

COVID-19

RETURN TO SAILING SCHEME PHASE 1



Harry Hermon
CEO
12/05/20

OVERVIEW

Following the Government’s publication of “Roadmap for Reopening Society and Business” on Friday 1st May, this document is Irish Sailing’s interpretation and recommendations for how sailing, windsurfing & powerboating activities may be resumed for Phase 1 on the 18th May, should the current RNLI & Coastguard Advisory notice be amended before then.

Sport Ireland is seeking clarity on some of the guidelines in the Governments Published document, including social distancing and travel restrictions as they apply to sporting activities including Sailing, windsurfing and powerboating, but in the meantime Phase 1 restrictions are unlikely to be ammended.

Irish Sailing accepts that it is not possible for any sport to eliminate the risk of the spread of the virus completely, however sailors by nature either consciously or sub consciously are used to undergoing a risk assessment process to minimise the risks associated with going afloat.

The basis for returning to sailing, windsurfing and powerboating activities in line with Government recommendations, will be to extend this risk assessment process so that equal priority is now given to minimising the risk of accidental transmission of the Covid-19 virus.

Any queries relating to this document should be referred to Harry Hermon –
harry@sailing.ie

FUNDAMENTAL PRINCIPALS FOR DECISION TO GO AFLOAT

1. COMPLIANCE WITH CURRENT COVID 19 RESTRICTIONS

The need for full compliance on the phased lifting of restrictions to ensure sailing, windsurfing & powerboating remains a 'low risk' activity.

2. PERSONAL RESPONSIBILITY

Taking personal responsibility for your own safety and decision making

3. SELF HELP

Ensure that you have the means to return to shore without assistance (alternative means of propulsion) in the event of the unexpected in non-distress situations

4. RISK ASSESSMENT

Individual and Activity Organisers ensure you have assessed the risks associated with the conditions, equipment, experience of sailors, sailing area etc. before making the decision to go afloat.

SPECIFIC GROUPS & ACTIVITIES

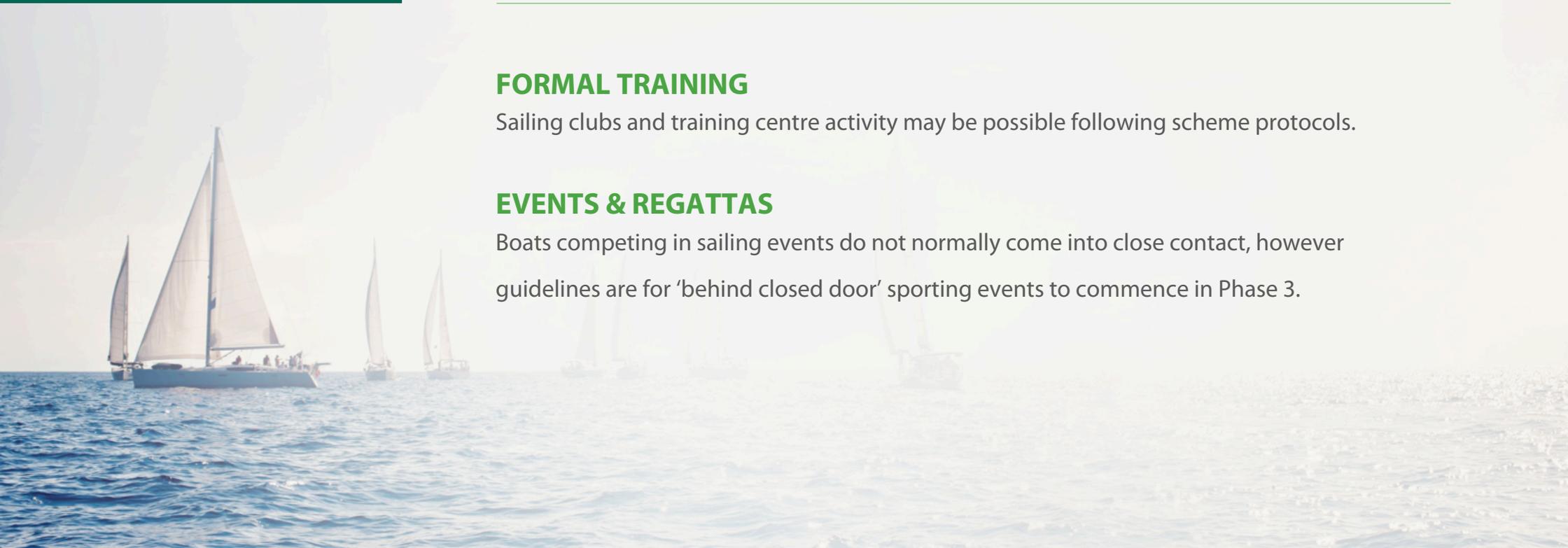
As a widely diversified sport, a risk in taking an over-prescriptive approach in turn risks alienating participants. Therefore, while broadly categorising activity into groups, scope should also be allowed to support niche activities provided risk mitigation measures are in place.

