

SIBYC COVIDSafe Sailing Policy and Procedure.

Supplement to existing sailing instructions 2020-2021

Get in – Sail – Get out

Introduction:

This document has been developed to cover the requirements of sailing events during the COVID-19 restriction period. It is based on the Public Health (COVID-19 Restrictions on Gathering and Movement) Order (No 4) 2020 pertaining to community sporting activities in New South Wales. These procedures aim to educate participants, minimise COVID-19 transmission risk, record contact tracing information and to develop a risk management policy to ensure safe sailing at the SIBYC club. Due to the ever-changing nature of the COVID-19 situation the restrictions and exemptions may vary at any time. All participants are encouraged to be aware and updated of current New South Wales government guidelines.

Race preparation:

Please refer to the existing sailing instructions 2020-2021 for additional details/information.

1. There will be no pre or post race functions/gatherings until further notice.
2. All skippers and crew for each boat must sign on for each race day electronically (via the QR code) prior to 10:00am on the day of the race. Contact tracing records must be kept for the required period as per New South Wales Health guidelines.
3. SIBYC will not be accepting any cash payments until further notice. All fees are to be paid by EFT to the SIBYC bank account.
4. All participants (skippers, crew, volunteers, visitors and personnel engaged) are to familiarise themselves and comply with the following guidelines.
 - Stay home if you are unwell
 - Do not participate in club activities if you have been unwell in the last 14 days (cough, sore throat, fever, headaches, feeling weak/fatigued/tiredness, aching or painful muscles, breathing difficulties).
 - Do not participate in club activities if you have had close contact with a known or suspected case of COVID-19 until cleared to

participate as per New South Wales Health Department guidelines

- Do not participate in club activities if you have attended any of the reported case locations listed on the New South Wales website <https://www.nsw.gov.au/covid-19/latest-news-and-updates> (as is current on SIBYC race days) until cleared to participate as per New South Wales Health Department guidelines
- Do not participate in club activities if you have returned a positive test for COVID-19 until cleared to return to appropriate social interaction as per New South Wales Health Department guidelines
- Any SIBYC skippers, crew, volunteers, visitors or personnel engaged who test positive to COVID-19 within 14 days of attending a SIBYC event is to inform the committee
- People who are at higher risk of contracting COVID-19 are encouraged to seek medical advice before participating in SIBYC sailing events. High risk populations can include:
 - People aged over 70 years
 - People with chronic medical conditions (such as high blood pressure, heart and lung conditions, kidney disease and diabetes)
 - People with weakened immune systems
 - People currently receiving chemotherapy or radiotherapy
 - Aboriginal and Torres Strait Islander people, who have higher rates of chronic illness
- Physical distancing (1.5 metres) is to be adhered to at all times while on shore. Gatherings in public areas are to comply with New South Wales Public health guidelines
- Physical distancing (1.5 metres) should be maintained on the water in a reasonable and practical manner.
- SIBYC encourages the use of face masks, particularly in situations where it is not possible to meet physical distancing requirements
- COVID-19 safe hygiene requirements are to be practiced. Examples include:
 - Washing hands often with soap and water
 - Using alcohol-based hand sanitisers
 - Avoid touching your eyes/nose/mouth
 - Clean and disinfect surfaces
 - Clean and disinfect objects
- Minimise contact. For example:
 - No hand shaking, hugs, kisses, high-fives
 - No sharing drink bottles, food or towels
- Hand sanitiser and disinfectant cleaning products must be available at all times and used regularly whilst on board. These products are to be maintained at an appropriate strength and used in accordance with manufacturer's instructions.

- Where possible complete event preparation tasks at home. For example:
 - Race sign on and compliance declarations
 - Contact tracing obligations
 - Disinfection of equipment and PPE as necessary
- Skippers and crew are to undertake pre and post race cleaning of shared equipment and surfaces. A record of cleaning dates and times is recommended.
- All participants (skippers, crew, volunteers, visitors and personnel engaged) are to practice responsible waste disposal in a safe and secure manner

Resources/links/references:

COVID-19 testing clinics:

<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics>

Australian sailing COVID-19 information Hub: (Australia wide and NSW information updates)

<https://www.sailingresources.org.au/covid-19/>

Guidelines relating to COVID-19 for community sport in NSW:

<https://www.sailing.org.au/news/new-guidelines-relating-to-COVID-19-for-community-sport/>

COVID-19 case locations:

<https://www.nsw.gov.au/covid-19/latest-news-and-updates>

Good Hygiene for COVID-19:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/good-hygiene-for-coronavirus-covid-19>

Hand washing guidance:

https://www.who.int/gpsc/clean_hands_protection/en/

Advice for people at risk of COVID-19:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19>

COVID-19 resources for general public:

<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources>