**Wessex Sailing Club COVID-19 Induction Sheet 2020-21**

Please confirm you have read this sheet and will follow the provided guidance while participating in Wessex Sailing Club activities.

**Before Sailing:**

* Sailors must message the committee 24hr before sailing if they are showing symptoms or have been in contact with anyone showing symptoms, anyone confirmed or suspected of having COVID and must not attend the sailing event. This includes:
  + Not showing any signs of high temperature
  + Have not got a new continuous cough
  + Do not have a recent onset of difficulty breathing or shortness of breath
  + Do not feel very tired, and that you have not had any sickness or diarrhoea
  + Have not lost your sense of taste or smell
  + Do not live or had contact with anyone in the last 14 days who has had any of the symptoms or been diagnosed with Covid-19
  + Have not been abroad in the past fortnight

If answer yes to any of the questions they are not permitted to sail.

* Rig boats whilst maintaining social distancing (2 metres)
* Every person to hand sanitize before starting to rig boats
* Wear a face-covering (exemptions applied in accordance with government advice)
* One member (or household) allowed in the sail shed at any one time
* Crews bring personal bailers
* All sailors to provide own water and food, this is not to be shared
* Follow sailing club's guidance on changing rooms and toilets (limited number of people in the changing room at one time or not available)
  + Where possible, arrive changed or be ready to change outside

**Whilst Sailing:**

* Respective Captains and Representatives will keep a record sailing pairs for tracking and tracing (the information will be kept for 21 days). These pairs will aim to be consistent week to week.
* Keep face-covering on (exemptions apply)
* In case of emergency or rescue, throw a line and tow them to shore to maintain social distancing, except in life threatening cases
* Hand sanitize before launching

**After sailing:**

* De-rig boats whilst maintaining social distancing (2 metres)
* Thoroughly clean high touch areas using sanitiser (provided soap):
  + Tiller extension
  + Main and jib sheet
  + Shackles
  + NOT Sails as this will damage cloth
* Wash hands before changing and eating
* Ask for consent to keep track (name and mobile number) of who sails with who and who is in contact with each other for tracking and tracing. We will follow the University and hold onto this data for at least 21 days.