



Returning to COVIDSafe Sailing **GET IN – SAIL – GET OUT**

NSW/ ACT

21st May 2020



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Current Situation

- The NSW Government notes that National Cabinet endorsed the Framework for Rebooting Sport in a COVID-19 Environment developed by the Australian Institute of Sport (AIS) on Friday 1 May 2020.
- No NSW Return to Sport Framework has been released
- Office of Sport have advised that sport can resume provided that current Public Health Orders are followed

2 Australian Sailing |



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Current Situation

- All recreational boating is permitted.
- If those onboard are members of the same household, there does not need to be four square metres of space for each person.
- If those onboard are not members of the same household, they should maintain a physical distance of 1.5 metres from others, as is reasonably practicable.
- Sailing must be non-contact.
- People should continue to boat locally and always remember to practice good personal hygiene.

What this means for club sailing activities

- Club activities including racing can resume as long as the Public Health Order is complied with.
- Outdoor activities only;
- Limit activities to small individual groups with a maximum of 10 participants (inclusive of coaches and support staff);
- **Get in, Sail and get out;**
- Practice good hand hygiene before and after sailing;
- Avoid physical contact between participants;
- Changerooms, canteens and kitchens should remain closed – arrive dressed and ready to sail;

What this means for club sailing activities

- Stay home if you are unwell
- Don't share drinks or towels;
- Sharing of equipment should be avoided and if necessary, should be kept to a minimum;
- Keep a distance of 1.5 metres where reasonably practicable; and
- Follow the one person per 4 square metres rule ashore to ensure sufficient physical distancing between participants.
- Contact Tracing records must be kept.
- Encourage the use of COVIDSafe App whilst at your club

RECREATIONAL SAILING (NON-CLUB ORGANISED)

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| Single Handed Sailing | ✓ | |
| Multi Person Dinghy Recreational Sailing | ✓ | <ul style="list-style-type: none"> • Maximum of ten (10) people may gather. • So far as reasonably practicable, maintain a physical distance of 1.5m |
| Keelboat Recreational Sailing | ✓ | <ul style="list-style-type: none"> • Maximum of ten (10) people may gather. • So far as reasonably practicable, maintain a physical distance of 1.5m |
| Day Cruising | ✓ | <ul style="list-style-type: none"> • Maximum of ten (10) people may gather. • So far as reasonably practicable, maintain a physical distance of 1.5m |
| Overnight Cruising | ✓ | <ul style="list-style-type: none"> • Maximum of ten (10) people may gather. • So far as reasonably practicable, maintain a physical distance of 1.5m |

| ORGANISED TRAINING | | |
|--|---|---|
| Single Handed Sailing – Organised Training/Coaching | ✓ | <ul style="list-style-type: none"> • Clubs need to conduct COVID risk assessment prior to commencing activities • Need to comply with current public health orders. • Maximum of ten (10) people may gather. |
| Double-Handed Dinghy - Organised Training/Coaching | ✓ | <ul style="list-style-type: none"> • Clubs need to conduct COVID risk assessment prior to commencing activities • Need to comply with current public health orders. • Maximum of ten (10) people may gather. • So far as reasonably practicable, maintain a physical distance of 1.5m |
| Double-Handed Keelboat - Organised Training/Coaching | ✓ | <ul style="list-style-type: none"> • Clubs need to conduct COVID risk assessment prior to commencing activities • Need to comply with current public health orders. • Maximum of ten (10) people may gather. • So far as reasonably practicable, maintain a physical distance of 1.5m |
| 3+ Person Dinghies - Organised Training/Coaching | ✓ | <ul style="list-style-type: none"> • Clubs need to conduct COVID risk assessment prior to commencing activities • Need to comply with current public health orders. • Maximum of ten (10) people per group • So far as reasonably practicable, maintain a physical distance of 1.5m |
| 3+ Person Keelboats - Organised Training/Coaching | ✓ | <ul style="list-style-type: none"> • Clubs need to conduct COVID risk assessment prior to commencing activities • Need to comply with current public health orders. • Maximum of ten (10) people per group • So far as reasonably practicable, maintain a physical distance of 1.5m |