FORMAL TRAINING

Sailing clubs and training centre activity may be possible following scheme protocols.

EVENTS & REGATTAS

Boats competing in sailing events do not normally come into close contact, however guidelines are for 'behind closed door' sporting events to commence in Phase 3.



SPECIFIC GROUPS & ACTIVITIES

Free Sailing/Cruising

Boats may sail to and from their home port until restrictions are lifted in Phase 4 enabling travel outside local communities.

Club activities

Minimise use of indoor facilities unless space allows.
Cleansing measures required.

Vulnerable/at risk

Consideration required for underlying health conditions, ability to maintain distancing measures and requirements of accompanying family/carers.

High Performance

Specific risk assessment to enable use of Performance HQ in place, individual training coaching activity aligned with scheme protocols, PPE and medical solutions ready.



ROADMAP FOR RETURN TO SAILING, WINDSURFING & POWERBOATING

| Activity | Social Distancing | User Travel to Activity | Basis under Government Roadmap for Reopening Society and Business |
|---|------------------------|---|---|
| Phase 1 – Provisionally 18th May | | | |
| <p>Clubs and Training Centres open with outdoor staff/volunteers only</p> <p>Boat yards, Marinas, and other marine leisure business open to facilitate essential maintenance, lifting and security of boats.</p> <p>Marina staff and other outdoor maintenance staff return to work</p> <p>Single handed or household multi handed supervised & non-supervised activity. Also day sailing</p> | <p>Full Compliance</p> | <p>Not more than 5 km from your home to your launch site/boat</p> <p>Returning to home port</p> | <p>P1 Community Health Measures: Continue to avoid unnecessary journeys</p> <p>P1 Economic Activity (Work): Phased return of outdoor workers</p> <p>P1 Retail, Personal Services and Commercial Activities:</p> <ul style="list-style-type: none"> • Open retail outlets that are primarily outdoor • Open retail outlets that were open in Tier 2 – homeware, motor, repair etc. <p>P1 Cultural and Social Measures:</p> <ul style="list-style-type: none"> • Open outdoor sports amenities • Permit people to engage in outdoor sporting and fitness activities either individually or in very small groups |

| Activity | Social Distancing | User Travel to Activity | Basis under Government Roadmap for Reopening Society and Business |
|---|---|--|---|
| Phase 2 – Provisionally 8th June | | | |
| <p>As above plus</p> <p>Irish Sailing office is staffed in a limited capacity sufficient to provide all services (ICC's, Commercial Endorsements etc)</p> | <p>IS Seeking Clarification on Social Distancing measures</p> | <p>Not more than 20 km from your home to your launch site/boat</p> <p>Returning to home port</p> | <p>P2 Community Health Measures: Extend restrictions to within 20 km of your home</p> <p>P2 Economic Activity (Work): Permit phased return of workers, such as solitary and other workers that, due to nature of work, can maintain 2m distance constantly. Social distancing requirements continue to apply.</p> <p>P2 Cultural and Social Measures: Permit people to engage in outdoor sporting and fitness activities, involving small group team sports training (but not matches) where social distancing can be maintained and where there is no contact</p> |

| Activity | Social Distancing | User Travel to Activity | Basis under Government Roadmap for Reopening Society and Business |
|---|---|--|--|
| Phase 3 – Provisionally 29th June | | | |
| <p>As above plus</p> <p>Instructor Training resumes where arrangements are in place to enable participants to maintain social distancing</p> <p>Club racing for single handers and Household Crewed boats.</p> <p>Club Catering Facilities Open</p> | <p>IS Seeking Clarification on Social Distancing measures</p> | <p>Not more than 20 km from your home to your launch site/boat</p> <p>Returning to home port</p> | <p>P3 Community Health Measures: Maintain restrictions to within 20 km of your home</p> <p>P3 Economic Activity (Work): Organisations where employees have low levels of daily interaction with people and where social distancing can be maintained</p> <p>P3 Retail, Personal Services and Commercial Activities: Phase in opening of all other non-essential retail outlets on basis of restrictions on numbers of staff and customers per square metre</p> <p>P3 Cultural and Social Measures:</p> <ul style="list-style-type: none"> • Permit “behind closed doors” sporting activities events where arrangements are in place to enable participants to maintain social distancing • Open cafes and restaurants providing on-premises food and beverages where they can comply with social measures and strict cleaning in operation |

