

Newburgh Sailing Club

COVID-19 Return to boating strategy update

6th July 2020

COVID-19 Committee

This document is designed to provide an overarching approach for Newburgh Sailing Club to return to sailing. This document is based on guidance issued by RYA Scotland and the Scottish Government.

Current situation

Key notes which apply to all boating activities:

The Government has announced that the easing of restrictions in the phase 2 update will come into effect on the 3rd of July. Outdoor Hospitality is proposed to come into effect on the 6th July this does not mean that all facilities offering outdoor Hospitality will open immediately.

The guidance from RYA Scotland outlines the following requirements for exercise such as water sports including sailing and this advice forms the core of the club's response.

Cleaning information

We recommend you carry and use hand sanitiser which should be at least 60% alcohol based. Detergent wipes need to be appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standard or any detergent will need to be followed by chlorine releasing agent.

Be mindful of our fragile marine environment, do not release bleach products into the water and dispose of used wipes, gloves and masks responsibly. In addition, it may be worthwhile looking at best practice for general cleaning of equipment via - [The Green Blue](#).

Physical distancing requirements are still in place

People must stay a minimum distance of 2 metres apart when meeting others from outside their household.

Travel distance limit relaxed, please note any local restrictions

Meeting others is limited

You may meet outside with people from up to two other households (including an 'extended household') per day but the total number of people meeting must not be more than 8.

For under 12s (0-11): Children under 12 are not required to maintain physical distancing with other children or adults outdoors. The number of overall households and individuals in a group is as above.

For 12 and over (12-17): The number of overall households and individuals in a group is as above. However, there is no limit to the number of these groups in a day providing that each contact aligns with the guidance. Physical distancing applies.

Overnight stays at anchor are now permitted.

Before embarking on your journey check local restrictions with mooring owners/associations/harbour masters.

#Respect the destination. Plan ahead, be considerate on arrival and think of the locals.

For Inland waterway users follow the link for further useful information. [Scottish Canals](#)

General RYA Principles applying to all boating activity:

We will always follow Government advice – [Scottish Government](#)

- The COVID-19 preventative measures are vital to protecting health and well being and to minimising pressure on front line services. We have a collective and individual role to play by following the Scottish Government guidelines

We will, as a boating community, take a considerate and conservative approach

- **Considerate of others:** be mindful of the potential impact that you could have on other water users and local communities. Do not place unnecessary extra strain on the RNLI and emergency services
- **Conservative of risk:** help to minimise risk by taking an extra conservative approach to your boating

Additionally:

- Individuals should sail singly or as a crew with members of their household group. If physical distancing can be maintained, you may sail with up to two other households on a boat and with no more than eight people.
- Participants are encouraged to use their own personal equipment during this phase, or to have equipment allocated to them for exclusive use during a set period. This equipment should be cleaned appropriately before being allocated to another user.
- Participants must only take to the water in conditions well within their ability and which assume a self-sufficient approach to their activity.

- Competitions should only be undertaken locally and informally at your own club where household, physical distancing and hygiene measures are in place.
- Check your equipment thoroughly, particularly engines and fuel, as they may not have been used for some time. Consider using a device to keep in touch such as [RYA SafeTRX](#) on a mobile or carry a VHF and notifying someone ashore of your intended activity, anticipated time afloat and calling them when you are back ashore safely.

Plan -Your Activity

Planning your boating activity is key to ensuring you protect yourself and others around you.

- Consider your activity type, destination and timescales.
- Consider your options for changing pre and post activity.
- Check the weather, sea state, location of launching and the location you may be visiting during your activity.
- Check your destination availability – Do you have car parking availability? Is your intended mooring available? Have you considered rural community impact? Have you taken enough supplies to not go ashore or utilise destination shops?
- Do you have a contingency plan?

All these factors will help you support your decisions to whether you are able to participate in your activity. Planning to make your activity fun, safe and enjoyable is equally as important as planning to reduce the potential spread of COVID 19

Prepare -Your Craft

- Have you checked your craft is ready and appropriate for your activity?
- Have you checked your personal life saving equipment?
- Have you checked your communication systems?
- Have you planned the journey?
- Do you have a shore contact?

