

SHSC Covid -19 Protocols for Racing



SHSC Committee, in conjunction with ISA, has the following overall recommendations for racing in order to ensure sailing remains a low risk and limit any potential spread of Covid -19.

activity

- Social distancing of 2m on ferry and pontoon to be maintained
- Skippers are recommended to use their own tender and use ferry only when not possible to use their own. See note A below
- There will be hand sanitizer on the pontoon before getting on the ferry, it is expected that crew will hand sanitize on board their boat prior to returning on the ferry.
- Contact details for each boat to be retained electronically- see note B below.
- Skipper and personal responsibility emphasised, do not sail if you feel unwell and follow Covid-19 etiquette.
- Hand sanitizer to be provided by skipper for crew POD before boarding and disembarking
- We are recommending that if skippers use multi- household crew then this becomes a regular crew POD. It is not recommended that members of a crew POD regularly change.
- Minimum number of crew for boats highly recommended
- Do not share equipment, gloves, life jackets etc
- Where practicable rotate positions on the boat with multi- household crew PODs and maintain social distancing. See Note C from sailing.ie
- Whilst the use of masks is not deemed to be effective in a sailing setting due to wetting, prolonged use, and repeated readjustment, cloth masks can be worn if desired using correct procedures for use.

Note A: Use of ferry

- The ferry will take only one boat's crew POD per trip
- The ferry will be at approximately 1/3 of capacity to facilitate 2m social distancing from the driver.

Note B: Electronic Registration

- Skippers will register for each race Saturday morning before 1pm using the Skippers Registration WhatsApp group.
- Skippers will email name and contact number of each crew member including children (under 18 use parent's contact details). This is important for contact tracing. The details for each race will be kept for a month as per recommendations then deleted. Put date of race and name of boat in subject box.
SCHSCContacttracing@gmail.com

Note C: From sailing.ie

PHASE 3

Return to Sailing Scheme

Guidelines for Activity Organisers at Clubs and Centres



Covid 19 Awareness

'Pod System'

- A 'pod' is a group of 2 or more household units involved in an activity together where social distancing may not be possible eg:
 - Boat Crew
 - Training Group (incl coach or instructor)
 - Committee boat/race management crew
 - Safety Boat Crew
- Although there is no limit on numbers, **pod size should be kept to a minimum** – the smaller the pod, the lower the risk
- People within the pod should **maintain social distancing where possible**
- Pods should **remain together for a minimum amount of time**
- People within the pod should **change position as much as possible** to minimize the time spent in close proximity to another member of the pod
- People within the pod should be **aware of slipstream effect** and avoid being directly down wind of others in the pod as much as possible
- People from different pods **should not mix with people from another pod**