



Calgary Yacht Club COVID-19 Guidelines for Sailing School Programs

(Updated May 22, 2020)

Our priority is to protect the health and safety of participants, staff, 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 for a minimum of 20 seconds often. 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.• Participants 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>Safety</p>	<ul style="list-style-type: none">• Day camp programs will operate in cohorts of 8 participants with 2 members of staff. A maximum of 3 cohorts will be allowed at camp each week.<ul style="list-style-type: none">○ Staff and participants will remain in the same cohort all week.○ Each cohort will travel to their respective activities (sailing, games, lunch) as a group.• Staff, parents, participants and parents MUST NOT attend the program if they show any symptoms of illness,



	<p>even if mild. Anyone exhibiting any of the above symptoms MUST STAY HOME.</p> <ul style="list-style-type: none"> • Mandatory screening questions will be conducted by staff for every participant each day at drop off. • Signage will be posted at gate entry points reminding participants of mandatory screening, to stay home if exhibiting symptoms and to sanitize hands.
<p>Drop of and Pick Up</p>	<ul style="list-style-type: none"> • Each cohort will have a separate designated drop off and pick up location that will be communicated prior to the start of camp and will remain the same throughout the week. • Sign in and out will be done contactless, and staff will record the time of arrival and departure for each participant. Records of staff and participants in attendance will be kept for contact tracing purposes. • As much as possible, only 1 parent/guardian will be allowed on site to drop off participants. • Parents should minimize time spent on club property ensuring drop off and pick up are quick and efficient. Nonessential visitors to the program will not be allowed at this time.
<p>Physical Distancing</p>	<ul style="list-style-type: none"> • Cohorts will not mingle at any time, and all activities (including lunch, drop-off and games) will be conducted separately. • Cohorts will maintain a minimum distance of 10m from each other at all times. • Where possible physical distancing guidelines should be maintained <ul style="list-style-type: none"> ○ Avoiding hugs, handshakes and physical contact. ○ Engaging in activities such as “shadow tag” and other physically distant games. • Each cohort will store their boats in a separate area. Boats are to be stored 2m apart from each other to allow physical distancing while rigging. • Each participant will be assigned a boat and equipment to be used for the entire week. No sharing of equipment between cohorts or participants will be permitted. • For doublehanded sailing, partners will be the same all week. Parents and participants must be made aware of the space sharing nature of doublehanded sailing. • Lunch time will be staggered for each of the 3 cohorts. additionally, each cohort will have an assigned lunch



	<p>location. Each participant should bring their own lunch and water bottle. No sharing of food is permitted.</p> <ul style="list-style-type: none">• Participants must bring and use their own sunscreen/bug spray. No sharing of products will be permitted.• Launching of boats will also be staggered, to ensure distance between cohorts.• Other equipment including balls, frisbees etc. will not be shared between cohorts unless sanitized between uses.• Coaches will use the same coach boat for the duration of the week. No participants are permitted in the coach boat at this time.
<p>Modified use of Club Facilities and Equipment</p>	<ul style="list-style-type: none">• Contact information and times of people accessing the facility will be electronically recorded and kept for 4 weeks minimum.• Signage regarding physical distancing, hand washing, and sanitization will be posted at gates, entrances and in washrooms.• Participants will use the upper clubhouse washrooms and changing facilities. Main clubhouse washrooms are off limits to day camp participants. Washrooms will be cleaned at lunch and at the end of the day using gloves and disinfectant.• Washroom use will be staggered. A maximum of 2 people will be permitted in the washroom/changeroom at each time.• To limit use of changerooms, all participants should arrive changed in clothing suitable for on water activities.• All activities will take place outdoors if possible. In the event of inclement weather, cohorts will be assigned their own indoor space.
<p>Sanitation</p>	<ul style="list-style-type: none">• Outdoor handwashing stations with alcohol-based sanitizer will be provided at the main entrance of each building. No other entrances may be used 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 prior to programs, at lunch time and after programs each day.• Each coach will use the same motorboat each day. If any sharing of motorboats occurs, boats will be sanitized after use.



	<ul style="list-style-type: none">• 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 or lifejacket will be assigned one for the duration of the week.• 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. This includes all members, parents, staff, and sailors.
Communication/ Records	<ul style="list-style-type: none">• A participant screening questionnaire as well as this document outlining procedures and guidelines will be sent to parents as part of the pre-camp email communication.• Attendance records will be kept for every participant and staff member in attendance at for each activity. Records of names of participants and staff present will be recorded, as well as time of arrival and departure from club property.• 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/Illness Contingencies	<ul style="list-style-type: none">• In the case that a participant develops any illness while at camp, the participant will be immediately isolated away from other participants, and parents will be notified to pick up their child immediately. The staff caring for the isolated participant will wear a mask and keep appropriate distance. All items used by the infected participant will be thoroughly disinfected prior to being used again.• If a staff person develops illness, they will immediately inform their supervisor and go home.• In the case of a confirmed or probable COVID-19 case in a participant, family member or staff member:



	<ul style="list-style-type: none">○ Activities will be immediately suspended and not resumed for a minimum 72 hours.○ Detailed information will be provided to CHEMA as well as the provincial health body in order 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.
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