| Activity | Social Distancing | User Travel to Activity | Basis under Government Roadmap for Reopening Society and Business |
|--|---|-------------------------|--|
| Phase 4 – Provisionally 20th July | | | |
| <p>As above plus</p> <p>Regional & National Events may be staged</p> | <p>IS Seeking Clarification on Social Distancing measures</p> | <p>All Ireland</p> | <p>P4 Community Health Measures:</p> <ul style="list-style-type: none"> • Extend travel to outside your region • Small social (non-family) gatherings for a limited period of time <p>P4 Cultural and Social Measures:</p> <ul style="list-style-type: none"> • Permit sports team leagues (ie GAA, Soccer) but with limitations on numbers of spectators • Hotel bars remain closed |

| Activity | Social Distancing | User Travel to Activity | Basis under Government Roadmap for Reopening Society and Business |
|---|---|-------------------------|---|
| Phase 5 – Provisionally 10th August | | | |
| <p>As above plus</p> <p>Irish Sailing Office Reopens</p> <p>Regattas/Championship socialising subject to restrictions</p> <p>Club and sailing school bars reopen with restrictions on numbers</p> | <p>IS Seeking Clarification on Social Distancing measures</p> | <p>All Ireland</p> | <p>P5 Economic Activity (Work): Phased return to onsite working arrangements</p> <p>P5 Retail, Personal Services and Commercial Activities:</p> <p>P5 Cultural and Social Measures:</p> <ul style="list-style-type: none"> • Permit close physical contact sports • Open bars where social distancing and strict cleaning can be complied with • Festivals, events and other social and cultural gatherings only in accordance with indoor and outdoor numbers and where social distancing can be complied with |

GUIDELINES: for individual participants

The following is a simplified test for individual participants to determine. Self-clearance to participate does not indicate unlimited activity. Activities should be planned and risk-assessed by organisers.

Are you experiencing any symptoms of Covid 19?

Have you made self-rescue assistance arrangements or non-distress situations?

Has your Sailing/ Boating activity been planned and risk-assessed?

**Seek medical assistance
Do not Sail**

Go Sailing but exercise caution & follow guidelines

Go Sailing under conditions set out by organisers

Follow current social distancing & social gathering guidelines

PHASE 1

Return to Sailing Scheme

Guidelines for Activity
Organisers at Clubs and
Centres

RETURN TO SAILING SCHEME

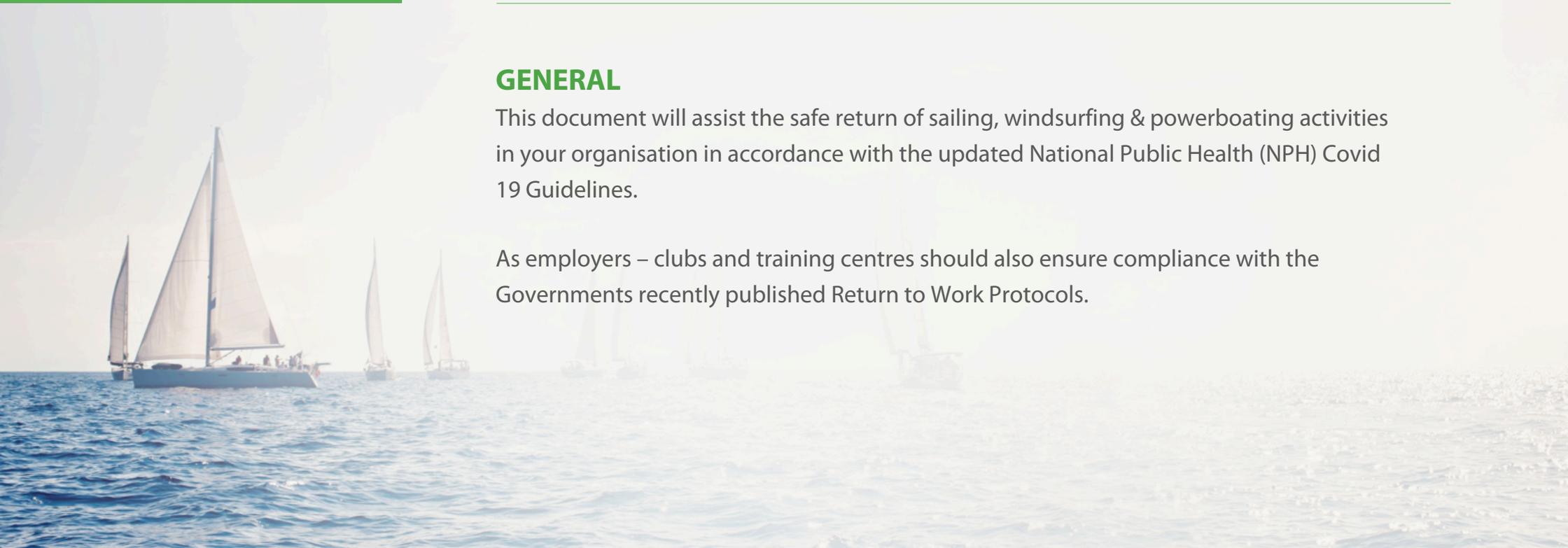
Guidelines for Activity Organisers at Clubs and Centres

