

A Practical Guide for Returning to Sailing at LRYC following the Covid-19 Restrictions

PHASE 1 : 18th May - 8th June 2020

Return to Restricted Sailing

Always follow the Government Guidelines of
Good Hand Hygiene – Respiratory Etiquette – Social Distancing

The guidelines in this document relate to Phase 1 of the Irish Government's Roadmap for Reopening Society and Business.

This phase:

1. Permits sporting activity in open outdoor public sports amenities where social distancing can be maintained.
2. Permits people to engage in outdoor sporting and fitness activities, either individually or in very small groups (maximum 4 people), where social distancing can be maintained and where there is no contact.

Sailing is a sport for life. We know sailing provides great mental and physical health benefits for our members. In view of the Covid-19 Coronavirus pandemic we must ensure that our sailing is carried out safely and will not compromise the health of our members or their families.

This practical guide, prepared by our Committee, having sought advice and following Government, HSE, Waterways Ireland and Irish Sailing guidelines, outlines the robust measures Lough Ree Yacht Club will implement to safeguard volunteers and members during the COVID-19 pandemic. This will allow all of us to get back on the water safely, and improving the wellbeing of members in our Club.

These measures will be in place from the 18th May 2020 to the 8th June 2020, **subject to** the current Irish Coast Guard advisory notice being amended.

Our Club House will remain closed for this Phase.

Sailing should only take place in full visibility from the slipway of LRYC, no boats should sail either above the Yellow Islands or downstream to the river.

Our measures and procedures will be under constant review and updated as advice from government, health authorities and governing bodies evolves in line with the gradual lifting of social restrictions.

The instructions in this document are in addition to any standard operating procedures in place at Lough Ree Yacht Club and take precedence. They are temporary and will be reviewed.

PROVISIONAL CALENDAR

18th May 2020: Phase 1:

Sailing activity will commence from LRYC. A roster and safety boat system will be in place. The number of persons permitted at the facility will be limited on each occasion for safety. There will be no Club boat hire and safety boats will be deployed. Persons attending are subject of the **5km** travel limit.

8th June 2020: Phase II:

Findings from the review of activities of Phase 1 will be implemented. The travel limit is extended to 20km.

29th June 2020: Phase III:

Club racing may commence subject to agreement as not all members will be able to attend as the 20km restriction will still be in place. Junior Training can commence.

20th July 2020: Phase IV:

We will commence a new racing calendar. Members will be able to travel outside their Region.

10th August 2020: Phase V:

The Clubhouse will open. Gathering in accordance with Government guidelines will commence.

We will implement any process changes that are identified as being required as a matter of urgency. We ask you to assist us as we navigate our way through this process by adhering to the guidelines in this document and offering us any suggestions to improve our processes.

We want to take the opportunity from the 18th May to the 8th June 2020 to establish a safe, fair and reliable system for operating the new world we are now living in. We will all play our part in the recovery and help each other in whatever way we can. A risk assessment has been conducted and our plan is designed to mitigate against the risks we have identified. We will test our processes to ensure they are fit for purpose and provide a safe environment for everyone using our facilities.

For the next two weeks we have split sailing opportunity times between the various classes. Sailing will take place within designated times and sailors are requested to adhere to finish times. This is to ensure sufficient time for cleaning of surfaces, to provide a safe environment for the next group of sailors who will be arriving at the Centre.

For this two week period, sailing outside of the designated periods will not be allowed from our facilities.

What is **Not** Available during this Phase:

- There will be **no** Club organised training/coaching, or racing during Phase I.
- There will be **no** Club Boat hire during Phase 1.
- There will be **no** use of Club Buoyancy Aids or equipment (except safety Boat) during Phase 1.
- There will be **no** shower facilities.
- There will be **no** catering facilities.
- There will be **no** changing room facilities.

Your Lough Ree Yacht Club Covid-19 Team has been established and is responsible for managing sailing issues and queries relating to the Covid-19 pandemic. They will report to the Committee.

