

COVID PLAN FOR SAILING AT BARWON HEADS SAILING CLUB - current as of 6/10/2020

- Only one person will be allowed into the Club shed at a time. The club shed is not COVID safe and if sailor's sailing gear is stored will increase the risk.
- The public toilets will be open but cannot be guaranteed as COVID safe.
- Club racing and training for sailors 18 years old or under there is no limit to participants. Includes double handed dinghies.
- Club racing and training for 18 years and older must adhere to 1.5 metre social distancing including in a sail boat. Gathering limits will not apply to participants and those reasonably necessary to conduct the training or competition.
- Participants are to arrive ready to sail.
- Rigging space separation should be maintained while on shore.
- No sharing of sailing gear or equipment.
- Sanitising wipes and/or hand sanitiser to be used when self-timing races so using the starting machine and writing on time sheet. (pressing finish button and recording time on time sheet)
- If timelord is on site this person is to be the only person to touch/use starting machine and write on time sheet.
- Person/ timelord entering shed to get and return starting system will have to sign time sheet with their name, mobile phone number and date/time of entering/leaving the shed for contact tracing purposes.
- The starting system will be wiped down with sanitiser wipes after use ready for next use by person (timelord if on site) bringing out and putting away starting system.
- The club race entry sheet will maintain a register of competitors/participants names, timelord/race official names and mobile phone numbers for all for COVID tracing purposes.
- Participants are encouraged to have the flu shot.
- Participants are encouraged to download the government COVID Safe app.
- Participants are regularly reminded to NOT take part if unwell.
- Participants if feel unwell to go home immediately and to follow government Health Guidelines.
- Spectators are allowed if they are supervising children or supporting participants with additional needs while maintaining gathering limits of less than ten people. Otherwise spectators are not allowed.
- No greeting or congratulatory hand shaking or palm slaps between participants.
- Cover your nose and mouth with a tissue when you cough or sneeze. If no tissue available cough or sneeze into your upper sleeve or elbow.
- Hand sanitiser and sanitising wipes will be on hand at all times for participants and officials to use as required. Please dispose of wipes correctly.
- Face masks to be worn on land and sea except when sailing single handed or sailing with a person from your place of residence. Two up boats must wear face masks (children 12 years and under exempt).

Rescue of injured sailor:

- Have surgical face masks on the rescue boat and plastic gloves for rescuers and same for patient. Keep all in a waterproof plastic bag on rescue boat.
- Patient taken to closest ambulance or safe landing area for first aid. (first aid kit in the shed)
- All rescuers/first aiders on land to wear surgical face masks, plastic gowns and gloves.
- Patient treated by first aiders or ambulance paramedics.
- All rescuers sanitise themselves and equipment at completion of rescue/first aid. Removal of all disposal PPE equipment into one plastic bag and disposed of at a race official's home rubbish bin.
- Two sailors (if self timed) or timelord required to have charged mobile phone on site for emergency communication (triple 000)
- All rescuers/first aiders names and mobile numbers recorded by timelord or race competitor.

Rescue damaged boat with uninjured skipper:

- Damaged boats with uninjured skippers will receive last priority. If skipper can bring their boat to the side of river for their own damaged boat retrieval then this would be the preferred method of salvage but if requires a tow from the rescue boat then this could be done with no contact except through long tow rope presuming skipper is still with the boat. If the damaged boat has escaped the skipper then the rescue person attaches and detaches the tow rope using plastic gloves and face mask and returns the boat back to the skipper or the Ozone beach. The Tow rope will be sanitised/cleaned with soapy water/bucket after this exercise. Plastic gloves disposed of as per disposal of PPE mentioned earlier in this plan.

Review: This COVID Plan will be reviewed as required to reflect changes in Chief Health Officer Advice and Advice from Australian Sailing (Victoria).