



BC Sailing COVID-19 Guidelines for Dinghy Sailing Programs

(updated June 1)

These sailing specific guidelines to be followed in addition to:
[Return to Sport Guidelines For BC.](#)

<p>Personal Health</p>	<ul style="list-style-type: none"> • Wash your hands often with soap and water for at least 20 seconds. Using soap and water is the single most effective and preferred way of reducing the spread of infection. • If a sink is not available, alcohol based hand rubs (ABHR) can be used to clean your hands as long as they are not visibly soiled. If they are visibly soiled, use a wipe and then ABHR to effectively clean them. • Do not touch your face, eyes, nose or mouth with unwashed hands. • Regularly clean and disinfect frequently touched surfaces. • Do not share food, drinks, utensils, etc. • Stay home when you are sick and avoid close contact with others in your home if possible. <p>*Participants and staff, or if someone in their household has the symptoms of a cold, flu, or COVID-19 symptoms - must not be in attendance. Stay at home and keep a safe distance from family when you have cold or flu symptoms including:</p> <ul style="list-style-type: none"> Coughing Sneezing Runny nose Sore throat Fatigue <ul style="list-style-type: none"> • Participants and staff who have traveled outside of Canada within the last 14 days or have household member who have traveled outside Canada within the last 14 days must not be in attendance. • Staff and participants at higher risk of experiencing severe illness should not take part. • Sailors and coaches should be mindful as they “expand their social circles”, of whether they or elderly members of their family will be exposed to higher risk.
<p>Modified Use of Club/Facilities</p>	<ul style="list-style-type: none"> • Electronically record the contact information and time of all people accessing the facility. Contact tracing data to be stored for 4 weeks minimum. • Ensure your club has extensive signage and information regarding precautions for managing COVID-19 • Washroom for sailors should be separate from any washroom that older people use. If no safe, isolated washroom is available a portable toilet should be used if possible. Washroom should be cleaned after the lunch period and at end of day using gloves and disinfectant. • A plan for student drop off/pick up, tailored to each location is required that will maintain social distancing requirements, minimize number of people at facility at one time, and reduce “traffic” • All activities should be outdoors. In the event of inclement weather, classes should be cancelled or alternatively an open air tent should be organized. (Summer Learn To Sail Programs) It will be especially important for sailors to dress appropriately for the weather. • Participants personal belongings – create a new outdoor space for bag storage that meets social distancing requirements

<p>Group Gathering Size</p>	<ul style="list-style-type: none"> The maximum number of combined participants and coaches in a program is 50
<p>Physical Distancing</p>	<ul style="list-style-type: none"> Keep at least 2 meters from others. Coaches must wear masks if in close contact (within 2 meters) with others. Surgical procedure or cloth mask is sufficient, N-95 mask not required – however it is not recommended to wear a mask while sailing. Each class will be assigned an area; all class activity, sailboats and motorboats will be in that area of beach or dock. Classes should eat lunch separated in their own outdoor area Maintain 2 meter physical distancing while rigging. Staggered rigging times between classes may be needed Only 1 coach per coach boat unless needed for rescue. No sailors will ride along in coach boats. Novice sailors (Summer Learn To Sail Programs) that need to go ashore will require supervision on shore. Sailors should arrive dressed or change outdoors by their boat. Avoid indoor environments. Use changing towel (Race Teams) or change at home. Only use or touch your own boat, equipment, and clothing. Each class will use the same boats every day that they are on the water. Doublehanded sailing is permitted. For 2 person boats the sailors either need to be from the same household or the parents need to agree that the sailors are from the same “social bubble”.
<p>Sanitation</p>	<ul style="list-style-type: none"> Provide outdoor handwashing stations and/or hand sanitizer. Anyone entering the club grounds must wash their hands before entering and upon leaving. Ensure your club has an up-to-date cleaning schedule and adequate provisions to facilitate good hygiene practices. Each coach will use the same motorboat every day or disinfect it at end of day <p>Summer LTS Program specific sanitation measures</p> <ul style="list-style-type: none"> Wash common contact surfaces after/before use. Sanitation practices should follow the Canadian Government guidelines for cleaning hard surfaces https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html Every day after the class has come off of the water, the sailboats and equipment will be put away and disinfected. Use soap and water, ensuring a lather is applied to all surfaces and thoroughly scrubbed. Harnesses and PFD’s also disinfected if supplied or PFD’s can be taken home with student for the duration of program Before and after use the dolly tongue must be disinfected. Equipment – leave sails, rudders and other equipment in the boats. If the coach must move equipment or rig boats, disinfect prior to students arrival.
<p>Safety Contingencies</p>	<ul style="list-style-type: none"> In the event of an outbreak or case, follow the Outbreak Plan on page 20 of the Return to Sport Guidelines For BC. Manage risk of the likelihood of rescue by coach being required. (weigh conditions and ability).
<p>Communication</p>	<ul style="list-style-type: none"> All participants must be screened daily. The government self-assessment screening tool can be found at: https://ca.thrive.health/covid19/en Screening needs to be done for household illness not just participants. Additions to waivers: Each participant and their family must assess their own individual risk of exposure to COVID-19 acknowledging that engaging in any activity outside of one’s home at this time exposes a person to the risk of contracting COVID-19 even if all precautions and protocols are adhered to. If a participant is a member of a family or lives with a person who has underlying medical condition(s) they must not participate. If any participant’s family member has any of the above-noted COVID-19 symptoms, they must remain home, self-quarantine and not participate in sailing activities. As part of your overall Covid-19 planning it is important that you also understand how your Club’s insurance may or may not respond to liability losses that could arise from an outbreak

	that is traced to your operations. We would recommend you review this with your Insurance Broker to ensure you have a clear understanding.
Regattas	<ul style="list-style-type: none">• Dinghy regattas or any official competitions are not sanctioned at this time• Return to Sport Guidelines For BC state that during “Transition Measures” Approx. May 19th to Sept, Competition: “In club play or modified games may be slowly introduced”