

OUSE AMATEUR SAILING CLUB CORONA VIRUS RISK ASSESSMENT AND CONTROLS

Corona Virus (C19) is an infectious virus spread mainly by touching and breathing in the virus. There is currently no cure or vaccine, most people recover from the infection but people with respiratory or cardiac problems (known or unknown) are more at risk from the virus as are older people. There are other factors that increase your risk of the disease and the virus can be fatal. Despite the latest government advice and gradual unlocking of the lockdown, the virus is still at large and the risks of infection remain pretty much what they were as of day 1. It is only the government guidelines that have changed and not the virus or its risks to your health.

It seems that the best way to stop the spread is to keep at least 2 metres away from anyone who does not live with you, do not meet with people other than from your household, avoid hand contact, touching your face and do not breathe in or touch any virus particles.

Good hygiene is essential; you should wash your hands on arrival, prior to leaving and after touching any common surfaces. If we are able to source supplies, we will provide hand sanitiser by the clubhouse entrance on organised sailing days.

Please remember that we cannot legislate/advise for every conceivable set of circumstances, common sense must prevail and the whole aim of these rules/controls, call them what you will, is to keep our club members safe and virus free. This document is under regular review and amendment; please make sure you are using the latest version.

The OASC will continue to follow the latest RYA Covid-19 Guiding Principles following Government advice. This document will be under constant review. Any changes will be communicated to members by email, website, and Facebook, we will also put a hard copy at Saddlebow. We expect all members using the site will have read and abide by the new guidelines.

More detailed and definitive information is available from the HM Government website: <https://www.gov.uk/coronavirus>

Controls that apply to everyone

If you are suffering from any of the symptoms (high temperature, persistent cough or any flu like symptoms) you must stay away from the club to prevent spreading the virus. If you are displaying any of the symptoms you will be asked to leave the site.

If you or any person living with you, have had the virus or any symptoms you must stay away from the site for 14 days after the symptoms have cleared.

You should maintain social distancing at all times if at all possible.

Face coverings (Home-made mask, scarf, towel etc.) may help reduce the spread of the virus and can be worn if you so wish, it is probably best not to wear them whilst sailing.

Currently the clubhouse remains closed so there is no access to changing rooms or toilets, please bear this in mind when reading the controls below as some will be inappropriate whilst there is no access to the clubhouse.

Only touch your own belongings/equipment. If you touch/handle other people's kit then you should wash your hands.

Wash/sanitise your hands on arrival and prior to departure – we will try to provide hand sanitiser in the clubhouse if it is available. We strongly suggest you bring and use your own. We will not provide towels – bring your own.

Wash/sanitise hands after touching door handles, locks, taps, toilet flushes or items that other people may have handled/touched.

If you are using the site on a non-club organised time then we strongly advise you lock the security gates behind you to prevent unauthorised access to the site. If you arrive and other people are already on site please give them space and consider leaving and returning at a later time. Do not overcrowd the site.

ACTIVITY	CONTROLS	Currently allowed?
Watching from shore, walking around the site, sunbathing/relaxing	Maintain social distancing (2 metres apart at all times). Stay within your household group. Numbers may be limited.	Yes
Use of clubhouse	At this time (15 th May 2020) the entire clubhouse remains closed so there is no access to changing rooms or toilets	No
Provision of food and drink	At this time the kitchen remains closed and no food or drink will be available. Members should bring their own refreshments and not share them outside their household group.	No
Use of changing rooms	The changing rooms are primarily only an access route to the relevant toilet. The changing rooms remain closed except for exceptional circumstances; there should never be more than 2 people in the changing room at any 1 time. Only 1 person is to be in the disabled accessible changing room at any one time.	No
Toilet facilities	The 3 toilets remain open but will only be cleaned prior and after organised sailing/racing. It is strongly advised that you bring your own cleanser if using the site outside of organised sailing. Hand soap is available at the sinks. The towels will be removed; no hand drying facilities are available so you should bring your own.	No
Non sailing water born activities	Members who wish to canoe, paddle board or swim etc. may do so at their own risk but should be aware of the limitations given below and apply those controls that are relevant to their activity. If the sluice gates are open and a current is flowing, consider whether it is still safe for you to go out on the water and keep to the south of the slipways to stay away from the sluice gates (i.e. turn left when you launch).	Yes
Getting changed into sailing kit	The changing rooms are closed and you should either arrive in your sailing kit or get changed by your car, keeping in mind that the car park is open to members of both sexes and children, please preserve modesty.	Yes
Rigging dinghies	Maintain social distancing.	Yes