PHASE 1 – From 18th May 2020

GENERAL

This document will assist the safe return of sailing, windsurfing & powerboating activities in your organisation in accordance with the updated National Public Health (NPH) Covid 19 Guidelines.

As employers – clubs and training centres should also ensure compliance with the Governments recently published Return to Work Protocols.



PHASE 1

Return to Sailing Scheme

Guidelines for Activity
Organisers at Clubs and
Centres

Covid 19 Awareness

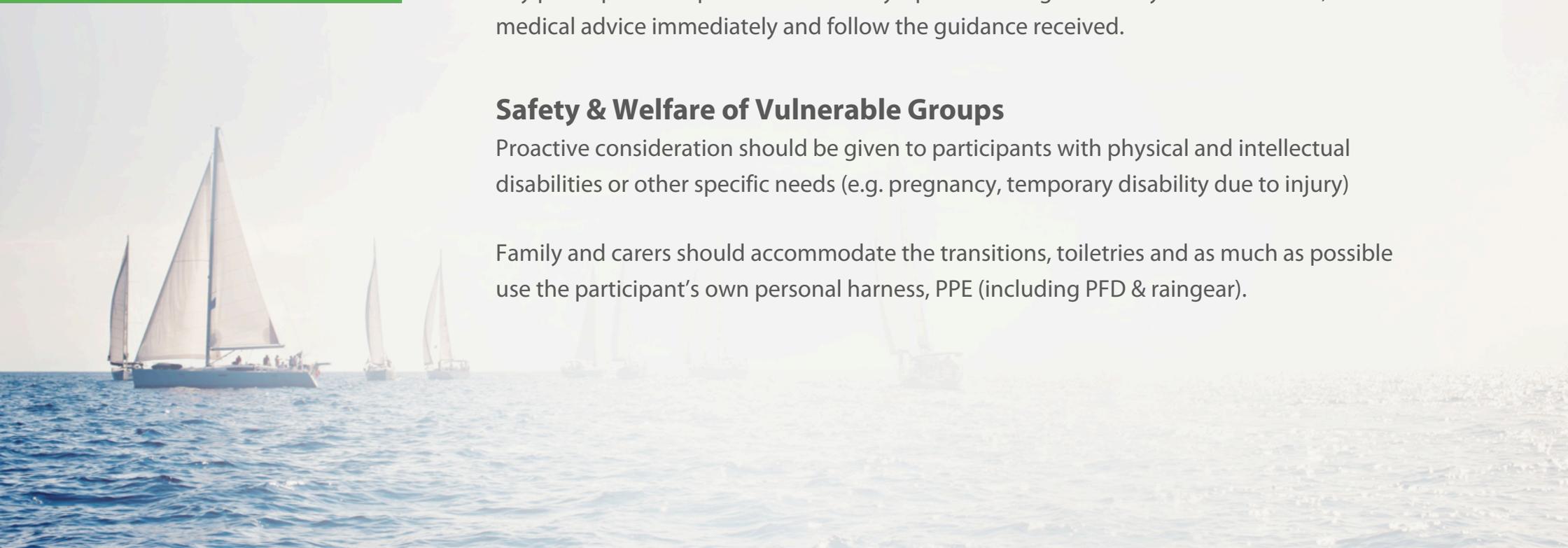
Maintain records of all participants to facilitate contact tracing.

