



Calgary Yacht Club COVID-19 Guidelines for Youth Racing Programs

(Updated June 15, 2020)

Our priority is to protect the health and safety of sailors, members and our community while adhering to all local, provincial and national health guidelines.

<p>Personal Health</p>	<ul style="list-style-type: none">• Wash your hands with soap and water often for a minimum of 20 seconds. Hand washing is the #1 way to prevent the spread of infection.• Alternatively, use alcohol-based hand sanitizer upon entering and exiting club buildings and after touching any commonly touched surfaces.• Do not touch your face, eyes, mouth or nose with unwashed hands.• If you are sick, or exhibiting any of the following symptoms, DO NOT come to the club. Instead STAY HOME and follow the guidelines provided by the government.<ul style="list-style-type: none">○ Coughing○ Sneezing○ Runny Nose○ Fever○ Sore Throat○ Fatigue○ Body Aches○ Loss of Taste or Smell• Staff or participants at higher risk of severe outcomes from COVID-19 should not take part at this time.• Sailors should be mindful that any activity outside of the home increases risk of contracting COVID-19. The decision to participate must be made by each individual and family based on a personal assessment of risk.
<p>Modified use of Club Facilities and Equipment</p>	<ul style="list-style-type: none">• Contact information of people accessing the facility will be recorded and kept for 4 weeks minimum.• Signage regarding physical distancing, hand washing, and sanitization will be posted at gates, entrances and in washrooms.• In the event that both groups are training on the same night, Race Team Members will use upper (older) clubhouse washrooms while Masters Sailors will use the lower clubhouse washrooms located in the main building.



	<p>Washrooms will be cleaned at the end of the day using gloves and disinfectant.</p> <ul style="list-style-type: none">• All activities should take place outdoors. In the event of inclement weather, sailing will be canceled or replaced with an online theory session. As all activities will be outdoors sailors must come prepared and dressed for the weather.• For organized training sessions, attendance of all participants, parents and siblings must be taken by the coach and submitted at the end of each session.• Youth race team members may use their assigned club boat outside of training hours; however they must inform the manager by email at manager@cyc.ab.ca or by text at 403-874-3049. Boats must be fully sanitized after use. Additionally, sailors must acknowledge the risks associated with sailing alone or without a coach.
<p>Physical Distancing</p>	<ul style="list-style-type: none">• Keep at least 2m or 6ft away from everyone who you do not live with at all times.• If coaches must come within 6ft of others, cloth or procedural medical masks must be worn over the mouth and nose.• While on shore sailors may wear cloth or procedural masks, they are not recommended whilst sailing due to restricted breathing ability when wet.• 2m must be kept between all boats while rigging. Boats in the boat park will be spread out accordingly.• While on water a “2m anytime” room rule will be applied. During practice, practice races or otherwise, no boat shall come within 2m of other boats.• Launching and pulling up of boats will be staggered, with a maximum of 1 person using each launch at a given time.• Each sailor will use the same equipment every time. Optimist sailors will be assigned a boat that only they will use. Laser sailors will use the same boat every time. A maximum of 2 sailors will use each boat, and equipment will be sanitized after each use.• Only 1 coach per coach boat will be permitted, unless 2 coaches are needed for a rescue.• Sailors should arrive dressed or changed for sailing, or “towel/boat-cover change” outdoors near their boat. Changing indoors should be avoided.



	<ul style="list-style-type: none">• Touch and use only your own boat, equipment and clothing.• With the lifting of some restrictions, parents are now permitted onsite to assist and observe their sailor. Please be sure to let the coach know so your presence on site can be recorded.
Sanitation	<ul style="list-style-type: none">• Outdoor handwashing stations with alcohol-based sanitizer will be provided at the main entrance of each building and the men’s change room. Please refrain from entering or exiting any other doors at this time. All participants and staff should sanitize hands upon entering the facility and upon exit.• Cleaning of bathrooms, doorknobs and any surfaces that members come into contact with will be sanitized daily.• Each coach will use the same motorboat each day. If any sharing of motorboats occurs, boats will be sanitized after use.• Every day after coming off the water, boats will be derigged and then disinfected using soap and water ensuring a good lather is present on all surfaces. Dolly handles will be sanitized before and after use each day. PFD’s and Harnesses will not be shared, and any participant who does not own their own PFD will be assigned one for the season.• Equipment – Sails, rudders, bailers, spars and any rigging will be left in or underneath derigged boats.
Group Gathering Size	<ul style="list-style-type: none">• Group gatherings on club property shall not exceed 50 people indoors or 100 people outdoors. If parents and siblings are attending to help or spectate, make sure to notify the coach to have your name recorded. Please practice social distancing rules outlined in these guidelines.
Briefing/Debriefing	<ul style="list-style-type: none">• Each day’s training plan will be sent out to participants in the form of a “video briefing” prior to training. It is the sailor’s responsibility to watch the video prior to practice. Any questions can be asked in the boat park while rigging.• Debrief will be conducted the day after training through zoom at 4pm. The debrief link will be recurring.
Communication/ Records	<ul style="list-style-type: none">• Before attending any activity at CYC all participants must first take the self-assessment. For participation in



	<p>the activity, both the participant and anyone that they live with must be exhibiting NO SYMPTOMS of COVID-19.</p> <ul style="list-style-type: none">• Attendance records will be kept of every participant in attendance at each practice. Records of names of participants, parents, siblings and staff will be kept for a minimum of 4 weeks.• Addition to Participant Waivers: Each participant and their family members must acknowledge that any activity involving leaving one's home at this time exposes them to risk of contracting COVID-19. Even when all precautions are adhered to, some level of risk is still present. Those with underlying health conditions, or increased risk of severe outcomes from COVID-19 should not participate in activities at this time.
Safety Contingencies	<ul style="list-style-type: none">• In the instance of a COVID-19 case in a participant, family member or staff member:<ul style="list-style-type: none">○ Activities will be immediately suspended for 72 hours. AHS will be contacted for guidance.○ Detailed information will be also be provided to the provincial health body to make every effort to prevent an outbreak.• Regarding on water rescue:<ul style="list-style-type: none">○ Risk regarding likelihood of on water rescue will be managed by coaching staff. Any condition in which sailors cannot be fully independent will be prevented.○ In the case of a rescue needing to be conducted, masks, gloves and alcohol-based hand sanitizer will be carried by coaching personnel at all times.
Regattas	<ul style="list-style-type: none">• Official competitions and any unnecessary travel are not sanctioned by the Calgary Yacht Club at this time.