



## **NLHSC COVID-19 Guidance to Members**

| Version | Date       | Summary of Changes/Comments | Author                  |
|---------|------------|-----------------------------|-------------------------|
| 1.0     | 19/05/2020 | Initial Release             | NLHSC General Committee |
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This document has been created using the RYA Guidance dated 12<sup>th</sup> May 2020 version 1.0

The effective eradication of Covid-19 relies on people taking individual and collective responsibility. It is the club's role to facilitate safe activity from our premises in line with Government guidance and to remind all members of their individual responsibility so they can make informed choices.

We all need to be Considerate: Mindful of the potential impact that you could have on other water users and ensuring we do not place unnecessary extra strain on the emergency services.

Be conservative: Help to minimise risk by taking an extra conservative approach to your boating/windsurfing activities.

The committee have worked together to make decisions related to activities, operations and implementing Covid-19 guidelines. Producing a plan to re-commence safe recreational water sport activities at NLHSC.

The plan will be reviewed regularly against the latest Government guidelines and advice. (Weekly)

Therefore, amendments may need to be made in the future.

### **Assessing risk & deciding controls**

The new hazard to the club is the potential for introducing COVID19 to the building and members, and subsequently resulting in onward transferal to families.

We have reviewed the options on how we might alter club operating procedures to support activity, in accordance with the RYA principles.

We all know COVID19 can be spread by touching surfaces then the mouth, nose or eyes and failing to maintain social distancing, sneezing, coughing, even breathing. Therefore, this guidance applies to anyone attending the club.

Failing to follow the guidelines makes the risk of onward transmission high.

Initially consider having your own hand sanitiser when entering through the red barrier and unlocking the padlock, this is the initial risk to you.

The controls at the club:

Avoid grouping on arrival at the club by maintaining 2 metre rule, stay in your car initially if necessary. On entering the club please:

1. **Use the sanitiser provided immediately on entering the main door of the club.** (Obligatory)
2. **Sign in as per usual.** (Important as this supports health and safety and identifies persons present should contact tracing be required).

Signage has been placed around the club to encourage washing hands regularly and maintaining social distancing.

There will be no RYA training available.

No organised club social events.

No racing.

No crewing other than with a member of your own household.

The club boats, windsurfers and sailing equipment will not be available for hire or use due to the logistical difficulties in providing access to and returning equipment to storage; the difficulty in avoiding cross contamination when equipment is distributed across multiple shared storage areas; and the potential risks arising from the handling of cash payments.

The decision about unavailability of all club equipment will be kept under regular review by the committee.

### **Reducing the risk of virus transmission**

We encourage anyone who is unwell with the symptoms of Covid-19 (including a new continuous cough, high temperature, loss of or change in, your normal sense of taste & smell, (anosmia). To avoid attending the club and to read and follow the latest update (18.5.2020) on The Government Website. 'Guidance. Stay at home: guidance for households with possible COVID-19 infection'.

We encourage anyone who has contact with a family or household member who is unwell with the symptoms of Covid-19 to avoid attending the club for a minimum of 14 days.

We encourage everyone to: wash their hands after touching common surfaces– and always after coughing or sneezing. Also, before leaving the club.

Cover your mouth and nose when sneezing or coughing, and avoid touching your face, nose and eyes.

Keep your distance and avoid being face to face with people outside your household.

Please avoid sharing water bottles or food, bring your own flasks/drinks and food. Refuse collection is currently suspended therefore please take your personal litter away with you.

Hand sanitiser has been acquired for use at the entrance and other areas around the club. Soap, paper towels and bins can also be found in the toilets.

Sanitisation has been organised for the club, toilets, changing rooms, light switches etc. After Wednesday evening, Thursday evening, Saturday late afternoon and Sunday late afternoon.

**Facilities - including club grounds, buildings, indoor facilities and changing rooms / toilets.**

We have to liaise with other users of our club to agree a common way of working to meet the government guidelines together. So, any problems, concerns or observations you may have please raise them to a committee member. Remember work together for the greater good/play nice.

The committee will check the latest Covid-19 guidelines weekly so check the Home page on our website.