Deliver -Your Activity

- Be considerate of others on and off the water.
- Be conservative in your approach to your sport and do not take any unnecessary risk that may put you or others in danger.
- Avoid busy areas where social distancing is not possible.

We would recommend that you do not launch at locations where you cannot maintain physical distancing for example crowded beaches or hot spots.

Review -Your Activity

- How did it go?
- What impact have you had on your destination?
- Would you change any elements of the trip/activity/sport?

Consider how you can ensure you play your part in reducing the spread of COVID 19. By considering these factors you will be able to ensure your next visit to the sporting location will be potentially easier, safer and more enjoyable.



How NSC will meet the requirements

Phased Approach:

Newburgh Sailing Club will take a phased approach to returning to the water. The three phases are:

Phase A Return of single-handed dinghies or bigger boats (sailed by a single isolating family or other group) and owned by the persons sailing them

Phase B Return of Cadet training

Phase C Open access to Club boats

Each phase will be monitored on a fortnightly basis to consider moving to a next stage or to consider returning to a previous stage as needed. The review will be based on experience from within the club gained from sailing events and external guidance from RYA Scotland and the Scottish Government.

Phase A

For Phase A single-handed dinghies or bigger boats (sailed by a single isolating family or other group) and owned by the persons sailing them will be allowed to return to the water. Racing will be allowed based on the updated calendar found on the NSC website.

- **No Sailor or other person should travel to Newburgh Sailing Club if they have any symptoms of COVID-19.** Consult NHS Scotland and the Scottish Government website for what these symptoms are and always follow Government guidance on further action such as isolation etc required for appropriate periods.
- **Sailing will be limited to 90 minutes either side of high tide.** Timings for high tide can be found on the club website.
- **Sailors are expected to adhere to RYA and Government guidelines with regards to travel to the club.**
- When at the club, sailors must **maintain appropriate social distancing** at all time.
- **Sailors must arrive dressed, ready to sail and rig their boats in the dinghy park before taking them directly to the foreshore and launching immediately.** It is recommended that at least two people sail at any one time. This also allows for boats to be recovered with one person at the bow and one at the stern to maintain social distancing.
- **If numbers of sailors prevent effective social distancing on club grounds then be prepared to not sail if requested.** The club will monitor the number of sailors on the water and may instigate a booking procedure for sailing if needed. Adherence to the booking system will be mandatory to allow for safe sailing.
- Sailors must **only sail well within their level of experience and physical fitness.** All sailors must be conservative in making that call.
- **All boats must have some other form of propulsion such as a paddle** to recover the boat if needed and **no other form of rescue is available.**
- When moving boats consider that walkers may be on the path running past the clubhouse and **check before moving boats that the coast is clear** or that appropriate warning is given to people on the path to provide appropriate space.
- **Sail with safety cover** whenever possible. If you go out alone then ensure that you have **notified someone of when you will return** or **take a telephone or VHF radio** with you.
- **When returning to the shore, boats should be moved directly from the foreshore to the dinghy park without stopping. Boats should be de-rigged in the dinghy park.**
- **If you create waste on site, you must remove it yourself from the club in a safe manner.**
- **Sailors and any other members of the club visiting the site are required to bring hand sanitiser for use according to appropriate guidelines.**
- **Access to use toilets is allowed as of 15th July 2020.** Toilets and associated hard surfaces **must be cleaned down** with the supplied cleaner and disposable paper towels before use and ideally after use.
- **Follow any signs or directions that are displayed around the club.**

