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## **COVID Transmission Risk Reduction Guidelines**

Ely Sailing Club is committed to providing a safe environment for both its instructors and students to reduce the risk of COVID Transmission during the delivery of ESC Training Course activities.

### **Principle Training Course Activities**

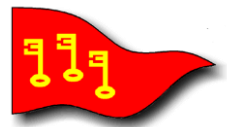
A review of the ESC Training Course delivery has been undertaken to identify principal COVID Transmission risk activities and define necessary additional control measures that will be implemented to reduce the transmission risk.

- I. Instructor Arrival and Course Preparation
- II. Student Arrival and Registration
- III. Use of ESC Club House
- IV. Use of ESC Training Equipment
- V. Delivery of Theoretical and Practical Onshore Training Activities
- VI. Delivery of Practical Coaching and Rescue on Water
- VII. Cleaning and Storage of Equipment after Use

#### **I. Instructor Arrival and Course Preparation**

To reduce the risk of COVID transmission from instructors and volunteers the following requirements shall be implemented for 2021:

- a. Course Instructors and Volunteers shall not participate in any ESC activities if they have been notified by NHS Track & Trace that they have been in contact with a positive case in the last 10days, or if they (or members of their family) are exhibiting any known COVID side effects: Fever, Temperature, Loss of Taste or Smell. Upon arrival at ESC temperature checks shall be taken and recorded each day for all instructors and volunteers (maximum allowable temperature is 37.8C)
- b. Instructors and Volunteers shall regularly sanitise hands with Alcohol/anti-bacterial wipes including before opening up the club house, race box, green crate, boat shed and jetty gate. Hands shall also be sanitised before and after use of the safety boat and onshore trainer.
- c. Instructors and Volunteers shall maintain a safe 2m distance between colleagues and students for the duration of the training activity. Where this is not possible instructors and volunteers shall wear a mask, unless having refreshments
- d. The grass area in front of the ESC clubhouse shall be sectionalised into separate areas as directed by the Senior Instructor for delivery of all Adult and Children onshore activities (reception, theory, trainer exercises, refreshments etc.) to reduce the interaction between the two training bubbles
- e. Once sited and rigged the onshore trainer hard surfaces shall be wiped down with an antibacterial wipe before use. In addition, instructors shall mark out socially distanced locations around the trainer for subsequent use. Instructors shall ensure all students sanitise hands with Alcohol/anti-bacterial wipes before and after use of the trainer
- f. Senior instructor shall allocate resources to each training bubble (e.g. white boards, safety boat, trainers etc.) to minimise interaction
- g. The duty instructor(s) preparing the safety powerboats shall undertake a check of the supply of masks, wipes and sanitiser and replace as necessary



### **II. Student Arrival and Registration**

To reduce the risk of COVID transmission from instructors and volunteers the following requirements shall be implemented for 2021:

- a. Students shall not participate in any ESC activities if they have been notified by NHS Track & Trace that they have been in contact with a positive case in the last 10 days, or if they (or members of their family) are exhibiting any known COVID side effects: Fever, Temperature, Loss of Taste or Smell. Upon arrival at ESC temperature checks shall be taken and recorded each day for all students (maximum allowable temperature is 37.8C)
- b. All students and accompanying adults shall maintain a safe 2m distance between training staff and students for the duration of the training activity. Where this is not possible students shall wear a mask, unless having refreshments
- c. All students shall regularly sanitise hands with Alcohol/anti-bacterial wipes whilst participating in the ESC Training Activities. This includes before use of ESC equipment and entering the clubhouse. Hands shall also be sanitised before and after use of the onshore trainer
- d. Accompanying adults are requested not to stay onsite during the training activities, unless required for medical and/or care purposes. Where this is necessary accompanying adults will be allowed to use the grass area to the RHS of the race box

### **III. Use of ESC Club House**

To reduce the risk of COVID transmission ESC clubhouse access shall be restricted to following:

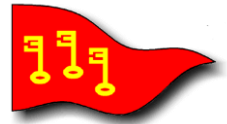
- a. Accessing the Training boxes, keys & equipment necessary
- b. Use of the galley by instructors/volunteers for preparation of hot & cold drinks
- c. Use of toilet and/or changing facilities. To maintain segregation between courses:
  - a. The Ladies changing room shall be used by the Adult Course students, on a one in one out basis, with access from ESC main front door. An instructor shall be appointed to manage.
  - b. The Gents changing room shall be used by the Cadet Course students, on a one in one out basis, with access from outside side door. An instructor shall be appointed to manage.

The ESC clubhouse main floor area shall not be used for delivery of theory training sessions unless absolutely necessary (e.g. heavy downpour) and/or during lunch periods. If absolutely necessary, the adult bubble shall use the clubhouse and the cadet bubble shall use gazebo and green crate for shelter. Masks shall be worn at all times and all ESC windows and doors shall be opened for maximum ventilation.

### **IV. Use of ESC Training Equipment**

To reduce the risk of COVID transmission whilst using ESC equipment the following requirements shall be implemented for 2021:

- a. Buoyancy aides shall be retained by the student for the duration of the course, being kept in their allocated vessel overnight
- b. Students will be assigned numbered boats and associated equipment for the duration of the training course. All associated equipment (e.g. dagger boards and rudders) shall be kept in or in the vicinity of their allocated boat overnight.
- c. Hands shall be sanitised before and after touching any ESC equipment e.g. before entry and collection equipment from green crate, onshore trainer etc



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### **V. Delivery of Theoretical and Practical Onshore Training Activities**

To reduce the risk of COVID transmission whilst delivering onshore training activities the following requirements shall be implemented for 2021:

- a. All theory activities will be delivered outside
- b. Students and instructors shall maintain safe distance (2m without mask, or >1m with mask) during the delivery of training onshore activities
- c. Students shall use marked out socially distanced locations around the trainer during onshore drills
- d. Hands shall be sanitised before and after use of the onshore trainer

### **VI. Delivery of Practical Coaching and Rescue on Water**

To reduce the risk of COVID transmission whilst delivering training activities on the water the following requirements shall be implemented for 2021:

- a. Students will be assigned numbered boats and associated equipment for the duration of the training course
- b. Students hands shall be sanitised before and after use of boat
- c. Students and instructors shall maintain safe distance (2m without mask, or >1m with mask) during the delivery of training activities (e.g. coaching individual student)
- d. A maximum of two people shall be normally allowed to be in a safety boat at any one time
- e. To reduce the risk of the mast becoming stuck in the clay upon capsize, requiring power boat recovery, mast head floats will be used on all training boats for the duration of the course
- f. In the event of having to recover a student(s) into the safety boat, masks shall be worn by instructors and volunteers

### **VII. Cleaning and Storage of Equipment after Use**

To reduce the risk of COVID transmission after delivery of training activities the following requirements shall be implemented for 2021:

- a. All associated dinghy equipment (e.g. dagger boards, rudders masts) shall be kept in or in the vicinity of their allocated boat overnight.
- b. Boats and associated equipment shall be wiped down by the users of that equipment, using anti-bacterial wipes before putting away equipment
- c. Hands shall be sanitised after putting equipment away and before leaving ESC at the end of the day
- d. The duty instructors shall undertake an end of day check of the supply of masks, wipes and sanitiser and replace as necessary, notifying the SI and Principal if general training supplies are getting low