

COVID-19

RETURN TO SAILING SCHEME PHASE 3

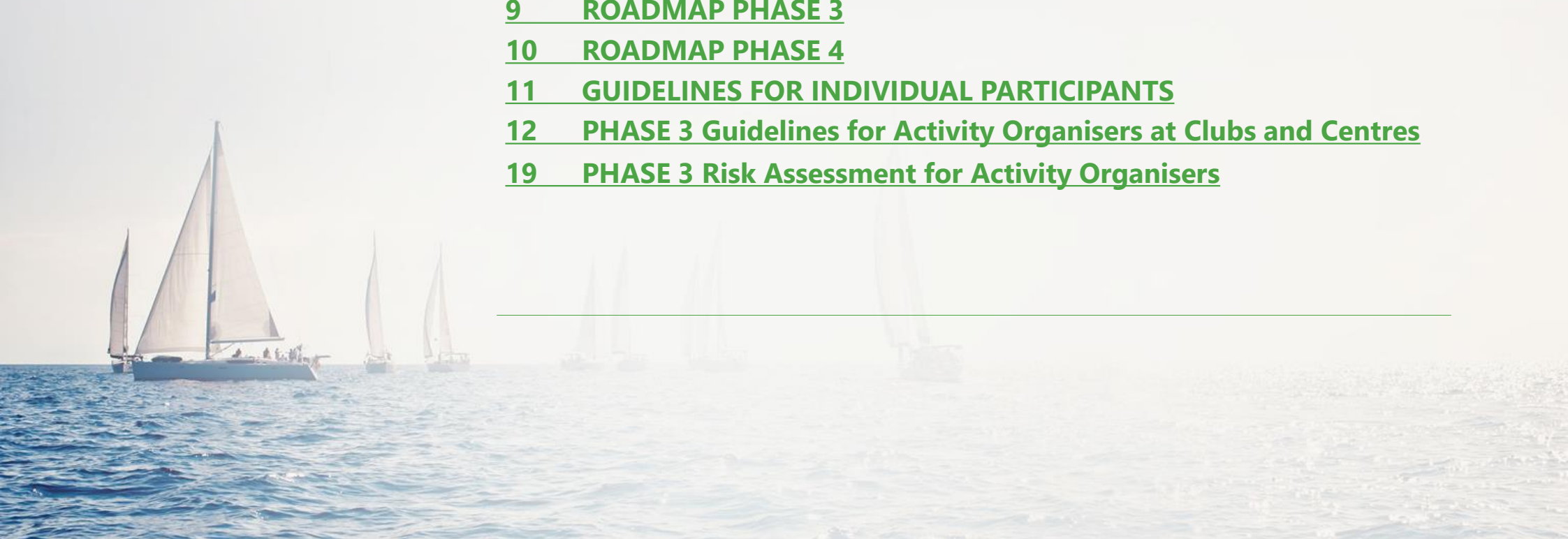


Harry Hermon
CEO
25 June 2020

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OVERVIEW

Following the Government's publication of "The revised Roadmap for Reopening Society and Business" on Friday 19th June, this document is Irish Sailing's interpretation and recommendations for how sailing, windsurfing & powerboating activities may be resumed as we transition through Phases 3 & 4.

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 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

Take 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 to assess the risks associated with the conditions, equipment, experience of sailors, sailing area, and risk of virus spread, 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 club and training centre activities are possible following scheme protocols.

EVENTS & REGATTAS

In Phase 3 National, Regional and Local competitive events may resume, using the 'pod' system for boat crews and efficient contact tracing protocols.



SPECIFIC GROUPS & ACTIVITIES

Free Sailing/Cruising

Boats may sail anywhere within the Island of Ireland including the Islands.

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 – 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>Single handed or household multi handed supervised & non-supervised activity. Also day sailing</p>	Full Compliance	<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 – 8 th June			
<p>Single handed or multi handed supervised & non-supervised activity.</p> <p>Mixed household crew for multi handers in compliance with social distancing</p> <p>Small group team sports training (non-competitive) for up to 15 participants including trainers and coaches.</p> <p>Irish Sailing office is staffed in a limited capacity sufficient to provide all services (ICC's, Commercial Endorsements etc)</p> <p>Irish Sailing Regional Development Support Team Operational</p>	<p>Full Compliance 2m Distance</p>	<p>Within your County or not more than 20 km from your home to your launch site/boat</p> <p>Returning to home port unless within your County or 20km from your home.</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> <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>