This Team will:

- Maintain oversight of the implementation of these protocols upon reopening of Club facilities to members.
- Encourage Club members to adhere to HSE / Public Health advice in all cases.
- Ensure that sufficient HSE Covid-19 information posters are in place.
- Introduce a compulsory booking system which will allow for staggered sailing.
- Roster a period of time between sailing periods for sailors to exit and enter the facility reducing the risk of interaction.
- Maintain accurate records of persons using Club facilities.
- Record details of persons entering the facilities (including the Slipway & Boat pen). This will help with contact tracing if necessary.
- Inform members of LRYC of the Covid-19 Coronavirus guidelines.

1. LRYC Dinghy Boat Pen & Slipway Access

In the initial period from 18th May - 8th June 2020, following the Club's re-opening, access to the Slipway & Boat Pen will be limited, and restrictions placed on those who can go sailing from our facility.

To access the Slipway & Boat Pen in this phase of the reopening:-

- A sailor must be a paid up current member.
- To use their boat, sailor's Berthing fee for 2020 must be paid.
- A parent/guardian must accompany any sailor under 18 years, while at the Club.
- A parent/guardian must maintain social distancing at all times and in particular when their sailor is on the water.
- Only one parent per sailor will be allowed on site.

- Young children who are not sailing, will should not be brought to the Club.
- Attendees must not have been out of the country in the last 14 days.
- Attendees must not have been around someone with symptoms of Covid-19 in the last 14 days.
- Attendees must not be in a period of self-isolation and/or cocooning under the current Health Policy Rules.
- Attendees must not be displaying COVID-19 symptoms.
- Attendees must live within a 5km radius of LRYC.
- Attendees must have a pre-reserved sailing time booked/allocated.
- Sailors who wish to visit the Club and carry out maintenance checks only on their boat must book in with the Bosun.

2. Booking Protocols

- Booking a sailing slot in advance is **compulsory**, via the Bosun. WhatsApp groups already in place will be utilised for this.
- A paper based record of this record will be maintained in the Boathouse.
- Sailing will be limited to single-handed sailing. Double/triple-handed sailing is permitted if sailing partner(s) are from the same household.
- Sailing will be limited to those members who have their own boats and equipment. No club boats will be available to book/hire during this phase.
- Sailing will be limited to those sailors who are deemed to be of the required level of experience given the weather conditions at the time. This decision will be made by a LRYC Officer.
- Junior sailors must have at least Level 2 Certification and required experience.

3. Arrival and Check-In Protocols

- The Officer in charge will maintain a register of all persons arriving at the facility for contact tracing purposes if required.
- Adult sailors should travel to the Club alone, or only with a member of the same household.
- If attendees must park next to another car, they should wait for the other person to exit or enter before doing so themselves however given the size of our facility, this should just not occur.
- Attendees should arrive at the Club entrance no more than 5 minutes prior to the reserved sailing time. It is important that attendees maintain social distancing.
- Sailors and parent/guardians will observe social distancing at all times and resist the temptation to mingle.
- Changing rooms and shower facilities will remain closed during this phase. Sailors should arrive in sailing attire.
- No club buoyancy aids or equipment will be available for sailors during this phase. Any sailor arriving without the necessary safety gear, will be asked to return home.

- Sailors arriving to sail, and who have not booked in, will be asked to return home. Members should arrive with gloves, and at their own discretion face masks.
- Sailors should sanitise their hands using soap dispensers provided at the club.
- Sailors should ensure that they utilise toilet facilities in their own home prior to arriving at the club.
- Sailors must understand the need for social distancing while entering and exiting the Club & on slipway.
- Two-metre queue markers will be in place at any single-entry point on the slipway.
- Sailors should make arrangements to store own gear/bag while on the water.
- Sailors should ideally bring a small bottle of hand sanitizer with them and keep it in their pocket or bag for use.