Safety boat cover Protocol

- Safety boats should **wherever possible be crewed by appropriately qualified family** units living in the same property. Where this is not possible then a **single suitably qualified and experienced driver is acceptable**.
- **If at all possible, have a Beachmaster** who can provide on shore support if the safety boat is launched
- **The safety boat will be removed from the container by the boat driver.** The boat will then have a rope with 2m distance marks on it will be attached to the front of the trailer and sailors will move the boat to the top of the slip.
- **The safety boat has been modified to include a lifebuoy attached to a bridle and rope.** If a sailor in the water cannot get themselves into the RIB then the ring should be placed over them and they should be towed slowly back to shore before returning to collect the boat.
- **The boat safety kit has been modified** to include a face mask and exhalation outlet pipe to allow safe resuscitation if required. The driver should ensure they can find the equipment as necessary prior to going on the water.
- **The driver and crew of the boat should have a face covering with them when in the boat.** The face covering should be used if the driver or crew need to come close to a sailor in the water.
- **When recovering the boat then a vehicle with a towbar should be used to bring the boat to the container.** It may then be returned by sailors using appropriate social distancing to the container. If no vehicle is available to move the boat, then the 2-metre marked rope may be used.
- **Safety boat driver and crew are recommended to bring hand sanitiser for use according to appropriate guidelines.**

Phase B

Phase B is a return of Cadet and other training to the club. It is proposed that this would start as of 15th July 2020.

- Sailing Sessions will be based on a timetable that will be published to allow suitable time for hard surfaces to decontaminate (>72 hrs)
- Sailing will be limited to club one-person boats under the appropriate supervision of club trainers and support staff.
- **Mast head floats must be fitted to all cadet training boats**
- **Sailing rules from phase A will apply** except that **safety cover will be mandatory** when cadets are sailing or training.
- Where sailors are below the age of 16 then **parents will always be required to stay on site** during the session in case an incident occurs with their child/ren.

- **Access to use toilets is allowed as of 15th July 2020.** Toilets and associated hard surfaces **must be cleaned down** with the supplied cleaner and disposable paper towels before use and ideally after use.

Phase C

- Phase C will be a return to the use of club boats and possibly other facilities and will contain the elements of phase A and B but without Trainer supervision.

Current Status

Newburgh Sailing Club has successfully managed social sailing since the beginning of June 2020 under Phase A conditions. Given the latest guidance it is recommended that Newburgh Sailing Club should move from Phase A including racing to Phase B with racing as of the 15th July 2020.

Risk Assessment

The club has prepared a risk assessment as part of its COVID-19 preparations. The document can be found on the club website. This risk assessment will be maintained on an ongoing basis.

Not Following the rules

We sincerely hope that all NSC members will follow these rules and support other members to do the same. The NSC Committee will provide appropriate signage and support to members to assist in this. **However, should there be any significant deviation from these rules in each phase then the breach may be dealt with by the Committee following club disciplinary procedures. Members will also be asked to leave the club facilities immediately if the breach is considered to be a significant safety risk to other members.**

NSC COVID Committee

July 2020

Checking that our policy is what we need

The RYA has set out a checklist to review preparations for returning to the water under COVID-19 restrictions. The committee has used this document to assess the policy and confirm it covers what we need. The checklist and output are below.

Action	Check	Date	Comment
Do you have an individual or team who are responsible for reviewing and implementing your policies and procedures	Yes	6 th July 2020	The NSC Covid committee has been created and has reviewed and updated this document.
Are you aware of all relevant, current Government guidance, statutory requirements and checked with your insurers?	Yes	6 th July 2020	RYA and Scottish Govt websites reviewed and info included in policy
Are you confident you can offer an appropriately 'Covid secure' environment for your members?	Yes	6 th July 2020	COVID committee and Policy review supports this
Have you carried out a satisfactory risk assessment for any proposed activities?	Yes	6 th July 2020	Risk Assessment included as part of COVID Policy
Have you taken appropriate steps to mitigate against the risk of infection amongst staff, volunteers and members?	Yes	6 th July 2020	Policy calls for following Government Guidelines on social distancing. No use of clubhouse. Policy created
Do you know how you will handle situations where club rules and guidance in relation to Covid-19 are not followed?	Yes	6 th July 2020	COVID Policy lays out review by NSC committee of any infringements to the policy
Have you taken appropriate actions to mitigate against the risk of requiring the emergency services?	Yes	6 th July 2020	COVID policy calls for conservative approach. Safety Cover with appropriate changes to equipment defined
Have you effectively communicated any new operating procedures with your members, staff and volunteers?	Yes	6 th July 2020	COVID Policy has been agreed by full NSC Committee. Policy has been emailed to all members and other interested Parties. Posters will be placed in clubhouse. Quick guide is also displayed. Policy is on the club website.
Do you have a plan to review all of the above weekly or after infringement?	No	6 th July 2020	The Policy will be reviewed fortnightly or after infringement