Activity	Social Distancing	User Travel to Activity	Basis under Government Roadmap for Reopening Society and Business
PHASE 3 – Provisionally 29 th June			
<p>All training, competitive and recreational activity to resume in compliance with guidelines</p> <p>Multi household crewed boats in 'pods' (maintaining regular crew as much as possible)</p> <p>National, Regional and Club racing events resume</p> <p>Club Catering Facilities Open</p>	<p>2m Social distancing to be maintained where possible</p>	<p>All Ireland</p>	<p>P3 Sport Sporting activities may recommence including:</p> <ul style="list-style-type: none"> • Team leagues for adults and children • Close contact sports • Organised sporting spectator events and fixtures <p>Subject to restrictions on numbers for public gatherings and other public health advice.</p> <p>P3 Social:</p> <ul style="list-style-type: none"> • Indoor gatherings of up to 50 people • Outdoor gatherings of up to 200 people • Cafes, restaurants, bars providing a substantial meal (min value €9) <p>P3 Economic Activity (Work): Anyone who can work from home should continue to work from home where possible</p>

Activity	Social Distancing	User Travel to Activity	Basis under Government Roadmap for Reopening Society and Business
PHASE 4 – Provisionally 20 th July			
As for Phase 3	As for Phase 3	All Ireland	<p>P4 Sports As for Phase 3</p> <p>P3 Social:</p> <ul style="list-style-type: none"> • Indoor gatherings of up to 100 people • Outdoor gatherings of up to 500 people • Pubs and Bars open

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?

**Seek medical assistance
Do not Sail**

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

Go Sailing but exercise caution & follow guidelines

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

Go Sailing under conditions set out by organisers

Follow current social distancing & social gathering guidelines

PHASE 3

Return to Sailing Scheme

Guidelines for Activity
Organisers at Clubs and
Centres

RETURN TO SAILING SCHEME

Guidelines for Activity Organisers at Clubs and Centres

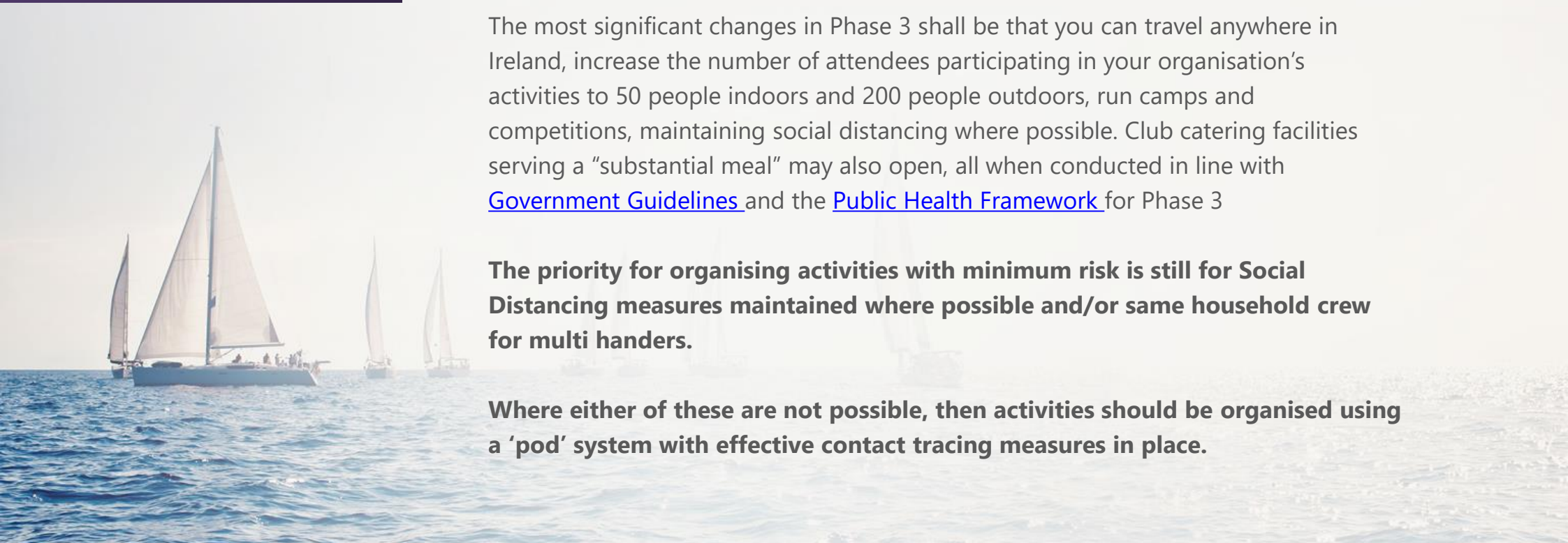
PHASE 3 – From 29th June 2020

GENERAL

The most significant changes in Phase 3 shall be that you can travel anywhere in Ireland, increase the number of attendees participating in your organisation's activities to 50 people indoors and 200 people outdoors, run camps and competitions, maintaining social distancing where possible. Club catering facilities serving a "substantial meal" may also open, all when conducted in line with [Government Guidelines](#) and the [Public Health Framework](#) for Phase 3

