

# RETURN TO SAILING IN A COVID-SAFE ENVIRONMENT

29 May 2020



## A guide for Clubs, Discover Sailing Centres & Coaches

State Governments have begun easing restrictions to allow the resumption of sailing in the community. In some states, this is following a staged approach, but the timing of easing of restrictions differs in each jurisdiction. These national guidelines are intended to assist you prepare for a safe return to sailing and be applicable regardless of location.

All Clubs, Discover Sailing Centres and Coaches should ensure they are complying with their state Government's general principles for the return of Sport:

- Outdoor activities only;
- Limit activities to small individual groups;
- Get in, Sail and get out;
- Practice good hand hygiene before and after sailing;
- Avoid physical contact between participants;
- Change-rooms, canteens and kitchens should remain closed (in line with state regulations);
- Arrive dressed and ready to sail;
- Stay home if you are unwell;
- Don't share drinks or towels;
- Sharing of equipment should be avoided and if necessary, should be kept to a minimum;
- Keep a distance of 1.5 metres from other people where reasonably practicable;
- Follow the one person per 4 square metres rule to ensure sufficient physical distancing between participants;
- Contact Tracing records must be kept;
- Strongly recommend COVIDSafe App;

Each individual Club, Centre or Coach must develop a Return to Sailing in a COVID-safe Environment Plan to help guide your return.

This plan should remain flexible and acknowledge the broader principles relevant to each phase of eased restriction, while also providing a level of operational detail relevant to your activities, the club and the facilities used.

The plan should be designed to provide consistency of activity delivery, ensure that physical distancing and hygiene principles are clear and can be easily understood, and that the health of participants, volunteers, staff, coaches, and instructors is protected.

Your plan must be clearly communicated to all stakeholders, with specific requirements communicated or promoted.

Your plan does not need to; and will not be approved by state governments, but all sporting clubs & organisations must be able to produce a copy of their completed plan for compliance purposes if asked.

Australian Sailing can provide feedback to help you develop your individual plans. Clubs are encouraged to contact your Regional Manager for assistance.

## RESOURCES

Development of a plan should be informed by:

- Your States Health Orders
- National Principles for the resumption of sport and recreation activity:  
<https://www.health.gov.au/resources/publications/coronavirus-covid-19-national-principles-for-the-resumption-of-sport-and-recreation-activities>;
- AIS Framework for Rebooting Sport in a COVID-19 Environment:  
[https://ais.gov.au/health-wellbeing/covid-19#ais\\_framework\\_for\\_rebooting\\_sport](https://ais.gov.au/health-wellbeing/covid-19#ais_framework_for_rebooting_sport);
- Return to Sport templates from Sport Australia:  
<https://www.sportaus.gov.au/return-to-sport>
- Cleaning of equipment:  
<https://www.safeworkaustralia.gov.au/covid-19-information-workplaces/cleaning-prevent-spread-covid-19>
- Risk management templates from Australian Sailing:  
<https://www.sailingresources.org.au/safety/risk-management/>
- Sailing-specific advice from Australian Sailing;

## WHAT TO CONSIDER FOR YOUR RETURN TO SAILING IN A COVID-SAFE ENVIRONMENT PLAN

### *Hygiene*

- Personal hygiene requirements for participants pre and post activity (including encouragement for participants to shower at home pre and post activity).
- Provision of hand sanitiser, positioning of this for participants and responsibility for monitoring its availability.
- Clear direction for unwell participants to not attend or leave immediately if they begin to feel unwell.
- No sharing of personal equipment (e.g. water bottle, clothes and towels).
- Discouraging any spitting or nasal secretions from participants.
- Limited sharing of any equipment with appropriate cleaning protocols in place where this is required.

- Use of communal facilities. Appropriate risk mitigation and cleaning protocols should be in place where these are used for any emergency situations. Use of public toilets is permitted where appropriate hygiene and cleaning protocols are in place.
- As appropriate, management of food service and associated cash-handling practices.

For more detail and resources refer to:

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

### *Physical Distancing*

- Activities aimed at supporting the principle “Get in, Sail, get out” – encourage participants to arrive ready to go (limiting any warmup). On completion of activities, discourage any unnecessary social interaction (e.g. face to face meetings, group functions)
- Activities in separated individual small groups.
- Physical contact between participants should be avoided at all times.
- Complying with State Public Health Order requirements in regard to gatherings at and around your club.
- Adequate spacing to support physical distancing requirements (rigging areas, marina docks).
- Spectators should be limited (i.e. one parent per participant for junior activities) and where required, access should be monitored to consider maximum venue capacity (not more than one person per 4 square metres).
- Where spectators are necessary, clear separation of any spectators from participants, with physical distancing of no less than 4 square metres maintained between spectators.
- Control measures for all entry and exit points at Clubs and Centres.

## **ACTIVITY SPECIFIC CONSIDERATIONS**

- Need to format all activities to preserve the small group setting and comply with broader physical distancing and hygiene requirements.
- Protocols on capturing participant details for attendance and individual small groupings (to support contact tracing if required), including record keeping. Use of the Australian Government COVIDSAFE app is encouraged.
- Use of available facilities in the most efficient and practical means, ensuring the maintenance of small individual group activities and adherence to general principles for hygiene and physical distancing – might include segmentation of a single training space into defined areas (e.g. dividing a rigging lawn) or a cap on the number of small groupings per area.
- Instructions to participants on training practices to be avoided.
- Individual boat owners (keelboats for instance) might be required by your club to have their own Return to Sailing Plan documenting how they are going to maintain a safe environment onboard their vessel.
- Clear protocols for equipment to be used and not to be used, including cleaning protocols.
- Avoiding physical contact both in sailing and social contexts, such as crew huddles or handshakes.
- Other protocols or requirements put in place by club committees or management specific to your club which will require consideration and compliance.

## **REVIEW AND MONITOR**

Ensure there is a process to review and monitor the plan, allowing for changes as sport progresses through the phased approach to recommencement and/or aspects need alteration.

## **COMMUNICATIONS**

- Communications to participants and members as to what activities will look like as they recommence and individual expectations of them.
- Communications to participants as to the need for contact tracing (register) to be undertaken by all organisations for each individual session/activity.
- Clear guidance for staff, coaches and volunteers informing them of activity requirements, including but not limited to venue set up, permissible training structures and hygiene protocols.
- Specific advice for high risk groups:  
[https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert?utm\\_source=health.gov.au&utm\\_medium=redirect&utm\\_campaign=digital\\_transformation&utm\\_content=health-topics/novel-coronavirus-2019-ncov#advice-for-people-most-at-risk](https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert?utm_source=health.gov.au&utm_medium=redirect&utm_campaign=digital_transformation&utm_content=health-topics/novel-coronavirus-2019-ncov#advice-for-people-most-at-risk)
- Venue signage:  
<https://www.safeworkaustralia.gov.au/doc/signage-and-posters-covid-19>
- Informing spectators, including parents, on their responsibilities.
- Recommend parents pick up and drop off children from outside the club if possible
- Making the Return to Sport in a COVID-safe Environment Plan accessible for participant and stakeholder access/review.

## **INCIDENT MANAGEMENT**

In the event of a COVID-19 positive result within your organisation or membership you may be required to support contact tracing efforts – access to records related to members, crews and training groups is important.

Protocols will apply related to quarantine/self-isolation for the individual/s and those contact considered at risk.