

ST CATHERINE'S SAILING CLUB



RECONNECT WITH SAILING

UPDATED - APRIL 2021



Coronavirus:

Reconnect
with
Sailing Plan
2021

* denotes main changes from previous version

RECONNECTING WITH SAILING – APRIL 2021

In compliance with the recently announced Government COVID Guidelines for sport, the following plan has been updated to facilitate our ongoing return to sailing for all sailors from Monday 12th April 2021.

The three main issues to mitigate against the risk of COVID 19 are currently as follows:

- **Social Distancing** – the need to keep a minimum distance of **1m apart** unless from the same household, however 2m is still recommended. *
- **Wearing of Masks** - the wearing of masks is required by adults and children over 12 years of age when inside all communal areas, such as the Clubhouse, Start Box and Storeroom. *
- **Hygiene** – preventing the spread of the Coronavirus via surface contamination.

The SCSC COVID team, in collaboration with the House and Sailing Committees, are tasked with leading the implementation of this plan to ensure that any on or off the water sailing activities, together with the use of our Club facilities, are carried out in compliance with the Government guidelines.

The SCSC COVID Team include, Ben Rogers, Dave Jones, Justin Horton, Dan Washington, Mike & Rachael Surcouf.

Please take time to view this presentation in preparation for your return to sailing at St Catherine's . . .

EVENT REGISTRATION



Webcollect

- Please enter for all activities online via Webcollect so that the Race Committee and House Committee have an idea of numbers prior to the event. The link will be sent via WhatsApp and posted on the SCSC Facebook site.

Please Continue to Sign On

- All participants must sign on with the Beachmaster, to inform the Race Officials of who is afloat as normal, but also to create an official record of individual participation for contact tracing requirements.

Spectators & Helpers

- Please use the QR codes provided around the Clubhouse to log your attendance for track and trace purposes. *

CLUBHOUSE



The Clubhouse is now open for general use with the following requirements:

- **A minimum social distance of 1m** should be kept from other Clubhouse users, unless from the same household. A distance of 2m is still recommended. *
- **Masks must be worn** within the Clubhouse by adults and children over the age of 12. *
- A maximum of 26 people should be in the Clubhouse at any one time. *
- Food and drink may now be prepared and served within the Clubhouse. *
- Masks can be removed for eating once seated. *

CLUBHOUSE HYGIENE



- We are all required to periodically clean handles and surfaces in and around the Clubhouse, as and when necessary.
- Please wipe clean parts of any Club equipment or facilities used after use e.g. hose tap and nozzle.
- Sanitiser and other cleaning materials will be made available in and around the Clubhouse



FIRST AID



- Where it is seen as appropriate or necessary, first aid can be directly administered. Those who have been actively involved in any first aid procedure should wash their hands with soap for at least 20 seconds.
- The wearing of any PPE in addition to masks, is at the discretion of those involved.
- If a sailor falls ill and shows the key signs of the coronavirus during an activity, please follow the guidance on the 'SCSC Sailor Illness Procedure' form.
[Link](#)

TOILETS & CHANGING ROOMS

PLEASE WEAR
A FACE MASK
AT ALL TIMES



- Changing areas can now be used, provided that a **minimum distance of 1m** can be maintained whilst changing within that area. A distance of 2m is still recommended. *
- Handles and contact surfaces must be cleaned by the individual using the toilet directly after use.
- The wearing of masks is mandatory in the Changing Rooms for adults and children over the age of 12 years. *



