



Adult Dinghy Sailing Course

The course involves water-based activity and hence carries a limited risk of contact with other persons. Whilst the organisers will mitigate these risks to the best of their ability, people should consider their own personal circumstances before agreeing to take part in the training program.

- For the purposes of contact tracing we ask all participants to register on the contact tracing form, indicating the duration of the course at www.lryc.ie
- Any person who is feeling unwell and is displaying the symptoms of Covid 19 or have reason to believe that they have been exposed to Covid 19, must withdraw from the training program and advise accordingly.
- Participants are required to maintain a 2meter social distance as much as possible
- Sanitisers are positioned around the club. Please use on arrival. Personal sanitisers are encouraged
- Changing rooms may not be available, subject to safe distancing a maximum limit of 4 persons changing rooms if they become available.
- Showers will not be available due to Covid19
- Each sailors must sanitise their boats before and after sailing each day
- The instructors for the evening will perform a risk assessment of the weather conditions before deciding to launch.
- Briefings will most likely be outdoors

Please bring the following:

- A wetsuit and buoyancy aid
- Runners or neoprene boost
- A change of clothes
- some water and perhaps something to eat after sailing