



COVID-19 Guidelines for Dinghy Sailing Programs

(updated February 5th, 2021)

On February 5, the Office of the Public Health Officer extended the Public Health Order put in place on December 3rd, 2020 indefinitely.

The Province of B.C. will continue to monitor the data on COVID-19 transmission to plan for an easing of restrictions.

For full details, visit the Province of British Columbia's of Province-wide restrictions page.



UPDATES TO PROVINCE-WIDE RESTRICTIONS

Sailing has been designated a "Group A" Sport:

"Individual sports that can maintain physical distancing OR Sports done in pairs or small teams (up to 10) where there is no contact with those outside your pair/team"

These sailing specific guidelines to be followed in addition to:

[Return to Sport Guidelines For BC.](#)



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Personal Health

- 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. *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:

Key symptoms of COVID-19 include : Fever or chills, Cough, Loss of sense of smell or taste, Difficulty breathing. **Other symptoms may include:** Sore throat, Loss of appetite, Extreme fatigue or tiredness, Headache, Body aches, Nausea or vomiting, Diarrhea.

- Participants and staff who have traveled outside of Canada within the last 14 days or have household members 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.



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Use of Facilities

- Travel restrictions are in place for sport; individuals should continue to stay close to home.
- 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.
- A plan for athlete 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.

Regattas

- Dinghy regattas or any official competitions are not sanctioned at this time.
- Return to Sport Guidelines For BC anticipate return to competition when youth sport transitions back to phase 3.

Group Gathering Size

- The maximum number of combined participants and coaches in a program is 50 for youth (under 22 years of age) sailing programs.
- All indoor and outdoor team sports for people 22 years of age and older are suspended. Adult singlehanded dinghy sailing is permitted



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Physical Distancing

- Keep at least 3 meters from others.
- Coaches must wear masks if in close contact (within 3 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.
- Maintain 3 meter physical distancing.
- Sailors should arrive dressed or change outdoors by their boat.
- Avoid indoor environments. Only use or touch your own boat, equipment, and clothing.
- Physical distancing requirements mandate a return to singlehanded sailing and household only doublehanded sailing.

Exemptions

- High performance athletes are exempt from this order.
- To qualify as a high performance athlete, you must be identified by the Canadian Sports Institute Pacific as a high performance athlete affiliated with an accredited provincial or national sports organization

Safety Contingencies

- 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)



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Sanitation

- 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.
- 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>

Communication

- 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.