PREPARING FOR SAILING

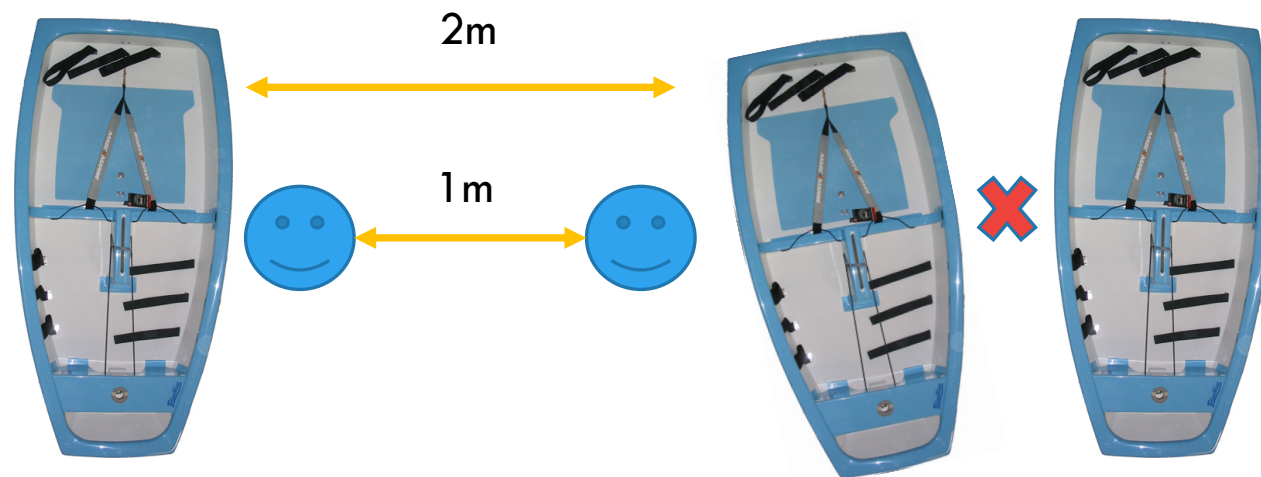
- Sailors should be physically fit and medically well enough to embark on the sailing activity. Please do not attend if you think that you may have the symptoms of COVID-19.
- Sailors must ensure that their dinghy is in a good condition to sail, with appropriate maintenance carried out prior to the session.
- Double handed dinghies may now be crewed by individuals from different households.



RIGGING LAUNCHING & RECOVERY



- Rigging should take place on the slip with 2m or more between boats. *
- Public presence – please continue to maintain a 2m social distance from members of the public.



RIGGING, LAUNCHING & RECOVERY CONT.

- The **rigging, launching and recovery** of boats should be conducted whilst keeping **at least 1m apart**, unless closer fleeting contact is required to fulfil a brief task during these activities. *
- Once onboard, the requirement for social distancing falls away for the duration of the sailing activity. *



- It is recommended that a distance of 2m is maintained whilst waiting in a queue for launching, **but always at a minimum of 1m.** *

SAILING



- Follow the instructions given to you by the Race Officer or Coach. The RO or Coach will make a decision on what type of activity takes place on the day to avoid congestion and will communicate this to you before the session.
- Please stand at least **1m apart for any briefing**, unless from the same household. 2m is recommended.*
- Sailors should not transfer from one boat to another.





RIB SAFETY COVER



- When launching, RiB crews should follow the guidance for sailors on page 10. *
- RiB crew members should position themselves in the boat at a minimum distance of 1m apart, unless from the same household. *
- Normal methods of safety cover can now resume with the opportunity to break social distancing to carry out safety procedures for brief and fleeting periods of time. *
- If a sailor for any reason must leave their boat for the safety of the RiB, they should be positioned in the boat at a minimum distance of 1m from all crew members, unless from the same household. *

KEEPING EVERYONE SAFE

- Please continue to play your part in maintaining these guidelines to help keep everyone safe.
- Whilst we will be able to enjoy meeting in and around the Clubhouse once again, the recommended social distance remains at 2m, but always no less than 1m apart.
- Please wear a mask within the Clubhouse, Start Box or Storeroom.
- Before you return home, please thank the House and Race Committee to show your appreciation.

Your participation and due diligence in achieving a successful and safe return to sailing would be very much appreciated.

Enjoy your sailing!