	<p>You should not offer or accept help from people outside your household group. If you cannot rig on your own, do not sail. 2 person dinghies should only be sailed by members of the same household group.</p>	
Launching/recovering dinghies	<p>Maintain social distancing. If you need help get a household member to help. If you need help and a household member is not available, attach a rope of at least 3 metres to the handles and get a helper to use that, but they must stay at least 2 metres from you If other people touch your launching trolley handles they should wash their hands afterwards.</p>	Yes
Leisure Sailing	<p>Keep your distance from other dinghies. 2 person dinghies should only be crewed by members of the same household group. During leisure sailing there will be no safety boat on the water and therefore you are solely responsible for your safety, members should not sail unless there is someone ashore to render assistance/call for assistance as required. You should not sail if the wind speed is forecast to be above 20mph or gust to above 30mph. If the sluice gates are open and a current is flowing consider whether it is still safe for you to go out on the water. Be aware of the limits of your ability – if you do capsize and have to leave the boat in the water, inform a committee member ASAP and advise the emergency services so that a Coastguard call-out is not initiated. Consider fitting an anti-inversion float to the mast head (empty sealed plastic 4 ltr milk container?)</p>	Yes
Organised club racing (as and when it recommences)	<p>Numbers on the start line may be restricted and there may be more than 1 start per race – this will be notified by the RO of the day. The second start sequence (5 minute warning) will start 1 minute after the start gun for the first start. The 2 scheduled club races may be replaced by 1 longer Pursuit Race – this will help alleviate crowding at the start line – Hon Sailing Sec to advise. There may be a restricted safety boat cover available or none at all the RO will advise. Winds forecast above 25mph or gusting above 35 mph may result in races being cancelled/abandoned. Winds forecast to be below 5mph may result in races being cancelled/abandoned. The RO has the discretion to cancel/abandon racing if they feel conditions and/or safety cover are inappropriate. If racing is abandoned then all competitors are to return ashore as soon as possible and not continue sailing. This will be signalled by flying flag N and 3 blasts on the horn Club boats are not to be used. 2 person dinghies should only be crewed by members of the same family group. Dinghies should maintain a lateral distance of at least 1 metre between them whenever possible, any helm consistently breaking this rule must undergo a 10 second penalty by letting the mainsheet go loose and the mainsail flap for a 10 second count.</p>	Not at this time 15 May 20
Launching /recovering safety boat	<p>This should be carried out by 1 person if at all possible – certainly for launching. During recovery it is acceptable for 1 person to control the aft of the boat whilst another person connects the winch line and winches the boat onto the trailer – there should only be 1 person at the bow or stern of the boat.</p>	Yes but N/A
Operation of safety boat	<p>If conditions allow, the safety boat should be operated by a single experienced helm – advice to be taken from the normal safety boat crews. If the safety boat is crewed by 2 people they must maintain 2 metre distancing or be from the same household.</p>	Yes but N/A

	<p>To assist with crew separation the safety boat may be anchored mid-stream and remain stationary unless it is required to assist a dinghy.</p> <p>If the safety boat is anchored mid-stream it should be considered an obstruction IAW the racing rules.</p>	
<p>Race Officer duties</p> <p>The RO should confer with either the Hon Sec, Hon Sailing Sec or safety boat crew to make decisions re conditions etc.</p>	<p>The RO may decide the conditions are unsuitable for club sailing/racing and stop all activities.</p> <p>The RO should liaise with the safety boat crew to decide on the appropriate crew numbers and the provision of suitable cover.</p> <p>Only the RO or a member of their household group to be in the race shed at any one time.</p> <p>If the RO wishes for assistance outside their household group, then those involved must maintain social distancing – note the horns can be moved away from the flag post.</p> <p>The results sheet to be given to either Hon Sec or Hon Sailing Sec and the results will be worked out away from the club and posted on the website.</p>	<p>Only applicable during racing</p>

Reference: RYA Club Guidance on restarting boating activity and managing Covid-19 14.05.2020

Issue 1 - 12.00 15 May 2020