The priority for organising activities with minimum risk is still for Social Distancing measures maintained where possible and/or same household crew for multi handers.

Where either of these are not possible, then activities should be organised using a 'pod' system with effective contact tracing measures in place.



PHASE 3

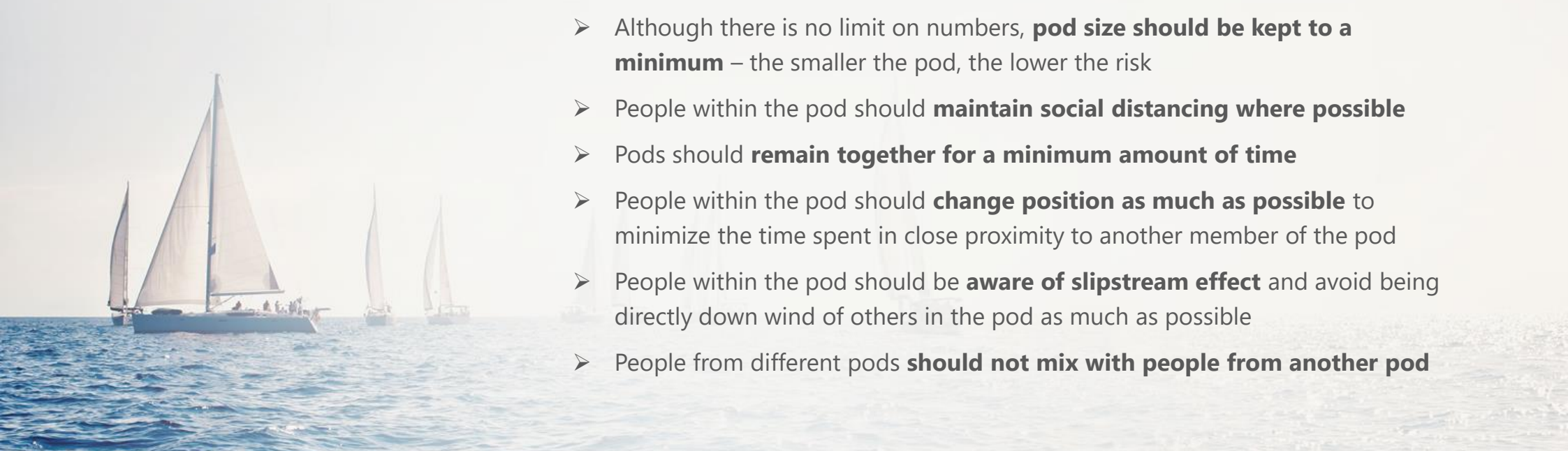
Return to Sailing Scheme

Guidelines for Activity
Organisers at Clubs and
Centres

Covid 19 Awareness

‘Pod System’

- A ‘pod’ is a group of 2 or more household units involved in an activity together where social distancing may not be possible eg:
 - Boat Crew
 - Training Group (incl coach or instructor)
 - Committee boat/race management crew
 - Safety Boat Crew
- Although there is no limit on numbers, **pod size should be kept to a minimum** – the smaller the pod, the lower the risk
- People within the pod should **maintain social distancing where possible**
- Pods should **remain together for a minimum amount of time**
- People within the pod should **change position as much as possible** to minimize the time spent in close proximity to another member of the pod
- People within the pod should be **aware of slipstream effect** and avoid being directly down wind of others in the pod as much as possible
- People from different pods **should not mix with people from another pod**



PHASE 3

Return to Sailing Scheme

Guidelines for Activity
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Covid 19 Awareness

