

SIBYC COVIDSafe Declaration

Get in – Sail – Get out

- 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

I confirm I have read the above terms of registration.

I understand and agree to the terms of registration.

Full name (printed): _____

Signature: _____

Date: _____