We have previewed the likely flow of people around the club (indoor and outside) and doorways are the risk areas for maintaining the good social distancing. Therefore, we must all take special care to prevent close quarter crossing, please be extra polite and considerate.

Signage has been placed around the club take time to read at least once.

We have considered closing parts of the club house where social distancing or cleanliness cannot be controlled. Members are asked not use **the first floor including the main club room, kitchen, training room and balcony. The training stores and gent's toilets along from the ladies changing rooms are also restricted to access.** Signage displayed.

The club binoculars are for use only in an emergency. First aid kits and OD box key (Officer of the day, shed) will be moved downstairs. Bin bags and new toilet rolls are stored at the top of the stairs. (Hopefully avoiding damp) If you use any of the items especially the binoculars clean with sanitiser after use.

Accident/injuries however minor and near miss incidents need to be recorded in the accident book. Notify a member of the committee, preferably William Kebbell.

There needs to be a reduced use of changing facilities; only two people to change at any one time being two metres apart. In the gents changing room preferable use opposite sides to the central curtain. In preference we would encourage all attendees to be 'dressed ready for your activity' to minimise the use of changing facilities. (I.e. attend already wearing bathing costumes, rash vests, shorts etc. then don wetsuits outside). For locals maybe consider investing in some waterproof car seat covers for the homeward journey.

**Safety Boat**

**The club safety boats' are not available for use,** members are reminded of club rules 7.1 and 7.2, save for in the event of an emergency.

If launch is deemed necessary in an emergency PPE gloves are available for launching, use the tractor where possible again wearing gloves to minimise those involved in launch/recovery. Anyone boarding the craft to act as rescuer will be Power Boat 2 qualified and should wear PPE, mask and sterile gloves (provided). Please wash your hands before putting them on and taking them off to maximise effectiveness.

On approach to an emergency maintain hailing distance unless physical support is required.

Choose techniques in line with RYA Safety Boat Handbook that minimise physical contact – for example mast tip / use of centreboard, scoop method.

Where possible tow astern rather than alongside.

If recovering a person to a safety boat please consider methods to minimise physical and face to face contact: i.e. use grab handles.

The safety boat will stand prepared just in case it is required to launch. Ropes, anchor, fuel checked. If you are at the club with others assess who would be best to operate the boat in an emergency.

### **Activities on the water - Have yourself a plan.**

Some of this is repeated from earlier but worth re-emphasizing.

Be conservative – stay within the limits of your ability.

Consider when deciding to go afloat: The weather forecast, temperature, wind speed, direction, visibility, participants' competence and types of craft involved.

Dinghies use long painters and mast head floats if available.

Consider carrying a mobile phone think about who you intend to call in an emergency and have the details pre-programmed in your contacts. (Essential if you are alone on the water, what if? scenario planning).

If you are visiting the club on your own, you should consider informing someone at home how long you intend to be at the club for and to contact you if you're not back after this time. In the event you do not return and are uncontactable your designated person will then be able to raise the alarm either with other club members or the emergency services.

If a few members are present at the club consider a briefing outside, with social distancing to discuss what action to take in an emergency.

### **Insurance**

We have liaised with our insurance company re opening and COVID19. Please see response to our treasurer below:

'It is good to learn that you are in the process of developing plans to return to activities and I can confirm that we only stipulate that RYA Clubs & Centres should ensure adherence to UK Government and RYA guidelines/recommendations at all times – adopting a common sense approach to minimising risk.

The RYA document released to Clubs in England last week is very clear on the need for all Clubs to consider their own circumstances and make informed decisions accordingly. We merely concur with this approach and ask that risk is managed accordingly'.

### **For the future**

We will review racing when it is considered a viable activity. Taking cognisance of the guidance from 'RYA Race Management Committee'.

When considering RYA Training Centre activity we will review 'the Restarting RYA Training guidelines document'.

**Potential Covid19 exposure at your club**

We will follow public health advice – new phases may include advice about contact tracing and the possibility that we may have to cease club activities again.

Please ensure that your contact numbers and emergency contact numbers are up to date.

Anyone who displays or develops symptoms of COVID-19 should be sent home.

**Communication**

Any New Updates will be entered on the home page of the NLHSC website, please check before attending.

We all need to work together to avoid COVID-19 so if someone has an oversight politely remind them.