

CARDIFF BAY YACHT CLUB

COVID-19 Guidance on team sailing & racing

Sailboat racing is fortunate that it is a sport in which opponents remain socially distanced from each other at all times when competing and there is no direct contact between officials and competitors. The main risks that need to be mitigated against are either when people from multiple households are on the same boat or when competitors are onshore before and after competition. The onshore risk can, in all circumstances, be managed through well understood social distancing protocols before and after the activity, such that the sport can follow the same rules as wider society.

This guidance is based on the RYA Cymru *"Guidance on sailing & racing with participants from different households during COVID-19 in Wales"*. The guidance highlights the increased risk of certain on-board activities and also recognises that while social distancing of 2m may not always be possible on-board mitigation of the risk of being separated by less than 2m can be provided by reducing the time spent in close proximity, avoiding face to face contact, not shouting and wearing face masks.

For the purposes of this Guidance a 'team' in the context of sailing is those onboard an individual vessel. Singlehanded racing in dinghies, dayboats, yachts etc. therefore is not considered as being a team sport and should not be restricted when on the water. However, the same precautions should be undertaken as itemised below if the sailboat has been used by crews from different households either previously or will be at a later date.

Guiding Principles

The RYA's and CBYC's guiding principles will underpin all guidance.

1. COVID-19 preventative measures are vital in keeping you, your family and others safe and to minimise pressure on frontline services. We support Welsh Government's desire to return to normality, as published from time to time, in a measured way.
2. We will, as a boating community, take a **considerate** and **responsible** approach
 - ◆ **Considerate:** be mindful of the potential impact that you could have on other water users and do not place unnecessary extra strain on the RNLI and emergency services.
 - ◆ **Responsible:** help to minimise risk by taking an extra conservative approach to your boating.

Assessment of Transmission Risk

The risk of transmission of COVID-19 during competitive sailing has been assessed based on three key variables.

1. Droplet transmission

- ◆ Most of the actions during a race are non face to face and fleeting and are therefore considered low risk.
- ◆ Some actions such as sitting on the rail and in the cockpit are cumulative and increase risk. Face to face to be avoided and face coverings used when conditions permit
- ◆ Mark laying. Utilise same household crews OR Single Manning OR Face covering where >1m cannot be maintained

2. Fomite transmission

- ◆ Mark laying - Marks & tackle to be handled by dedicated individual when loaded into mark laying boat. Once put in the water then considered to have been washed.
- ◆ Most item on board are considered low to medium risk. and should be cleaned at the end of day and all crew undergo regular hand cleaning.
- ◆ The following equipment should be operated by a dedicated person:
 - Wheel or tiller
 - Winch handle
 - Radio

If it is necessary for another person to use this equipment then it should be cleaned first if at all possible.

Many items of equipment, such as ropes, may be manufactured from specialist materials which would be degraded by using bleach or other harsh chemicals. It is therefore recommended that the manufacturer's recommendations for cleaning of specialist fabrics, fibres and materials be followed. For materials that are not liable to degradation then either warm soapy water being sponged down and then flushed with fresh water prior to being allowed to dry is recommended or being sprayed with a 60 – 90% alcohol based solution.

3. Population

Sailing is a sport which can be undertaken competitively in many different formats, with different numbers of crew and by all ages and levels of fitness.

It is important to consider the number of participants likely to take part in the proposed activity plus known risk factors of participants with underlying health conditions or high risk groups, who wish to participate.

Test Trace & Protect Contacts

Based on the above risk assessments, the following should be considered as close contacts for the purpose of test, trace & protect in the context of sailboat team racing.

- Those who have sat within 1m of each other on the side deck for a prolonged period;
- Those who have been below deck at the same time;
- Those who have recovered someone or been recovered from the water;
- Those who have had a face to face interaction of less than 1m

Skippers should maintain a Declaration of crew members for a period of 21 days.