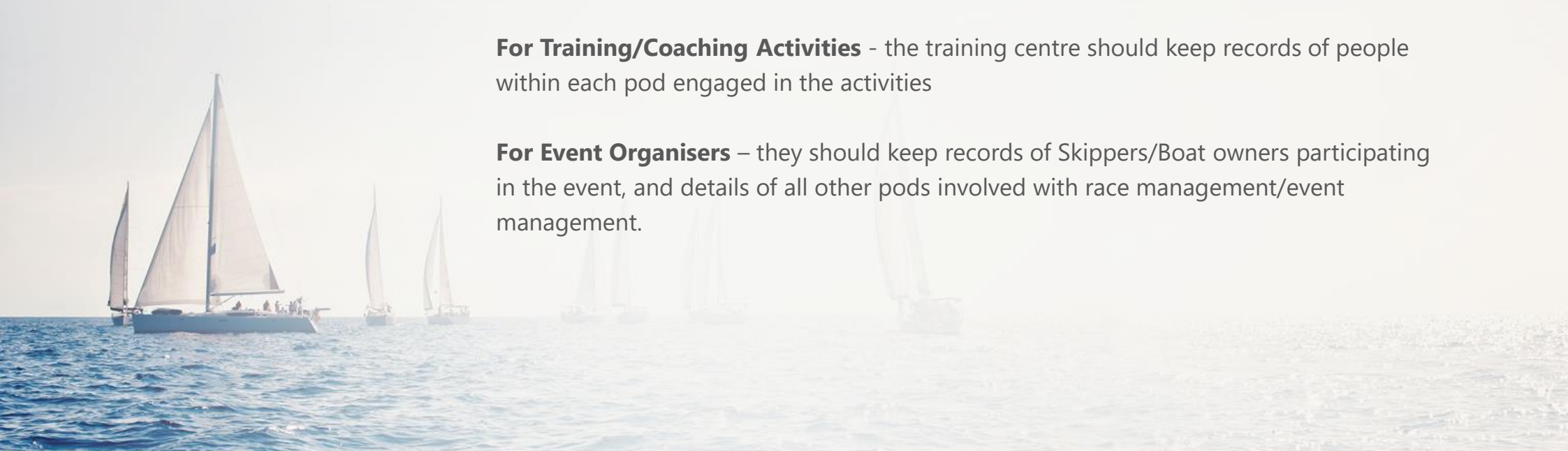
Contact Tracing

A digital list of all attendees and their contact details for all activities must be maintained for contact tracing purposes.

For Skippers/boat owners – they should keep a record of people in their pod participating in activities on their boat

For Training/Coaching Activities - the training centre should keep records of people within each pod engaged in the activities

For Event Organisers – they should keep records of Skippers/Boat owners participating in the event, and details of all other pods involved with race management/event management.



PHASE 3

Return to Sailing Scheme

Guidelines for Activity
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Covid 19 Awareness

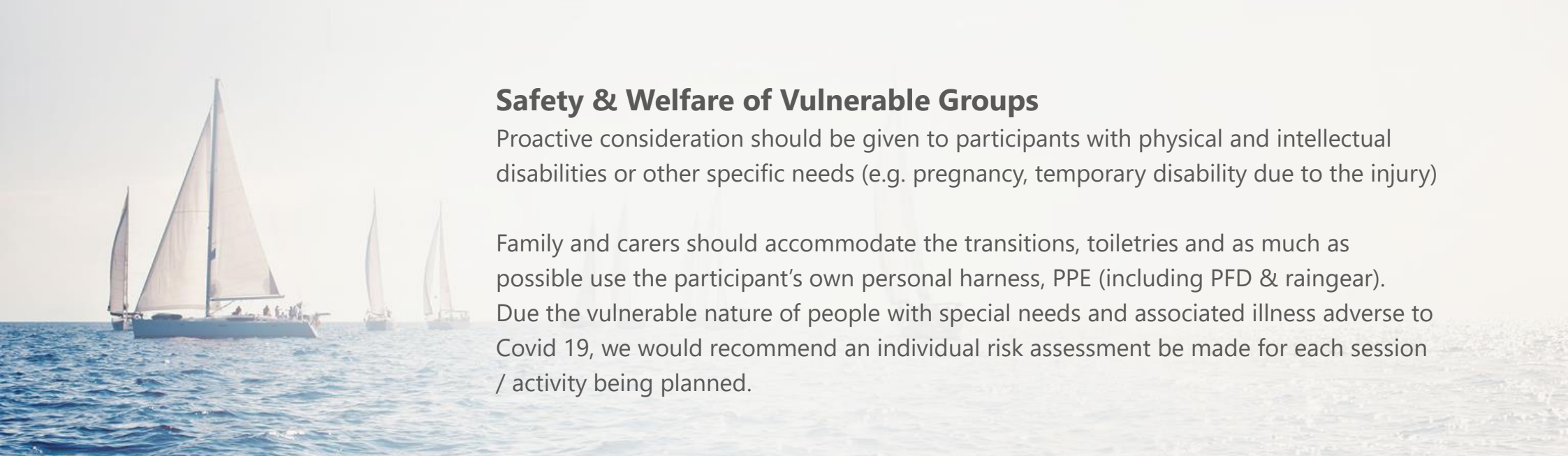
Covid 19 Symptoms

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, the Covid Officer should be alerted, and brought to the designated isolation area.