4. Boats and Rigging

- It is the responsibility of boat owners to ensure their boat is in seaworthy condition, and trolleys are serviced, with wheels fully inflated. No assistance will be available to sailors with launch/recovery by any other member of the Club, to reduce any risk of Covid-19 transmission.
- There are designated rigging and de-rigging positions for each sailor to help maintain social distance. They are marked “R”. A sailor will bring their boat to the next available position for rigging and de-rigging.
- Sailors will wait here until safe to launch.
- Parents/Guardian must remain on site to assist under 18’s with launch and recovery.
- Sailor/boat should enter the water one at a time, following the two-metre guide markers.
- There should be no spectators present during this phase of reopening. Only exception to this is parent/guardian of children rostered to sail.

5. Clubhouse and Facilities

- All rooms in the Club building will be locked/out of bounds to members, with the exception of the Disabled Toilet and only if requested.
- The Officer in charge will ensure all door handles and touch points are sanitised.
- The Officer in charge should ensure that Safety Boat has been sanitized prior to use.
- Rubbish bins will be locked, and all items brought to Club should be taken home afterwards.
- Other sailing club furniture will be locked away including whiteboards, chairs/benches.
- All Club containers are out of bounds with the exception of Safety Boat Containers for Rescue Personnel only.

6. On the Water Protocols

- Physical distancing should be observed throughout the sailing session, particularly on entering and exiting the water.
- Physical distancing should be observed on the water, to avoid collisions.
- Sailors will ensure they have the means to return to shore without assistance (alternative means of propulsion) in the event of the unexpected in non-distress situations.
- Sailors must stay within the designated sailing area outlined by Officer in charge.
- No intentional capsizing allowed.
- Sailors must refrain from handshakes and high fives.
- Sailors will return to designated mark buoys and wait until such time as they are called ashore to ensure safe social distancing ashore.

7. Officer in charge Protocols

- Satisfy themselves of the sailor's skill-level and suitability of equipment for the prevailing conditions.
- Officer in charge will have access to first aid kits, VHF radios, and the Defibrillator.
- Ensure Safety Boat has been sanitized.
- Authorise the commencement of sailing activity.
- Curtail any sailing activity at their sole discretion.
- Follow the direction of Flag Officers to delay or cancel activity.

8. Safety Boat Protocols

- Safety Boat Operators will remain apart from sailors at all times.
- Where safety boat intervention is required, contact between crew and participants will be minimised to provide effective assistance.
- Sailors will be towed ashore in their own boat.
- Only in emergency situations will sailors be taken into a safety boat.

9. Getting Home Safely

- Once the sailing session has finished, adult sailors will leave the facility promptly after de-rigging and storing their boat, sanitising their hands.
- It is the parent/guardian responsibility to ensure junior sailors (under 18 yrs) will leave the Club promptly after de-rigging and storing their boat, and sanitising their hands on the way out.
- The sailor will notify the Officer in charge who will record the time of departure.
- If a sailor becomes unwell after sailing, they should first contact their GP and then inform the Officer in charge.
- The Officer in charge will notify a member of the LRYC Covid-19 Team.

IMPORTANT REMINDERS!

- The need for full compliance from all our members on the phased lifting of restrictions to ensure sailing can restart at our Club is absolutely imperative.
- Bear in mind, that at all times, Lough Ree Yacht Club is in full public view, and as such, we must demonstrate that we are abiding with the protocols laid down in this document, and behave in a mature and responsible manner at all times.
- **Be aware that no insurance cover is available for contracting Covid 19 while using the facilities or services of LRYC. Everyone that enters LRYC is responsible for their own actions, safety and decision making, and must fully comply with the COVID-19 guidelines, and the protocols set out by the LRYC Committee in this document.**

Any sailor(s) repeatedly not following the Club guidelines will be asked to leave the Club premises.

I hope you are all looking forward to getting back on the water, and going sailing safely and responsibly at the earliest opportunity.

**Garrett Leech
Commodore
Lough Ree Yacht Club**

It is proposed that sailing will take place during Phase 1 on Sundays morning between 10am – 1pm and Wednesday's from 7pm to 8:30pm

If you are interested in sailing, please book your slot with the [Bosun](#) at least 24 hours in advance.