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| Organised Community Sport - Competitive | | |
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| Single Handed Sailing - Racing | ✓ | <ul style="list-style-type: none"> • Clubs need to conduct COVID risk assessment prior to commencing activities • Need to comply with current public health orders. |
| Double-Handed Sailing - Racing | ✓ | |
| Double-Handed Keelboat - Racing | ✓ | <ul style="list-style-type: none"> • Clubs need to conduct COVID risk assessment prior to commencing activities • Need to comply with current public health orders. • So far as reasonably practicable, maintain a physical distance of 1.5m • Maximum 10 persons per boat |
| 3+ Person Dinghies and Skiffs, Sports boats, small keelboats - Racing | ✓ | <ul style="list-style-type: none"> • Clubs need to conduct COVID risk assessment prior to commencing activities • Need to comply with current public health orders. • So far as reasonably practicable, maintain a physical distance of 1.5m • Clubs may need to put restrictions in place to encourage the 1.5m social distancing (Less crew numbers, lower wind limits etc) |

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Organised Community Sport - Competitive

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| Crewed Yachts - Twilight/Social Racing | ✓ | <ul style="list-style-type: none"> • Clubs need to conduct COVID risk assessment prior to commencing activities • Need to comply with current public health orders. • So far as reasonably practicable, maintain a physical distance of 1.5m • Clubs may need to put restrictions in place to encourage the 1.5m social distancing (Less crew numbers, lower wind limits etc) |
| Crewed Yachts - Inshore Racing | | |
| Club Organised Cruising Events | | |
| Corporate/ Charity Days | | |
| Regattas and Events | | |
| Crewed Yachts – Offshore/Overnight Racing | X | <ul style="list-style-type: none"> • Further clarification required at this stage |

Points to note

- Restrictions may increase/decrease at any stage
- Should an NSW Sport Framework be introduced by Government, competitive sailing maybe restricted further
- Australian Sailing is working on exemptions still to allow continued ease of access to sailing within NSW should a state framework be introduced.

JOINT RETURN TO SAILING DATES

- To give all clubs and members appropriate time to prepare their venues and boats for returning to organised sailing.
- We are strongly suggesting a two-week notice period to your members.

Look to return to sailing from
Friday 5th June 2020



GET IN, SAIL AND GET OUT

THINGS TO CONSIDER AT YOUR CLUB

Preparing to return to COVIDSafe Sailing

Individuals returning to community and individual sailing

Community sport members and individuals should not return to sailing if in the last 14 days they have been unwell or had close contact with a known or suspected case of COVID-19.

In an environment of community transmission of COVID-19, any individual with respiratory symptoms (cough, sore throat, fever or shortness of breath), even if mild, should be considered a possible case of COVID-19.

Individuals returning to community and individual sailing

All community sailing members must be made aware not to attend club environments if they are unwell and should use a cautious approach. Anyone who is unwell should be referred to a doctor in accordance with local Public Health Authority guidelines.

A sailor with a possible case of COVID-19 should refrain from training/sailing (even at home) until they have been cleared to do so by a doctor, given the potential for worsening illness.

Preparation of club environments

GET IN, SAIL AND GET OUT

Strategies to limit time and person-to-person contact on site should be implemented

- Arrive dressed and ready to sail
- Symptom checking/checklist – Temperature, flu symptoms etc - Signage
- Minimise use of bathrooms and communal areas
- Where possible, sailors should shower at home instead of at the club
- Participants should eat off site
- Where possible, participants should maintain at least 1.5m distance apart.
- Any tasks that can be done at home, should be done at home (e.g. stretching, debriefing, online meetings).