RETURN TO BOATING

HERE'S HOW:

..... BE CONSIDERATE

Avoid placing extra strain on the RNLI and emergency services:



Consider the impact of your boating



Be mindful of others on the water or beach



Watch and be ready to assist others if needed

..... BE CONSERVATIVE

Minimise risk in our approach to boating:



Know our limits



Prepare before getting out on the water



Keep in touch



wash your hands



respect social distancing



check local restrictions

The RYA supports Government guidelines to prevent spreading of COVID-19 and minimise pressure on frontline services.

Further advice for clubs, classes, training centres and recreational boaters at:

rya.org.uk

RYA



NSC COVID Quick Guide for Sailors and Cadets

- No Sailor or other person should travel to Newburgh Sailing Club if they have any symptoms of COVID-19.
- Sailing will be limited to 90 minutes either side of high tide.
- Sailors must maintain appropriate social distancing at all time.
- Access to the toilets is allowed from 15th July 2020. Toilets and associated hard surfaces must be cleaned down with the supplied cleaner and disposable paper towels before use.
- Sailors must arrive dressed, ready to sail and rig their boats in the dinghy park before taking them directly to the foreshore and launching immediately. It is recommended that at least two people sail at any one time. This also allows for boats to be recovered with one person at the bow and one at the stern to maintain social distancing.
- When returning to the shore, boats should be moved directly from the foreshore to the dinghy park without stopping. Boats should be de-rigged in the dinghy park.
- If numbers of sailors prevent effective social distancing on club grounds, be prepared to not sail if requested.
- Sailors must only sail well within their level of experience and physical fitness. All sailors must be conservative in making that call.
- All boats should have some other form of propulsion such as a paddle
- When moving boats consider that walkers may be on the path running past the clubhouse and check before moving boats that the coast is clear or that appropriate warning is given to people on the path to provide appropriate space.
- Sail with safety cover whenever possible. If you go out alone then ensure that you have notified someone of when you will return or take a telephone or VHF radio with you.
- If you create waste on site, you must remove it yourself from the club in a safe manner.
- Sailors and any other members of the club visiting the site are required to bring hand sanitiser for use according to appropriate guidelines.
- Follow any signs or directions that are displayed around the club.

FOR CADETS and TRAINEES

- **Sailing Sessions for training sessions will be based on a timetable that will be published to allow suitable time for hard surfaces to decontaminate (>72 hrs)**
- **Sailing will be limited to club one-person boats under the appropriate supervision of club trainers and support staff.**
- **Mast head floats must be fitted to all club boats used by cadets**
- **Safety cover will be mandatory when cadets are sailing or training.**
- **Where sailors are below the age of 16 then parents will always be required to stay on site during the session in case an incident occurs with their child/ren.**

NSC COVID Quick Guide for Rescue Crew

- **Safety boats should wherever possible be crewed by appropriately qualified family units living in the same property. Where this is not possible then a single suitably qualified and experienced driver is acceptable.**
- **If possible have a Beachmaster who can provide on shore support if the safety boat is launched**
- **The safety boat should be removed from the container by the boat driver. The boat will then have a rope with 2m distance marks on it will be attached to the front of the trailer and sailors will move the boat to the top of the slip.**
- **The safety boat has been modified to include a lifebuoy attached to a bridle and rope. If a sailor in the water cannot get themselves into the RIB then the ring should be placed over them and they should be towed slowly back to shore before returning to collect the boat.**
- **The boat safety kit has been modified to include a face mask and exhalation outlet pipe to allow safe resuscitation if required. The driver should ensure they can find the equipment as necessary prior to going on the water.**
- **The driver and crew of the boat should have a face covering with them when in the boat. The face covering should be used if the driver or crew need to come close to a sailor in the water.**
- **When recovering the boat then a vehicle with a towbar should be used to bring the boat to the container. It may then be returned by sailors using appropriate social distancing to the container. If no vehicle is available to move the boat, then the 2-metre marked rope may be used.**
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