Any person with Covid-19 or similar symptoms should not take part in Sailing, Windsurfing or Powerboating activities until fully recovered and cleared to do so on medical advice. Should any participant complain of Covid-19 symptoms during an activity or while on-site, seek medical advice immediately and follow the guidance received.

Safety & Welfare of Vulnerable Groups

Proactive consideration should be given to participants with physical and intellectual disabilities or other specific needs (e.g. pregnancy, temporary disability due to injury)

Family and carers should accommodate the transitions, toiletries and as much as possible use the participant's own personal harness, PPE (including PFD & raingear).



PHASE 1

Return to Sailing Scheme

Guidelines for Activity
Organisers at Clubs and
Centres

Covid 19 Awareness

Onshore Facilities

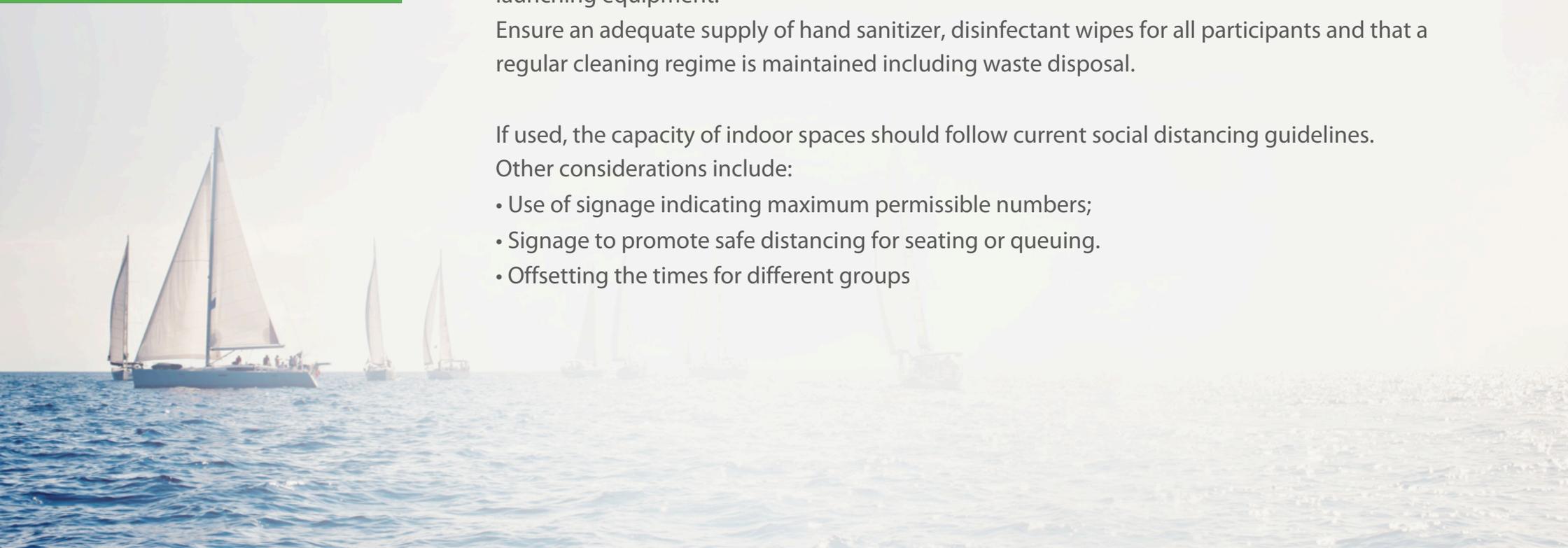
Before reopening of facilities, arrange thorough cleansing including all regularly used surfaces and touch-contact points (e.g. door handles, light switches etc) and items such as radios and launching equipment.

Ensure an adequate supply of hand sanitizer, disinfectant wipes for all participants and that a regular cleaning regime is maintained including waste disposal.

If used, the capacity of indoor spaces should follow current social distancing guidelines.