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 the 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). Due the vulnerable nature of people with special needs and associated illness adverse to Covid 19, we would recommend an individual risk assessment be made for each session / activity being planned.



PHASE 3

Return to Sailing Scheme

Guidelines for Activity
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Covid 19 Awareness

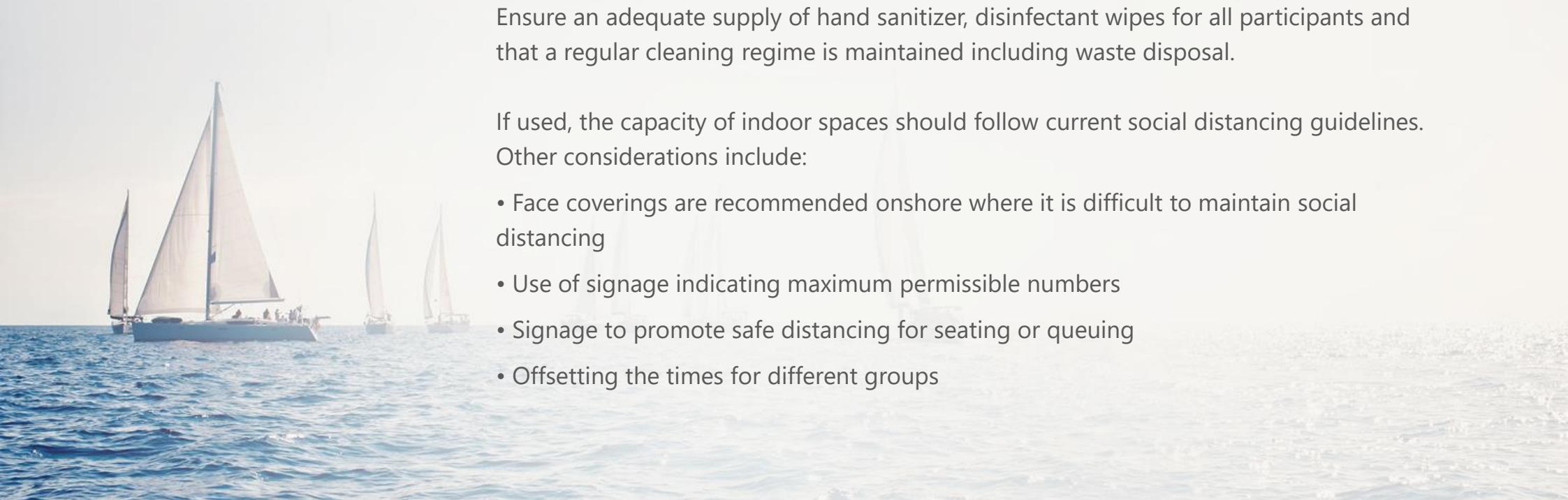
Onshore Facilities

Before reopening of facilities, arrange thorough cleansing including all regularly used surfaces and touch 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:

- Face coverings are recommended onshore where it is difficult to maintain social distancing
- Use of signage indicating maximum permissible numbers
- Signage to promote safe distancing for seating or queuing
- Offsetting the times for different groups



PHASE 3

Return to Sailing Scheme

Guidelines for Activity
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Covid 19 Awareness

