

# YMCA of Canberra Sailing Club



## COVID SAFE PLAN

The ACT Government has begun to ease the restrictions on organised sport, and as such the YMCA Sailing Club intends to recommence sailing, under strict adherence to current guidelines. Our foremost concern is with the health and welfare of all those involved in sailing at our club. As such, we have implemented the following key actions to maximise health and safety while providing sailing opportunities for our community.

**Racing** - *In accordance with the Notice of Race, compliance with this Safety Plan is enforceable under the Racing Rules of Sailing.*

### **Physical Distancing**

To encourage physical distancing, all racing will be conducted under the principle of

***“Get in, Sail, Get Out”***

This means:

- The Race Office will be open on race days – the Galley will not be open. No sitting inside, no physical race presentation will occur.
- Toilets will be open, do not use the showers.
- Season Race Entry forms and daily Sign On forms must be completed.
- The Official Notice board for advice to competitors will be the Club Racing information page of the YMCA Sailing Club website.
- Change rooms should not be used – arrive changed and ready to sail, shower at home.
- Sailors are not to congregate in groups in the rigging areas before or after the race.
- Under advice from ACT Sport and Recreation and Australian Sailing, each vessel is considered a separate venue, and as such can have up to 20 people on board, provided that 1.5 meters of physical distancing can be kept when reasonably practical. There should be no physical contact between participants.
- The 4 square metre rule will not apply while sailing, but should be observed on shore.

### **Contact Tracing & COVIDSAFE App**

- It is a requirement that the YMCA is able to contact all participants. Please carefully complete your Race Entry form. We will also have an attendance roll for Covid tracking.
  - The YMCA Sailing Club strongly recommends participants download and use the Australian Government COVIDSAFE App.

### **Hygiene for all**

We ask that you DO NOT ATTEND the club or connected areas if:

- You are feeling unwell including cough or mild flu like symptoms.
- You have returned from overseas travel or visited an identified Covid-19 hotspot within the last 14 days.
- In the last 14 days you have been in contact with anyone who has been diagnosed with COVID-19 or is unwell, including cough or mild cold or flu like symptoms
- For any other reason you believe you may have been exposed to COVID-19 in the last 14 days.
- If you have been diagnosed with COVID-19 and have visited the club prior to diagnosis, please advise the Club by email.

We are encouraging all participants to follow simple hygiene guidelines – wash your hands, sneeze into your elbow, observe social distancing and stay at home/seek medical attention if you are feeling sick.

### **Hygiene for Volunteers**

- The frequent use of alcohol-based hand sanitiser is encouraged and will be readily available in the club & all club safety boats.
- Common touch areas such as door handles common seating, power boat controls & race office surfaces will be frequently cleaned and disinfected, and recorded in an area specific cleaning log.

### **Hygiene for Competitors**

- As a skipper of a crewed boat, keep all common touch surfaces clean and disinfected, and provide hand sanitiser for your boat.
- For solo boats, do not touch other sailors' equipment, eg, beach trolleys and trailers.

### **Other Considerations**

- In addition to usual seasonal risk management, the Race Officer may consider the impact of reduced crew numbers on boats when making the decision to hold a race.

# GET IN – SAIL – GET OUT