



NLHSC COVID-19 Guidance to Members

Version	Date	Summary of Changes/Comments	Author
1.0	19/05/2020	Initial Release	NLHSC General Committee
1.1	29/05/2020	Changes to Club Equipment Hire	Training Officer
1.2	03/07/2020	Changes to Safety Boat Use, Club Equipment Hire, Access to Communal Club Areas and Training	Training Officer

This document has been created using the RYA Guidance dated 12th 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 social distancing, 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.

No organised club social events.

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

The club windsurfers and SUPs will not be available for hire or use due to the logistical difficulties in providing access to and returning equipment to storage and the difficulty in avoiding cross contamination when equipment is used by multiple people.

The decision about unavailability of club windsurfers and SUPs 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. The main club room on the first floor will be cleaned on Weekends only – Members' are therefore asked to only use the main club room on Saturdays or Sundays and only for access to the Bar, Tea/Coffee and communal kitchen facilities. Furthermore, Members are requested to avoid social gatherings in the clubhouse. Lastly Members are asked not to use **the training room, training stores and gent's toilets along from the ladies changing rooms.**

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.

Club Sailing Dinghies

The Sailing Club Dinghies and Kayaks are available for hire however to reduce the risk of cross contamination, ensure members' safety and prevent damage to the equipment the following additional stipulations apply

- To prevent cross contamination club sailing dinghies and kayaks are only available for long term (monthly) hire. The kayak or dinghy and a set of sails, spars, foils etc as needed will be allocated to a member for use by them or members of their household for the duration of the hire period. To prevent cross contamination all sails, spars & foils will be stored in the

- dinghy rather than the training store. **In brief** only the member who has hired the equipment, or members of their household, will come into contact with the equipment
- To prevent any damage to equipment Member's will need to gain the consent of an appropriate SI before hiring any equipment
 - All hire payments will be processed digitally via the Club's membership portal to avoid any infection risk posed cash payments
 - Hired club sailing dinghies can be used without an instructor on site therefore to balance the risk arising from safety cover potentially not being available club dinghies cannot be used in wind speeds with a 10 minute high above 20 mph as registered on the club website <https://www.nlhsc.co.uk/pages/weather>. (This is less than the normal 25 mph)
 - Members should use good judgement when deciding to use a club sailing dinghy applying the principal "if in doubt don't go out"

If members are interested in hiring a club sailing dinghy the fee is £25 per month. In the first instance members should contact the Training Officer (Will) via email – training@nlhsc.co.uk

Whilst we don't anticipate there being a big demand in the event that more members wish to hire dinghies than there are dinghies available we will put in place a rota system with an allocated Dinghy shared between two Member's on alternate Weekends with at least a 72 hours period between different Member's using the equipment (this is in line with RYA recommendations for shared equipment where decontamination is not practical). If this scenario does arise members' will not be charged the full monthly hire fee.

Safety Boat

The club safety boats are available for use but should be cleaned/wiped down before and after use.

If an emergency necessitating use of the safety boat arises 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.

Training

In line with guidance from RYA training where an SI is fully satisfied that appropriate safeguards to minimise the risk of COVID-19 transmission have been implemented training activities may take place. The implementation of these safeguards may significantly inhibit, so as to make unfeasible, certain types of training activity particularly where beginners are involved.

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

NORTH LINCOLNSHIRE & HUMBERSIDE SAILING CLUB COVID-19 GUIDANCE

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.