



BC Sailing COVID-19 Keelboat Sailing Best Practices For Phase 2 of Government of BC's restart plan

- Follow the [Return to Sport Guidelines for BC](#)
- The Provincial Health Officer has banned gatherings of 50 or more people.
- If households do decide to expand their bubble, they should minimize risk by only continuing to interact with the same people and avoid switching groups. (having different crew each day greatly increases risk)
B.C. health officials outline that the risk of transmission is subject to two variables that we need to modify to reduce transmission risk:
 - Contact intensity – how close you are to someone and for how long
 - Number of contacts – how many people are in the same setting at the same time
- Provincial Health Guidelines limit the maximum number of people in a bubble to 6; BC Sailing recommends considering the size of the vessel in determining the size of your crew to adhere to best practices. ie fewer crew
- Consider your own risk - if you or anyone in your household are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation for the time being.
- Stay home if anyone in your household has COVID-19 or is showing symptoms of COVID-19, or has travelled outside Canada in the last 14 days
- Skippers are responsible for the health and safety of their crew and as such are highly advised to conduct symptom screening for all crew by having them answer a wellness questionnaire or complete a self- assessment. The government self-assessment screening tool can be found at: <https://ca.thrive.health/covid19/en>
- Skippers shall maintain a log of crew sailing on their vessel
- Regarding racing: The [Return to Sport Guidelines for BC](#) states that **not** included in the current Phase 2 are: **“competitive activities that encourage large group gatherings”**
- Onboard precautions
 - Hand sanitizer available in cockpit, cabin, and head, and used before sailing, eating and at end of session. Or running water and soap to wash hands for at least 20 seconds
 - Crew stick to specific roles, minimize number people touching surfaces
 - Non-medical masks are helpful but not mandatory
- In the event of an outbreak or case, follow the Outbreak Plan on page 20 of the [Return to Sport Guidelines for BC](#).

