



## Calgary Yacht Club COVID-19 Guidelines for Members

(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><b>Personal Health</b></p>	<ul style="list-style-type: none"><li>• 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.</li><li>• Alternatively, use alcohol-based hand sanitizer upon entering and exiting club buildings and after touching any commonly touched surfaces.</li><li>• Do not touch your face, eyes, mouth or nose with unwashed hands.</li><li>• 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"><li>○ Coughing</li><li>○ Sneezing</li><li>○ Runny Nose</li><li>○ Fever</li><li>○ Sore Throat</li><li>○ Fatigue</li><li>○ Body Aches</li><li>○ Loss of Taste or Smell</li></ul></li><li>• Members at higher risk of severe outcomes from COVID-19 should not take part at this time.</li><li>• Members 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.</li></ul>
<p><b>Modified use of Club Facilities and Equipment</b></p>	<ul style="list-style-type: none"><li>• Contact information of people accessing the facility will be recorded and kept for 4 weeks minimum.</li><li>• Signage regarding physical distancing, hand washing, and sanitization will be posted at gates, entrances and in washrooms.</li><li>• Race Team Members and youth sailors will use upper (older) clubhouse washrooms while Masters sailors and adult members use the lower clubhouse washrooms</li></ul>



	<p>located in the main building. Washrooms will be cleaned at the end of the day using gloves and disinfectant.</p> <ul style="list-style-type: none"> <li>• It is recommended that all activities take place outdoors. If it is necessary to gather indoors, proper social distancing protocols apply.</li> <li>• Members may come to the club to sail their boat and use the facilities, however you must inform the manager by email at <a href="mailto:manager@cyc.ab.ca">manager@cyc.ab.ca</a> or by text at 403-874-3049. Please provide details about what time you arrive and leave club property.</li> <li>• Kayaks and Paddleboards are available for use to those who have purchased a season’s pass. Each item must be sanitized by the user before returning to the racks.</li> </ul>
<p><b>Physical Distancing</b></p>	<ul style="list-style-type: none"> <li>• Keep at least 2m or 6ft away from anyone who is not part of your family or resides at the same address</li> <li>• While on shore sailors may wear cloth or procedural masks, they are not recommended whilst sailing due to restricted breathing ability when wet.</li> <li>• 2m must be kept between all boats while rigging. Boats in the boat park will be spread out accordingly.</li> <li>• While on water a “2m anytime” room rule will be applied. No boat shall come within 2m of other boats.</li> <li>• Launching and pulling up of boats will be staggered, with a maximum of 1 person using each launch at a given time.</li> <li>• Sailors should arrive dressed or changed for sailing, or “towel/boat-cover change” outdoors near their boat. Changing indoors should be avoided.</li> <li>• Touch and use only your own boat, equipment, and clothing.</li> </ul>
<p><b>Sanitation</b></p>	<ul style="list-style-type: none"> <li>• 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 members should sanitize hands upon entering the facility and upon exit.</li> <li>• Cleaning of bathrooms, doorknobs, and any surfaces that members come into contact with, will be sanitized daily.</li> <li>• Equipment – Sails, rudders, bailers, spars and any rigging must be left in or underneath derigged boats.</li> </ul>
<p><b>Group Gathering Size</b></p>	<ul style="list-style-type: none"> <li>• Group gatherings on club property shall not exceed 50 people indoors or 100 people outdoors. If you are</li> </ul>



	<p>bringing guests to the club, you must ensure their names are recorded for contact tracing. Please practice social distancing rules outlined in these guidelines.</p>
<b>Use of Food/Bar Facilities</b>	<ul style="list-style-type: none"><li>• If you are planning to use the BBQ and picnic tables, please make sure to sanitize after use. Plan to bring your own disposable plates, cups, and cutlery for your meal. You must remove your garbage to the bin next to the main gate when you leave. Limit the number of people in the kitchen/bar area and sanitize any surfaces you touch.</li></ul>
<b>Communication/ Records</b>	<ul style="list-style-type: none"><li>• Before coming to the club, the member and anyone that they live with must be exhibiting NO SYMPTOMS of COVID-19.</li><li>• Attendance records will be kept of every person accessing the facility. This will aid in contact tracing if it becomes necessary.</li><li>• Addition to Acknowledgement of Risk: Each member 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.</li></ul>
<b>Safety Contingencies</b>	<ul style="list-style-type: none"><li>• All members must always wear an approved PFD while on the water, irrespective of their age and swimming ability.</li><li>• Regarding on water rescue:<ul style="list-style-type: none"><li>○ In the case of a rescue needing to be conducted, masks, gloves and alcohol-based hand sanitizer will always be carried by coaching personnel.</li></ul></li><li>• In the instance of a COVID-19 case in a member, their family member, or a staff member:<ul style="list-style-type: none"><li>○ Activities will be immediately suspended for 72 hours. AHS will be contacted for guidance.</li><li>○ Detailed information will be also be provided to CHEMA as well as the provincial health body to make every effort to prevent an outbreak.</li></ul></li></ul>