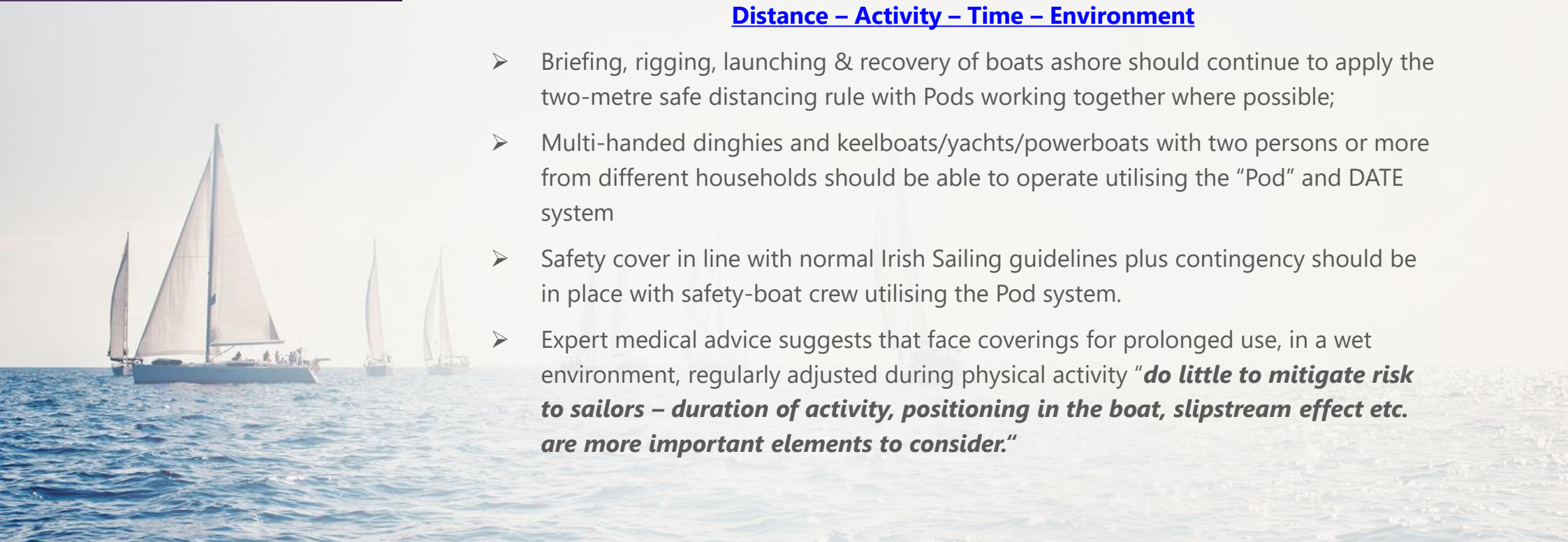
Activity afloat

General Safety Setup

In Phase 3 NPHE in their [Public Health Checklist](#) along with the introduction of the 'pod' system, have introduced the 'DATE' model and is applied to the updated Phase 3 Risk Assessment:

Distance – Activity – Time – Environment

- Briefing, rigging, launching & recovery of boats ashore should continue to apply the two-metre safe distancing rule with Pods working together where possible;
- Multi-handed dinghies and keelboats/yachts/powerboats with two persons or more from different households should be able to operate utilising the "Pod" and DATE system
- Safety cover in line with normal Irish Sailing guidelines plus contingency should be in place with safety-boat crew utilising the Pod system.
- Expert medical advice suggests that face coverings for prolonged use, in a wet environment, regularly adjusted during physical activity ***"do little to mitigate risk to sailors – duration of activity, positioning in the boat, slipstream effect etc. are more important elements to consider."***



PHASE 3

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Guidelines for Activity
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Covid 19 Awareness