Other considerations include:

- Use of signage indicating maximum permissible numbers;
- Signage to promote safe distancing for seating or queuing.
- Offsetting the times for different groups



PHASE 1

Return to Sailing Scheme

Guidelines for Activity
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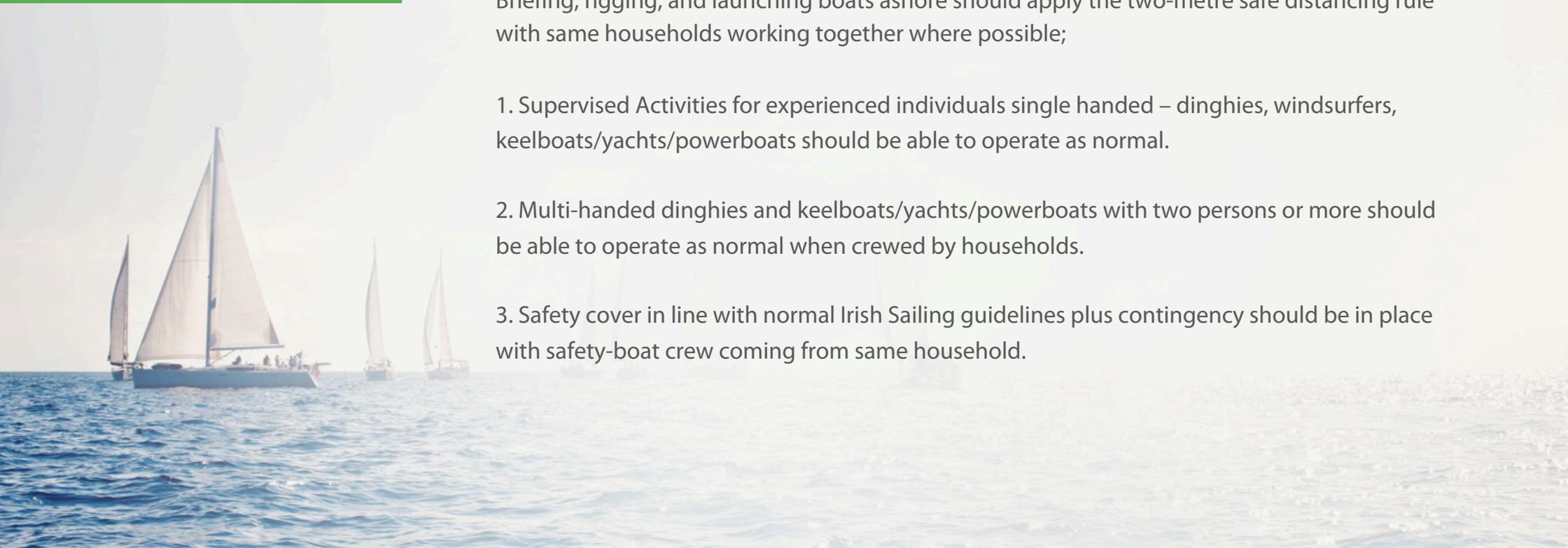
Covid 19 Awareness

Activity afloat

General Safety Setup

Briefing, rigging, and launching boats ashore should apply the two-metre safe distancing rule with same households working together where possible;

1. Supervised Activities for experienced individuals single handed – dinghies, windsurfers, keelboats/yachts/powerboats should be able to operate as normal.
2. Multi-handed dinghies and keelboats/yachts/powerboats with two persons or more should be able to operate as normal when crewed by households.
3. Safety cover in line with normal Irish Sailing guidelines plus contingency should be in place with safety-boat crew coming from same household.



