



Coalhouse Fort Radio Yacht Club

Resumption of Competitive Club Sailing within the COVID -19 restrictions. Implemented 21st June 2021

What is COVID-19

The disease called COVID-19 (short for "coronavirus disease") is caused by a virus discovered in early January 2020 in China, which has been identified as a member of the family of coronaviruses.

COVID-19 seems to be transmitted through droplets spread by coughing, sneezing.

The virus affects the respiratory system. The main symptoms include general weakness and fever; coughing; and in later stages sometimes pneumonia and difficulty breathing.

UK Government guidance on Covid-19 can be found here:

<https://www.gov.uk/coronavirus>

On 9/8/2020 the Model Yachting Association issued guidance for the resumption of competitive sailing within its affiliated clubs in conjunction with the RYA. This guidance complies with government regulations and guidance and this can be found at

<https://mya-uk.org.uk/mya-guidance-for-the-resumption-of-competitive-radio-and-free-sailing/>

CHFRYC is located and sails within a public park, Coalhouse Fort Park which is managed by a Park Ranger and Thurrock Council.

This document is intended to assess risk, define controls and give guidance, allowing the club to resume competitive sailing, whilst minimising the risk to both members of the club and the general public. Please read in conjunction with the CHFRYC Club Sailing and MYA Risk Assessments.

A separate specific Risk Assessment will be produced for open events where visiting competitors will be present.

Non compliance with this document may put yourself, fellow competitors and members of the public at risk and may result in disciplinary action by the Committee.

Rules and Guidance for all sailing.

Follow the RYA and MYA COVID-19 principles:

Be Considerate: be mindful of the potential impact that you could have to other water users and local communities. Do not place unnecessary strain on emergency services.

Be Conservative: help to minimise your risks by taking an extra conservative approach to your sailing activity.

Keep calls and discussion to a minimum and moderate volume to minimise risk of transmission.

General Rules:

- All participants (sailors, volunteers and officials) intending to sail at an event, must check for symptoms of COVID-19 before travelling. In line with current Government Guidance, if an individual is symptomatic and/or living in a household with a possible COVID-19 infection, they must remain at home and follow current Government Guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace because they are a contact of a known COVID-19 case, must not attend.
- The maximum number of competitors and race officials at an event/race day is 30.
- A maximum of 22 boats can be in one race or heat.
- Keep to 2m social distancing, If 2m social distancing cannot be achieved, then a 1m+ approach can be taken at the start/finish line.
- A record of all competitors at each event shall be kept by the responsible person of the day (Class Captain or nominated alternative). In the event a competitor returns a positive test requiring self-isolation, this record may be used to inform all competitors, that day as well as the NHS Track and Trace if required.

General Guidance:

During racing and the pre and post racing periods, participants must adopt the appropriate social distancing guidance (currently 2m) at all times (including boat assembly and set-up). It is recognised that for limited periods during racing (typically for less than 5 minutes) some participants may be closer together where social distancing of 1m+ is permitted if 2m is not possible, such as:

1) During the start countdown

2) At the finish especially between competitors and finish team members

Prior to all sailing/racing activity.

- a) All club members Shall make their own assessment of the current risk to their individual health as well as their potential impact on others health and welfare that attendance at the club event may incur before entering any event. The Club accepts no liability for the decisions made by each member.
- b) Participants must follow Government Guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19 (found in the social distancing Guidance) if it applies to them.
- c) Participants must comply with all public health restrictions and avoid high risk behaviour outside of the sailing setting to reduce the risk to their fellow participants.
- d) Personal hygiene measures (such as hand washing) must be carried out at home before and after sailing activity and regularly at the Club where facilities are available.
- e) Participants must bring their own hand sanitiser and maintain strict and frequent hand hygiene measures at all times. Liquid spray sanitisers are available which can be both used on the hands and equipment. Gel is good for only hands in reality.
- f) Participants must follow Government Guidance on best practice for travel.
- g) Use of the public toilets must adhere to the latest Government Guidance
- h) Sailing equipment should not be shared. If there is no other option, hands and equipment shall be cleaned before and after contact.
- i) Food and drink should not be shared.

