



COVID-19: RETURN TO SAILING SCHEME

Initial Guidelines DRAFT 08/05/20



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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 on a phased basis.

Sport Ireland is developing an updated "Return to Sport" document based on the various phases outlined in the Government roadmap. Irish Sailing is seeking clarity on a number of issues but in the meantime these recommendations should be used for planning purposes until Sport Ireland have completed their document.

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.

FUNDAMENTAL PRINCIPLES 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.
- 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 and non-supervised activity and daysailing - returning to home port</p>	Yes	Not more than 5 km from your home <i>(8/5/20 - IS Seeking Clarity on this)</i>	<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: Open retail outlets that are primarily outdoor Open retail outlets that were open in Tier 2 – homeware, motor, repair etc.</p> <p>P1 Cultural and Social Measures: Open outdoor sports amenities Permit people to engage in outdoor sporting and fitness activities either individually or in very small groups</p>
Phase 2 – Provisionally 8th June				
	<p>As above plus</p> <p>Irish Sailing office is staffed in a limited capacity sufficient to provide all</p>	Yes	Not more than 20 km from your home	<p>P2 Community Health Measures: Extend restrictions to within 20 km of your home</p> <p>P2 Economic Activity (Work):</p>

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	services (ICC's, Commercial Endorsements etc)			<p>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>
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>	Yes	Not more than 20 km from your home	<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: Permit “behind closed doors” sporting activities events where arrangements are in place to enable participants to maintain social distancing</p>

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				Open cafes and restaurants providing on-premises food and beverages where they can comply with social measures and strict cleaning in operation
Phase 4 – Provisionally 20th July				
	As above plus Regional & National Events may be staged	IS Seeking Clarification on how Social Distancing measures might be applied	All Ireland	<p>P4 Community Health Measures: Extend travel to outside your region Small social (non-family) gatherings for a limited period of time</p> <p>P4 Cultural and Social Measures: Permit sports team leagues (ie GAA, Soccer) but with limitations on numbers of spectators Hotel bars remain closed</p>
Phase 5 – Provisionally 10th August				
	As above plus Irish Sailing Office Reopens Regattas/Championship socialising subject to restrictions Club and sailing school bars reopen with restrictions on numbers	IS Seeking Clarification on how Social Distancing measures might be applied	All Ireland	<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: 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</p>

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.





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. Government guidance and changes to restrictions will be regularly reviewed.

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).

Onshore Facilities

Before reopening the clubhouse or centre, arrange thorough cleansing including all regularly used surfaces such as toilets, changing rooms 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 for each room indicating maximum permissible numbers;
- Offsetting the times for different groups to use each room;
- Encouraging households to sail at similar times;
- Implement signage to promote safe distancing for seating or queuing.

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.

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 rescue boat assistance is more likely due to the mismatch of participants' skill-level and prevailing conditions.

Where rescue 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.



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?

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

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				
Participants	Low	Medium	High	Control Measures
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