PHASE 1

Return to Sailing Scheme

Guidelines for Activity
Organisers at Clubs and
Centres

Covid 19 Awareness

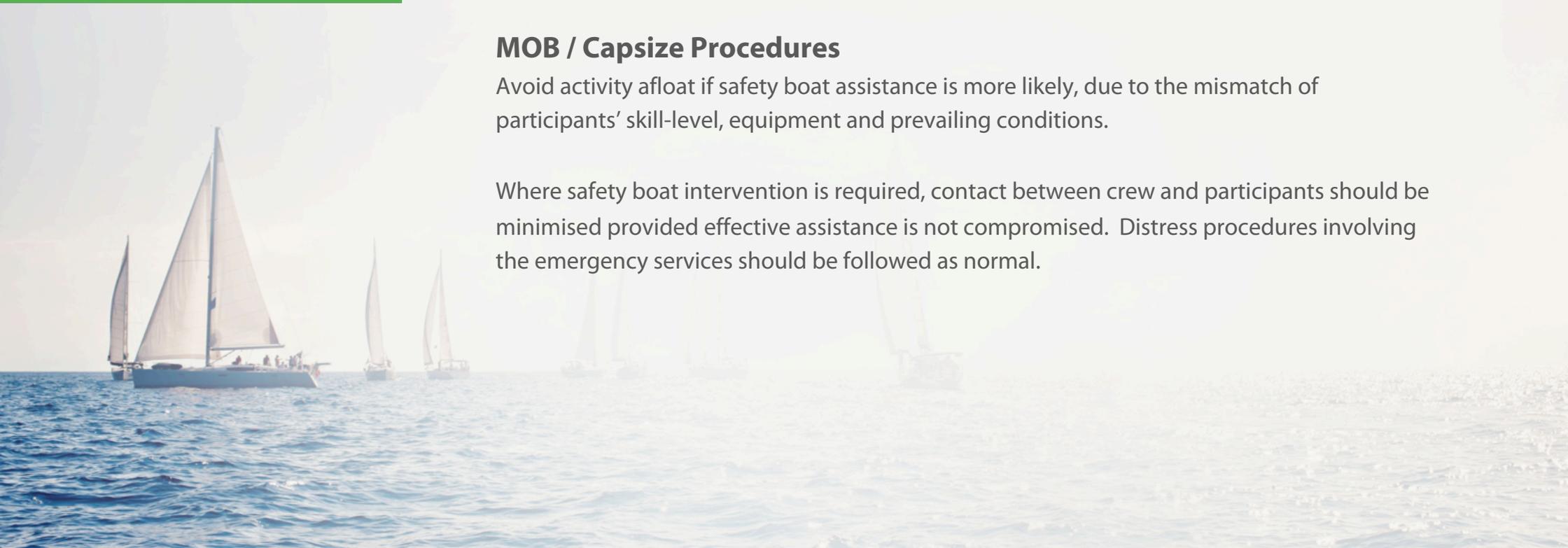
Shared Equipment

Supplied equipment should be allocated to one individual for the duration of the activity or course if possible and otherwise cleaned with suitable cleansing products.

MOB / Capsize Procedures

Avoid activity afloat if safety boat assistance is more likely, due to the mismatch of participants' skill-level, equipment and prevailing conditions.

Where safety boat intervention is required, contact between crew and participants should be minimised provided effective assistance is not compromised. Distress procedures involving the emergency services should be followed as normal.



PHASE 1

Return to Sailing Scheme

Risk Assessment for Activity Organisers

RETURN TO SAILING SCHEME

Risk Assessment for Activity Organisers

Irish Sailing organisations operate across a variety of locations, activities and age groups. This risk assessment can assess each activity type at your venue and determine whether each complies with Covid-19 guidelines.

Prior to completing the assessment, consider the following:

Staff & Volunteer resources

Are staff/volunteers required to be on-site and have direct face-to-face interaction with each other, participants, parents/carers? What is needed to protect them? Do staff/volunteers need to handle people/boats and documentation from participants?

Availability

Who are the key staff/volunteers? Do they all need to work together simultaneously? Do they all need to be on-site? Can sessions be staggered? Can household groups perform joint tasks?

PHASE 1

Return to Sailing Scheme

Risk Assessment for Activity
Organisers

Inputs:

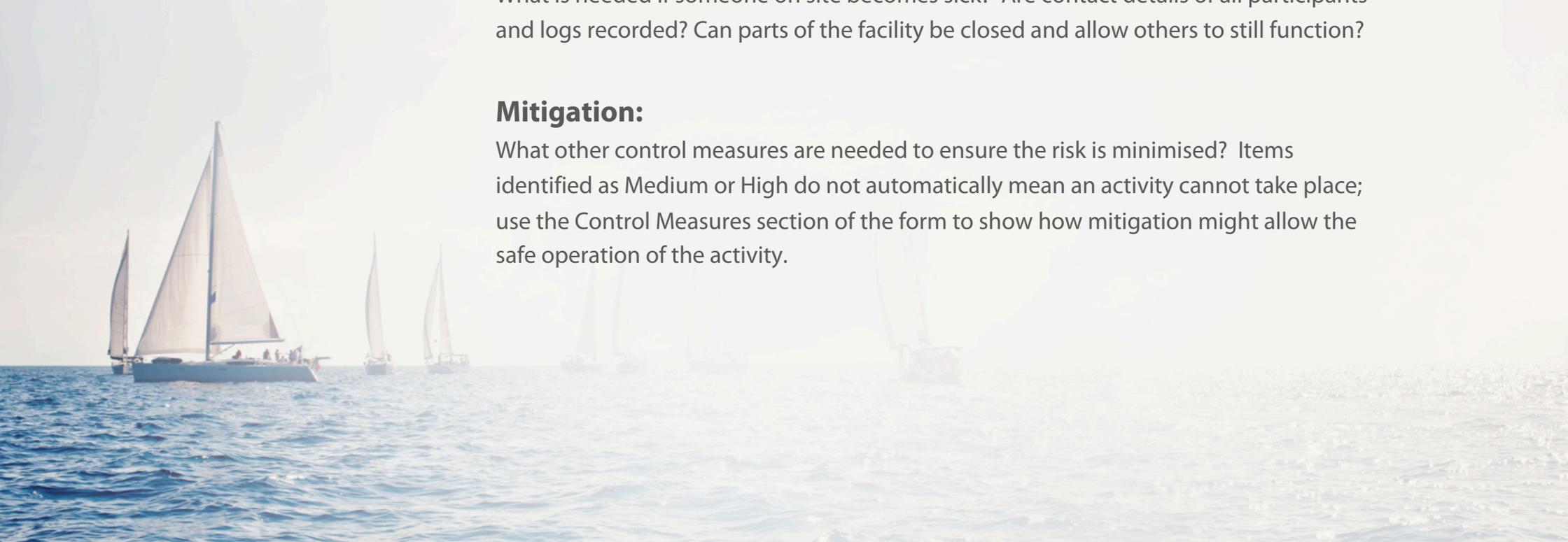
Are the premises clean and disinfected? How many people can be accommodated and keep a safe space apart? Have participants' needs and expectations changed? Is normal operations procedure still acceptable?

