancing should be observed throughout the sailing session, particularly on entering and exiting the water.
- Physical distancing should be observed on the water, to avoid collisions.
- Sailors will ensure they have the means to return to shore without assistance (alternative means of propulsion) in the event of the unexpected in non-distress situations.
- Sailors must stay within the designated sailing area outlined
- No intentional capsizing allowed.
- Sailors must refrain from handshakes and high fives.
- Sailors will return to designated mark buoys and wait until such time as they are called ashore to ensure safe social distancing ashore.

## 7. Safety Boat Protocols

- Safety Boat Operators will remain apart from sailors at all times.
- Where safety boat intervention is required, contact between crew and participants will be minimised but sufficient to provide effective assistance.
- Sailors will be towed ashore in their own boat.
- Only in emergency situations will sailors be taken into a safety boat.

## 8. Getting Home Safely

- It is the parent/guardian responsibility to ensure cadet sailors (under 18 yrs) will leave the facility promptly after de-rigging and storing their boat, and sanitising their hands on the way out using a gate side dispenser.
- The sailor will notify the Land volunteer who will record the time of departure.
- If a sailor becomes unwell after sailing, they should first contact their GP/HSE and then inform Clifden Boat Club.

### **IMPORTANT REMINDERS!**

- The need for full compliance from all our members on the phased lifting of restrictions to ensure sailing can restart at our Club is absolutely imperative.
- Bear in mind, that at all times, the Club is in full public view, and as such, we must demonstrate that we are abiding with the protocols laid down in this document, and behave in a mature and responsible manner at all times.
- **Be aware that no insurance cover is available for contracting Covid 19 while using the facilities or services of CBC. Everyone that enters CBC is responsible for their own actions, safety and decision making, and must fully comply with the COVID-19 guidelines, and the protocols set out by the CBC Committee in this document.**

Any sailor(s) repeatedly not following the Club guidelines will be asked to leave the Club premises.  
*I hope you are all looking forward to getting back on the water, and going sailing safely and responsibly at the earliest opportunity.*

**Donal O'Scanail**  
**Clifden Boat Club Commodore**