Visitors

We may have visitors from other clubs that come to sail socially or within a formal event. It is the responsibility of anyone inviting or acknowledging a request to sail, to point out where this document can be accessed such as our website. We expect visitors to be aware of these rules and guidance.

Where a casual visitor walks in on any meeting or sailing, the member involved should point out our strict social distancing requirements. This should ensure that the visitor doesn't expose themselves to any COVID risks and vice versa. Where a visitor wishes to try out a boat, hands and equipment shall be cleaned before and after contact. If in doubt, a member should introduce the visitor to a Committee member to manage the situation.

After all sailing activity

- a) All participants must sanitise their hands after the completion of sailing
- b) Participants must leave the site whilst maintaining social distancing.
- c) Social gathering after the activity must only be undertaken in line with current Government Guidelines and social distancing must be maintained.

- d) Any Club equipment that is used and moved to the sailing area must always be moved by the same Club representative and only after using hand sanitiser. If that person is unable to move the equipment after sailing, then they may be moved by another nominated person who must then wash their hands thoroughly and/or use hand sanitiser.
- e) All participants who attend an event to report any post event infection within their household to both a Club representative and the NHS Test and Trace system to limit the spread of the virus.
- f) A briefing for the racing should be conducted and within that our key rules and guidelines etc.
- g) Should there be any spectators the RO will make them aware of our social distancing requirements.

Club racing additional requirements

A Race Officer will be appointed, ideally before the day, typically the Class Captain. The RO along with their normal duties should remind and control social distancing during the event.

Hand sanitisation is to be encouraged during breaks or when food is taken.

If all competitor's Hand sanitise prior to each race, the score sheet may be handled by any competitor, for the purpose of recording finishing positions. It is recommended to re hand sanitise immediately on completion of this task. If this is not possible, the Score Sheet should be only handled by one person.

In addition to all the above, whilst it's sometimes rare, good common sense should be utilised in the absence of any specific requirement.

Committee Review and Remedial Action

The CHFRYC Committee will regularly review these rules and guidelines. Committee members will make observations at events and respond to any non-compliance or repetition thereof.

Members should also be encouraged to suggest ideas or modifications to these rules to promote a safe sailing environment.

This document will be updated in line with any changes made by governing authorities.

CHFRYC Committee

Issue: 1 21st June 2021

7 Risk analysis of Droplet Transmission

(Note Accumulated Time is for a 4 hour sailing session)

Activity	Proximity to others	Face to Face?	Interaction Time (per race or activity)	Risk Level	Accumulated Time (per 4hr session)	Cumulative Risk Level	Additional Mitigation Measures?	Final Risk Level (with Mitigation)
Registration	0.5-2m	Yes	2 mins	High (if indoors)	N/A	High (if indoors)	Avoid physical contact with documents (boat cert, PSN, etc.). Face Coverings needed especially for indoor situations OR use online registration (and payment) processes	Medium Risk
Measurement	1-2m	Yes	5-10 mins	Medium	N/A	Medium	Face Coverings needed especially for indoor measurement	Low Risk
Rigging & pack away	2m+	No	5-10mins	Low	<20 mins	Low	None	Low Risk
Practice	2m+	No	0-10 mins	Low	N/A	Low	None	Low Risk
Pre-Start & Countdown	1-2m	No	2-3mins	Low	<30 mins	Medium	Suggest Face Coverings for longer racing sessions or when numbers result in proximities as low as 1m	Low Risk
Racing from fixed locations	2m+	No	10 mins	Low	2 hours	Low	None	Low Risk
Racing - "Walk the Bank"	1-2m	No	20-30 secs	Low	20 mins	Medium	Consider Face Coverings for longer racing sessions or when numbers result in proximities are often as low as 1m	Low Risk
Finishing	1-2m	No	5-10 secs	Low	2 mins	Low	None	Low Risk
Between Race Socialising	2m+	Yes	5 mins	Low	6<60 mins	Low	None	Low Risk
Between Race Socialising	1m+	Yes	5 mins	Medium	6<60 mins	High	Face Coverings must be used if socialising takes place with distances approaching 1m	Medium Risk