Recovery:

What is needed if someone on site becomes sick? Are contact details of all participants and logs recorded? Can parts of the facility be closed and allow others to still function?

Mitigation:

What other control measures are needed to ensure the risk is minimised? Items identified as Medium or High do not automatically mean an activity cannot take place; use the Control Measures section of the form to show how mitigation might allow the safe operation of the activity.



COVID-19 Return to Sailing Risk Assessment Sheet



COVID-19
Return to Sailing Risk Assessment Sheet

| | |
|------------------|--------------|
| Venue: | Date: |
| Activity: | |

| Location | Low | Medium | High | Control Measures |
|----------|-----|--------|------|------------------|
|----------|-----|--------|------|------------------|

Shore Facilities

| | | | | |
|---------------|--------------|--------------|--------------|--|
| Briefing Room | Not required | 2m+ space pp | <2m space pp | |
| Changing Room | Not required | 2m+ space pp | <2m space pp | |
| Boat Park | 4m+ space pp | 2m+ space pp | <2m space pp | |

Water access

| | | | | |
|----------------|----------------------|--------------------------|--------------------------|--|
| Launch Area | 4m+ space pp | 2m+ space pp | <2m space pp | |
| Pontoon Access | Private 2m+ space pp | Public 2m+ space pp | Public <2m Space pp | |
| Mooring Access | Personal Launch | Club Launch 2m+ space pp | Club Launch <2m space pp | |

Participants

| | | | | |
|---------------|----------------|---------------------------------|------------------------------|--|
| Group | Same Household | Mixed Single Handed 1-4 | Mixed 5+ | |
| Age | 6yrs – 40yrs | 41yrs – 70yrs | 70+ | |
| Ability | Experienced | Improver | Beginner | |
| Special Needs | None | No physical assistance required | Physical assistance required | |

| Activity | Low | Medium | High | Control Measures |
|----------|-----|--------|------|------------------|
|----------|-----|--------|------|------------------|

| | | | | |
|--------------------|--|------------------|-----------------------------------|--|
| Dinghy sailing | Single hander or multi hander same household | N/A | Multi hander mixed household | |
| Keelboat / Cruiser | Same Household | N/A | Multi Hander mixed household | |
| Powerboating | Single Crew or Same Household | N/A | More than 2 crew, mixed household | |
| Windsurfing | Experienced | Improver | Beginner | |
| Training | Improver | Beginner | Mixed ability | |
| Coaching | Improver | Beginner | Mixed ability | |
| Racing | N/A Ph 1 | N/A Ph 1 | N/A Ph1 | |
| Equipment | Personal | Daily allocation | Shared | |
| Safety Cover | Same Household | Single Crew | Double crew Different household | |

| | YES | NO |
|-----------------------|---|----|
| Final Decision | | |
| All | Safe with normal COVID-19 protocols observed | |
| Max 4 | Safe with specified enhanced measures | |
| Any | Only safe with very specific control measures implemented | |

Core considerations behind risk assessment:
 - Minimise risk of spread of COVID-19
 - Reduce risk of contracting COVID-19
 - Maintaining best practice social distancing guidelines