

Social distancing measurements:

Lough Ree Yacht Club Junior Sailing Course 2020

1. It is recommended for parents/guardians to check their child/children's temperature each morning. Should they display any of the relevant symptoms of Covid-19, or should they have been in contact with any person who has either recently tested positive or is awaiting the result of a test, the children must not attend the camp. Each morning we will also perform temperature screening.
2. Children must arrive to the course wearing appropriate clothing for each day sailing. Children should bring a change of clothes and while we will try to minimise the use of the changing rooms and shower facilities – should the need arise we will ensure that only one group use the facilities at a time.
3. All children must have their own belonging, and these must be kept separate to that of their siblings. No contact will be permitted between groups throughout the course. 1 packed bag per child is required.
4. All children must bring their own bottles of hand sanitizer and put their names on these. The children will sanitize their hands at the beginning and at the end of each activity.
5. Only one child will be permitted to the toilet at a time and an attendant will ensure effective hand washing is implemented.
6. The bathrooms and door handles (frequently touched surfaces) will be cleaned throughout the day.
7. To facilitate group management ashore and afloat, larger same ability groups will be split into smaller ratio-based groups with a specific designated instructor. We have a limit of 8 children per group to minimise the contact level and maximise safety and fun for all concerned.
8. It is recommended that any rigging, launching or recovery assistance required should be managed by the team of Instructors and trained assistant instructors using identified procedures. Having additional family members assisting only increases the numbers on site who may not be familiar with the operating procedures.

9. There must be enough boat places for all to sail during the session as participants in safety boats only causes social distancing issues.
10. Whenever possible multiple instructors should not share a safety boat afloat as this will cause social distancing issues as well as encouraging their sailing groups to come together on the water.
11. Each group will be assigned the same instructor (and helper) to work with them throughout the week. Any required background knowledge should be delivered in small chunks outdoors by the designated group instructor
12. There will be separate drop off and collection points for the children – this will be indicated in advance of the course. Please be weary of social distancing guidelines up collection and make a swift drop/off collection.
13. If you have more than 1 child to collection, please continue to follow the above guidelines and collect from all the relevant points.
14. Should a child begin to feel unwell during the camp, he/she will be given a protective mask and will be brought to an isolation room. Parent/Guardians will be contacted and must come and collect this child as soon as possible. If Covid is suspected, you must contact your GP and the course co-ordinators as soon as possible.
15. Should the weather dictate that we cannot go sailing and we are not able to have many children indoors for a prolong period then we reserve the right to ask parents to pick up their children early. All children will be supervised in their groups until pick up has been completed.
16. All social distancing measures mentioned above, and guidelines given by the HSE must be followed for us to have a safe and fun course. Failure to do so will result in action having to be taken by the course coordinators.