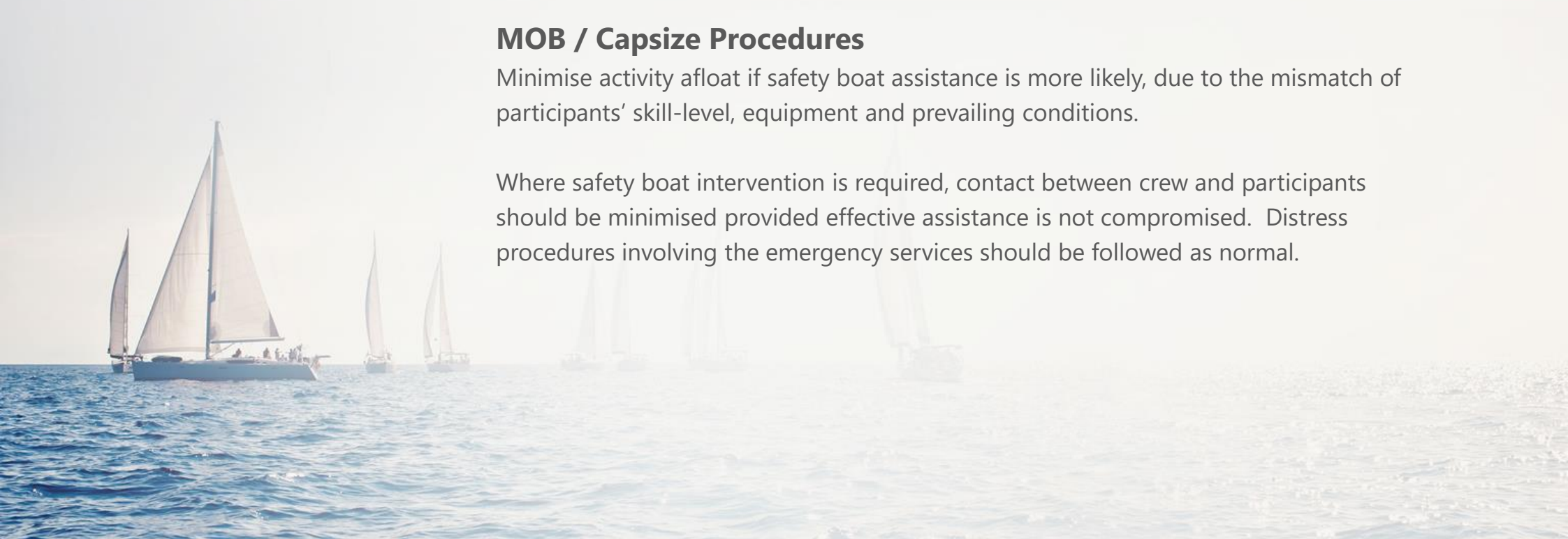
Shared Equipment

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

Minimise 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 3

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.

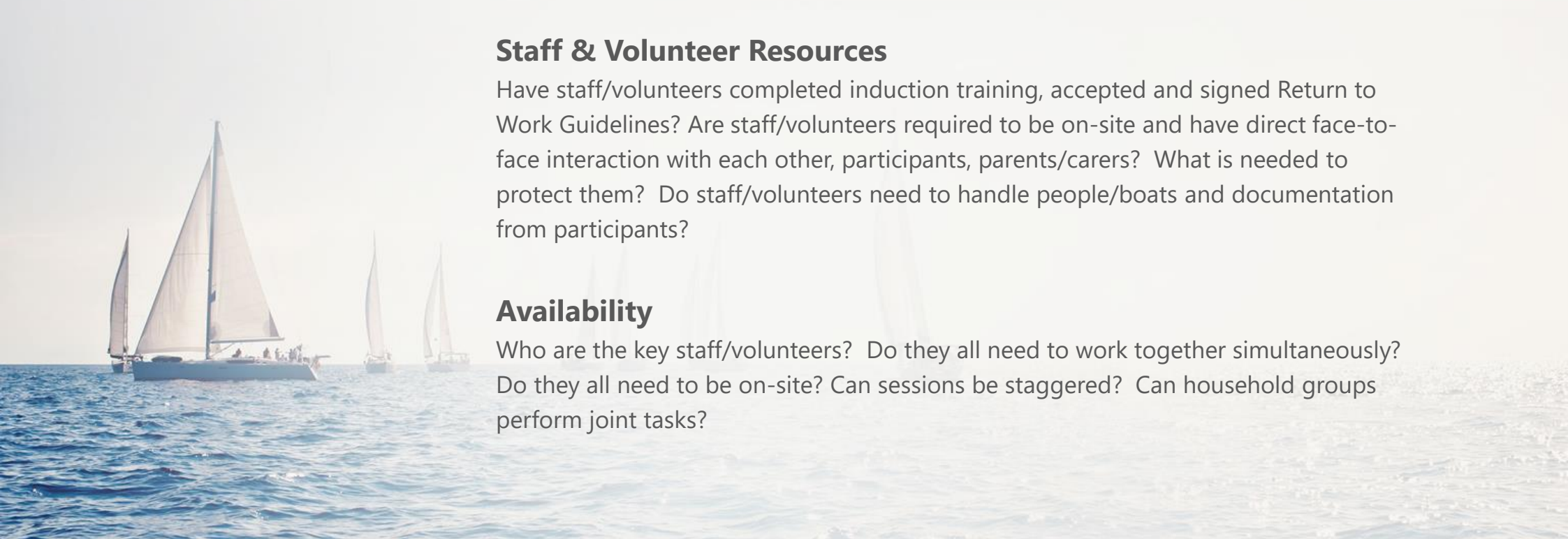
Prior to completing the assessment, consider the following:

Staff & Volunteer Resources

Have staff/volunteers completed induction training, accepted and signed Return to Work Guidelines? 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 3

Return to Sailing Scheme

Risk Assessment for
Activity Organisers

Inputs:

