



# Chelmarsh Sailing Club

## RYA Training Amendments post COVID-19

These operating instructions are temporary amendment to Chelmarsh Sailing Club Training Procedures and should be read in conjunction with training procedures whilst COVID-19 restrictions are in place. These procedures will supersede any conflicts in the training procedures whilst COVID-19 Restrictions are in place. These procedures are subject to change as UK government advice changes or if any local lock-down is enforced. RYA Guidance has been followed where appropriate and again is subject to change and updating.

<https://www.rya.org.uk/knowledge-advice/current-affairs/Pages/coronavirus-covid-19.aspx>

### Training Ratios and Boats

- 1 Instructor to up to 5 non related participants; or
- 1 Instructor to 1 household group max 5; or
- 2 instructors to up to 4 participants.

For courses with children, another adult family member **must** be present for each household group of children to assist, and will count as part of the course numbers, e.g. course may be instructor + 2 children + 2 adult helpers (one for each child).

Club single handed boats will be used for training only (Pico, Topper or RS Feva). These boats will not be available for use by club members 72 hours before, during and 72 hours after training courses.

### Course Covid-19 Procedure

- Course booking will be online using webcollect and all payments made electronically. Course booking will collect contact details for all participants.
- All participants and instructors **must** complete online a Covid-19 declaration to say they have no symptoms prior to start of the course and will notify instructor if this changes, wording as per general sailing.
- Briefing on COVID-19 procedures to be given by instructor along with normal course briefing at commencement of course and to include hand wash/disinfection and social distancing additional to normal Senior Instructor briefing.
- All training will be conducted outside, with the large whiteboard temporarily to be located outdoors. Instructor to provide own pens and any teaching aids.
- Emphasis on self-rescue techniques covered prior to participants going on the water, practiced on land and with a water demo by Instructor.
- There will be **no access to clubhouse or containers except for use of toilets** by participants. Instructor may access toilets, containers, workshop and training room to get course equipment but these must be cleaned with disinfectant spray after access.
- 2m social distancing to be maintained by instructor and between all participants unless participants are from a same household group. Only exception is if an emergency rescue is required and then Club "[Safety on Water Procedure](#)" applies.
- Safety/Training boat will be manned by single instructor. A rescue boat will be used by the course instructor only for duration of the course – if other sailing activity is in progress a second rescue boat is required to be available.
- For RYA Courses, at least one instructor must hold an in-date instructor and first aid certificate on the course.
- Course Instructor **must** have mobile phone (in waterproof bag) with them at all times during the course in case of emergency situation. VHF radios will not be used.
- Buoyancy aids and club boats to be issued to students by instructor and will remain for sole use of the participant throughout the course. These should be disinfected by the instructor or stored without used 72 hours prior to the course and after the course before further use.

- Club boat parts placed by Instructor for collection following disinfect guidance. Boats will be assembled by course participants.
- Club boats to be equipped with 3m+ painter and for Learn to Sail courses, masthead floats must be used.
- All users to wash/disinfect hands before using equipment, should it become necessary for an instructor to touch a participant's boat instructor should wash hands and then disinfect any areas touched.
- All participants are to provide their own food and drink, sunscreen etc, spare set of clothing and arrive at the course ready to sail – this will be covered in a pre-course briefing email.

## **Instructor Procedures re Equipment**

### **Preparation for Course**

- Wash hands on arrival Instructors to be personally responsible for sanitising/cleaning any touch points prior to touching (door handles, keys, locks etc).
- Clubhouse door and doors to toilets to be wedged open during courses.
- Unlock container(s) and relock when not in use to prevent unauthorised access.
- Prepare and place buoyancy aids for collection by students.
- Place sails, spars, foils and mast head floats with each boat at start of course
- Any ancillary equipment required for a course, e.g. paddles, anchors, buoys, MOB dummies etc to be accessed by the instructor and disinfected before use.
- Disinfect all touch points on equipment handled with wipe over from paper with sanitiser gel or disinfection solution.
- Boats to be used for training not to have been sailed for at least 72 hours prior to the course or need to be fully disinfected by instructor.

### **During Course**

- COVID briefing to remind non-household members not to touch others equipment: responsibility for carrying equipment etc lies with course participant (or a household supporter).
- For course lasting over 1 day, boats and equipment to be left outside with equipment grouped by boat, each boat at least 2m apart. Notice "do not touch, course in progress" to be put on each boat.
- Safety/Training boat to be disinfected at end of course, all touch points including tiller/throttle, engine cover, hand holds, anchors, ancillary equipment etc if used.

### **Post Course**

- Participants to dismantle their own boats and instructor to put sails, spars and foils back into containers. Wash or sanitise hands afterwards. Equipment will not be used for at least 72 hours post course.
- Boat hulls to be left outside and not used for at least 72 hours.
- Should another sailing course be planned within 72 hours, any equipment will be marked so it is not used until 72 hour decontamination has passed.
- Buoyancy aids to be placed in pile for Instructor to manage outside workshop.
- Container(s) closed and lock sanitised after use using paper and gel or soap.
- All used papers to be placed in bin.
- Instructor either dunks and washes buoyancy aids in workshop or sprays with disinfectant.
- Buoyancy aids returned to training room and placed on racks with date of use dividers.
- Instructor disinfects touch points on workshop, training room and club house when locking up the club house.
- Principal of Training is responsible for all sailing courses and to review procedures with Senior Instructors and Instructors after each course to ensure learning from any incidents or improvements can be made.