Preparation of club environments

Organisation of community sailing activities

- What spaces can be used for isolation if a sailor or other personnel becomes unwell?
- What activities could continue whilst maintaining a minimum of 1 person per 4m²?
- What is the strategy to ensure that social distancing where possible of at least 1.5m is maintained by community sailing members attending training or competition?
- What strategies can be used to communicate/ inform community sport members of preventive actions?
- What is the strategy to reduce in-person contact between participants and other personnel? (i.e Electronic sign on/ off, no handling of cash)
- What is the strategy to manage increased levels of staff/ volunteer absences?
- What is the strategy to reduce risk to vulnerable groups?
- What is the strategy to ensure a participant/ contract tracing record is kept by the club in the case of outbreak within the community sailing members?
- What is the revised strategy in an emergency, for marine rescue capabilities?

Preparation of club environments

- The specific considerations for safe resumption of community sailing will be dependent on the type of sailing and environment. Considerations include:
 - Anticipated number of participants
 - Can activities be run as required by the Public Health Orders?
 - Do crew numbers need to be limited/restricted to comply?
 - What activities can still be adequately be done from home?
 - How can activities be staggered to minimise numbers and reduce contact?
 - How can you club protect vulnerable persons (potentially older members)
- How can the numbers at training and competitions be managed to maintain some social distancing?
 - Modifying training and competition times so that there are less people present at one time.

Education around facilities

- Education of community sailing members on hygiene practices and promote required behaviours relevant to their environment.
- No sharing of drink bottles, clothing, food and towels etc.
- No sharing of equipment without an appropriate cleaning protocol – Consider lifejackets, winch handles, beach trolleys etc
- Recommend community sport members download the Australian Government COVID-19 contact tracing app (COVIDSafe).

Preparation of club environments

Cleaning

–What are the shared facilities?

- Club Tenders
- Club Sailing Boats
- Safety Boats
- Entry gate keypads, sign in technology etc
- What else?
- Doors, window handles and other hard surfaces

What is the protocol and frequency of cleaning shared facilities?

Education for Club Members

Providing education material for club members to promote required behaviours (e.g. regular and thorough handwashing, covering mouth and nose with a tissue or sleeve during coughing/ sneezing).

PPE Whilst Sailing – Gloves, Gaiters/face masks, hand sanitiser, non sharing of equipment etc

Suggested Australian Government and WHO resources:

- [Good hygiene for coronavirus \(COVID-19\)](#)
- [Hand washing guidance](#)
- [Keep that cough under cover](#)
- [Self-isolation \(self-quarantine\) for coronavirus \(COVID-19\)](#)
- [Advice for people at risk of coronavirus \(COVID-19\)](#)
- [Coronavirus \(COVID-19\) resources](#)

Education around facilities

Displaying appropriate education material within sporting environments and facilities.

Suggested Australian Government and WHO resources:

- [Good hygiene practices poster for businesses](#)
- [Good hygiene is in your hands](#)
- [Hand washing guidance](#)
- [Keep that cough under cover](#)

Preparation of sailing environments

Cleaning

– What sporting equipment will participants be sharing?

- Sails/Sail Bags
- Boat Covers
- Tillers/Wheels
- Sheets/ Halyards
- Spinnaker Poles
- Winch Handles
- Beach trolleys
- Wash down hoses
- Tenders

What is the protocol and frequency of cleaning shared facilities?

Are your members/skippers aware of their own requirements onboard their vessels?

Preparation of club environments

Volunteers

- What is the procedure for protecting the health and safety of volunteers?
- Are volunteers comfortable to return to volunteer duties in the current climate?
- Do you have hand sanitiser, gloves, face masks available?
- What is the procedure should a volunteer fall sick?
- What additional risks are volunteers exposed do should a rescue be required?
- Can your vessels be adequately manned whilst retaining 1.5m Social Distancing for volunteers?



Questions?