

COVID RULES FOR MEMBERS



This document is to provide instructions and guidance on how members will go sailing during our lockdown phase. These are **NON- NEGOTIABLE**. Anyone who has concerns should discuss this with either the Commodore, Vice or Rear.

The ultimate decision on whether sailing will take place resides with the Race Officer (RO) or On-shore Co-ordinator (OC), and they are to follow the club's return to sailing phase document for limits on sailing conditions, and our instructions on how the club is currently operating. If any doubt is present then the RO/OC must consult the Commodore, Vice or Rear for clarification. They will not be pressured into letting people go sailing and will have the backing of the Commodore, Vice and Rear if they decide the conditions are not suitable

RULES FOR ANY SAILING DAY OR SESSION

- No changing facilities will be available at the club. Plan to change elsewhere.
- The club building will not be open and should not be accessed either upstairs or downstairs at any time, except for the RO/OC or a key holder requested by the rota officer for opening & locking. A keyholder may be a sailor of that day. For toilet use follow the procedure listed below.
- The Galley and Bar will not be open until further notice. The Bosuns locker is only available through a phone call or email with Gary or Sarah, who will take your order and then inform you of a safe collection point at their discretion.
- Social distancing rules must be maintained at all times, unless with a member of your own household. This means keeping a distance of at least 2 meters from anyone else at all times.
- Cleaning stations will be in place for members to use. These will be located on the bridge (bridge team only), in each toilet, the rear club door, the front patio entrance and Seahorse.
- We will only go sailing if the sailing conditions meet the criteria set out in the clubs return to sailing phase document. If the conditions are above that set out sailing will not happen.
- Free sailing only whilst we are in ESSC level 3 lockdown. Racing will not happen until at least level 2.
- Sailing duration will be for two hours to begin with. This is so we can review our procedures and make any necessary changes accordingly. Boats will be allowed on the water from 11am and must all be ashore by 1pm. If the first session is successful, we will look to open more sessions in the following weeks.
- There will be a limit of 15 boats for the initial sessions. Again, so we can review our procedures and make any necessary changes. This will be chosen completely at random from those who wish to sail asap. Please be patient and understanding with this.
- Children will be allowed to sail, provided that they have already attained a RYA level 2 certificate and are at all times supervised by a parent.
- Sign on/off must be verbal only from the front patio and will be performed by seeking the RO/OC who will be on the bridge. This may be by calling up, phoning, or waving. The RO/OC will then write down your sign on/off. A course board may be out to display a sailing area.
- Boat rigging must be performed on the east beach only. If your boat is located in the green, then you must move it to the beach as soon as possible after arriving.

TOILETS

We will be operating a one in, one out policy for toilet use. This applies to everyone, regardless of gender. Anyone wishing to use the toilets must see the RO/OC to inform them and check that no one else is currently inside the building. Access to the toilets will only be through the front patio entrance, where you will attract the attention of the RO/OC if they are up there. This may be by calling up, phoning, or waving to them. The RO/OC will then let you into the clubroom via the patio door and you must travel directly to the toilets only. All doors will be pinned open, including the cubicle doors, to prevent touching of handles. Upon leaving the toilets we ask that you clean the

toilet handle and anything else you have touched, using the cleaning station provided and then exit the building the same way you came in, via the front patio entrance. You must then inform the RO/OC that you have left the building. This may seem extreme, but it is the only way we can control the environment whilst allowing access to the toilet facilities.

SAILING

- Launching of boats must be self-sufficient. A member of the same household may help you if required.
- Whilst sailing you must keep within reasonable distance of the club and safety boat. The safety boat may tell you to return to the safe area if they feel you have strayed too far. You must follow their instruction and respect their decision. If they feel you have strayed too many times, they can instruct you to return to the club beach. Please do not be offended if they ask you to do this. It will be because they feel they cannot provide adequate safety cover at that distance.
- If an incident occurs that you are involved in take direction from the safety boat. If they tell you to do something, then please do so. They are there for your safety!
- Please take note of what the tide is doing that day and sail accordingly.
- Scepter will be made available at the top of the east beach for emergencies. The club policy for emergencies still applies and will be used where possible whilst maintaining the 2 meter distance. However, if a distance cannot be maintained then that rescue/aid should be done whilst wearing the PPE provided at the cleaning stations. Immediate risk of life still takes priority in an emergency. If you use Scepter then you must wash her down after and return the boat to the storage location.
- If a person is VERY cold due to spending a lot of time in the water, they may use the club shower to warm themselves up with the RO/OC's knowledge and approval. This is the ONLY reason the shower may be used, and no one else may enter the downstairs area for toilet use etc whilst that individual is down there. The only exceptions to this are if a member of the same household is present, or if they are alone, then the RO/OC will check to see if they have worsened or become ill, while maintaining social distancing at all times. If that person's condition deteriorates then the RO/OC will call 999 or 112 and take advice. The risk to immediate health still takes top priority in an emergency.

AFTER SAILING

- Winching will only be done by the RO/OC. You may use another person to keep a look out at the top of the beach while maintaining distance.
- Verbal sign off must be done as soon as practically able once ashore.
- The hoses will already be placed out by the RO/OC. These must only be used while wearing gloves. Sailing gloves are ok, but PPE gloves are preferred where possible. The last person to use the hoses MUST put it away as they would expect to find it.
- You must pack away your boat as much as possible while on the east beach. If your boat belongs on the green at the rear of the club, you may take it round once you have packed up as much as possible. Maintain a 2 meter distance at all times.
- Once your boat is packed away you must leave the premises. No socialising is to be done at the club. You are there for sailing only at this time

THE RO/OC WILL BE THE OVERALL AUTHORITY FOR THAT SAILING SESSION, AND THEIR DECISIONS ARE FINAL. THEY WILL NOT BE PRESSURED INTO PUTTING SAILING ON. IF THEY HAVE ANY CONCERNS, THEY MUST CONSULT EITHER THE COMMODORE, VICE OR REAR.

ANY MEMBER NOT ABIDING BY THESE PROCEDURES WILL BE ASKED TO LEAVE THE PREMISES.

ANYONE WITH SYMPTONS OF COVID-19, OR ANYONE THAT HAS MEMBERS OF THE SAME HOUSEHOLD WITH SYMPTONS OF COVID-19, SHOULD NOT VISIT THE CLUB. ANYONE WHO DOES WILL BE ASKED TO LEAVE.

Thank you for your understanding in this matter.

The Commodore

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