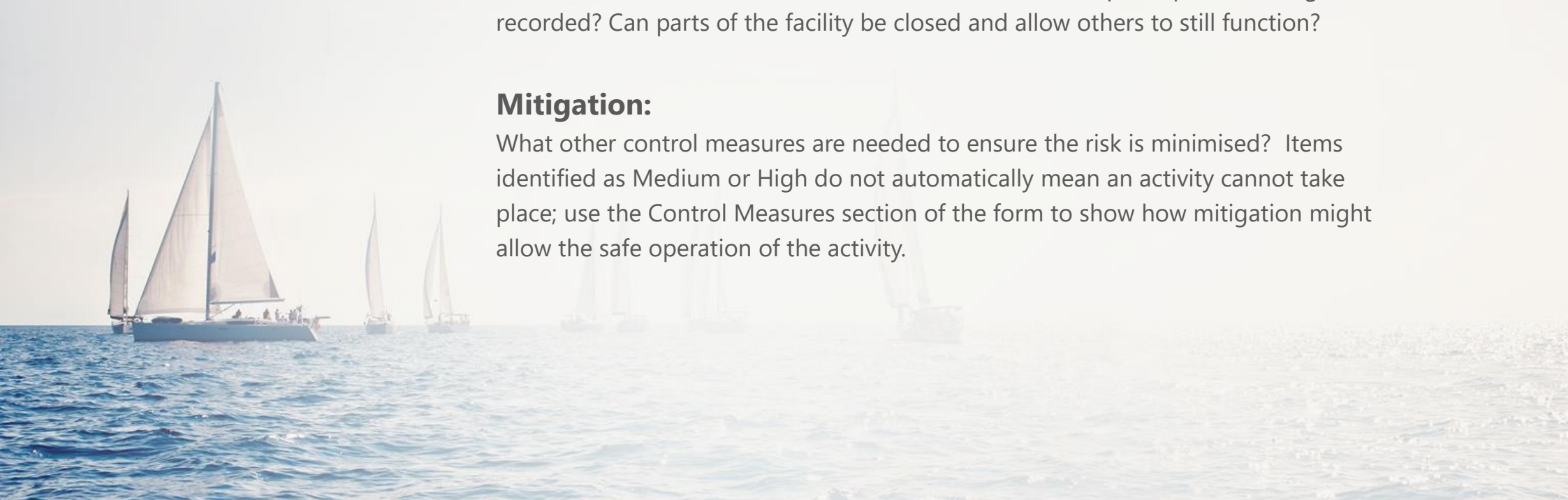
Are the premises clean and disinfected? How many people can be accommodated and keep a safe space apart? Have participants' needs and expectations changed? Are normal operating procedures still fit for purpose?

Recovery:

Have Client/Contractors submitted Symptom Check Forms? 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



PHASE 3

Venue:	Date:
Activity:	

Location	Low	Medium	High	Control Measures
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Shore Facilities

Briefing Room	2m+ space pp	N/A	<2m space pp	
Changing Room	2m+ space pp	N/A	<2m space pp	
Boat Park	2m+ space pp	1 – 2m space pp	<1m space pp	

Water Access

Launch Area	2m+ space pp	1m+ space pp	<1m space pp	
Pontoon Access	Private or public 2m+ space pp	Private or Public 1 - 2m space pp	Private or Public <1m Space pp	
Mooring Access	Club Launch 2m+ space pp	Club Launch 1 – 2m space pp	Club Launch <1m space pp	

Participants

Group	1- 50	50 – 200	200+	
Group Profile	Same Household	Mixed Household operating in pods	Mixed Household mixed groups no control measures	
Ability	Experienced or improver	Beginner	N/A	
Special Needs	No physical assistance required	Physical assistance required	Additional underlying health risks	

Activity

Dinghy sailing	Single hander or multi hander same household	Mixed H'sehold "Pod" Crew	Mixed H'sehold varying crew	
Keelboat / Cruiser	Same Household	Mixed H'sehold "Pod" Crew	Mixed H'sehold varying crew	
Powerboating	Single Crew or Same Household	Mixed H'sehold "Pod" Crew	Mixed H'sehold varying crew	
Windsurfing	Improver	Beginner	N/A	
Training	Improver	Beginner	N/A	
Coaching	Improver	Beginner	N/A	
Racing	Single hander or multi hander same household	Mixed H'sehold "Pod" Crew	Mixed H'sehold varying crew	
Equipment	Personal	Daily allocation	Shared	
Safety Cover	Same Household	Mixed H'sehold "Pod" Crew	Mixed H'sehold varying crew	

	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	