

Manly Sailability - Return to Sailing COVID-safe Environment Plan

From 17 September 2020 - until further notice

This Plan is based upon Sailability NSW Return to Sailing - COVID-Safe Environment Plan as of the 17th September 2020. This document is a branch specific operating plan, developed from and consistent with the Sport Australia COVID-19 Safety Plan - AIS Level C Stage 1 and revised NSW Public Health Orders (No. 4) that, from 30th June 2020, permit groups of more than 20 to engage in community sport. The Order lists premises requiring a COVID-19 safety plan. Generally the number of people allowed on premises will be determined by the 'one person per 4 square metre rule'.

1. In order to enable compliance with current Covid-19 Public Health Orders, and to effectively manage risks to participants, **ONLY MEMBERS OF MANLY SAILABILITY are permitted to participate in activities at this time, and only under the following strict conditions:-**
 - a) In all cases, you are not permitted in the vicinity of Manly Yacht Club or to sailing, if: you or anyone in your immediate family or work colleagues has COVID-19;
 - b) if you or anyone in your immediate family and work colleagues has been in contact with a known COVID-19 patient;
 - c) if you or anyone in your immediate family and work colleagues is in isolation, say as a recent overseas returnee;
 - d) if you or anyone in your immediate family and work colleagues has returned from Victoria and know NSW hotspot, in the last 14 days
 - e) if you have a cold or cold-like symptoms
 - f) **September 17th changes:-**
 - **Ensure processes are in place to exclude participants (including spectators and officials) if they have visited Victoria in 14 days prior.**
 - **Ensure processes are in place to exclude participants (including spectators and officials) if they have attended any of the reported case locations listed on the NSW Health website.**
 - **Where possible, it is requested that all community sports clubs and associations put plans in place to minimise spectators to parents and carers only.**
2. **Members must sign in and out and must acknowledge that they comply with the conditions listed above by ticking the check boxes on the sign on sheet.**
3. All attendees **MUST** be briefed on, and commit to, the following essential requirements **prior to commencing each sailing day's activities:**
 - a) Wash/sanitize hands before, during and after activities;
 - b) Sneeze, cough into elbow or tissue (disposed of appropriately);
 - c) Maintain 1.5 metres social distancing;
 - d) No hand shaking or physical contact;
 - e) If you start to feel unwell TELL US IMMEDIATELY
 - f) Read displayed posters outlining relevant personal hygiene guidance.

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4. Canteens and BBQs can now operate, social distancing must be applied. Marks (e.g. tape) is to be placed on the ground to indicate spacing. Club building can be accessed still applying the 4m² rule, traffic flow management such as separate entries and exits should be used.
5. Members should arrive, dressed ready to sail, the use of change rooms and toilets is allowed, showering is not allowed.
6. Safe unloading of Hansa boats from storage racks requires a minimum 3 people and may require up to FIVE people – two on each side and one manipulating the trolley. In order to maintain safe social separation of people, only one boat at a time is to be unloaded and transported to the rigging deck. No more than two people should be in the boat store at other times when retrieving or replacing sails, lifejackets, furniture and other essential equipment. Apart from unloading or returning of boats, if more than two people are inside the boat room at any time, please wait your turn outside and away from other people
7. The rigging deck at MYC is sufficiently large to permit three boats to be rigged or de-rigged and hosed down at any one time, **a space of 2.5 meters between boats will assist in maintaining required personal separation.** At all times, social distancing of 1.5 metres between people MUST apply.
8. Only three boats may be launched or retrieved at any one time. Although the launch pontoon is sufficiently large to accommodate safe separation of **up to eight persons**, the movement and transport of boats to and from the pontoon, and the operation of derricks involved in placement and removal of keels, together with mooring operations requires that operations on the pontoon are tightly controlled.
9. Only 3 Hansa boats and the support boat may use separate sides of the pontoon at any one time.
10. All 303 or 2.3s are to be sailed single handed, unless both sailors live full time in the same household **or are sailing with their full time carer. Note the carer or the person from the same household must demonstrate they can sail in the current and forecast conditions, before sailing 2-up.**
11. Members should use sanitizer and ensure that hands are sanitized before and after touching any surfaces at the club, including front door, roller door, deck doors, dollies, hoses, toilets and hand basins. Sanitising stations are located at sign-on/off desk, in the rigging area and in the boat room.
12. Shared equipment (joysticks, sheet ropes, life jackets (PFD), decks and seats etc), must be **cleaned** then **sanitized** at each change of user. A hose or soapy water can be used to clean

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off sand, dirt etc, then either a sanitizer of 70% alcohol, or an appropriate disinfectant in accordance with manufacturers specifications. **Alcohol must be allowed to air dry (approx 10 min) before the next user can access it. This is the only way to ensure any virus is dead.**

13. A prepared and checked support boat will be maintained on station. Note controls and lines will need to be periodically washed and sanitised.
14. All boats sailing and must be continuously monitored by the support boat which must be in contact with the base radio on the rigging deck. The support boat and base must both have a backup handheld VHF (or alternative) radio on hand to ensure constant contact is maintained..
- 15. If an attendee displays symptoms:-**
 - a) STOP ACTIVITIES;**
 - b) Mask the sick person and move away from others;**
 - c) Clean and sanitize all equipment;**
 - d) Recommend they get tested and request notification of results;**
 - e) Make a copy of attendance sheet available for contact tracking;**
 - f) Notify attendees that someone has displayed symptoms;**
 - g) Notify DAC and other bookings that activities have been cancelled;**
 - h) Notify all attendees when results are received – whether negative or positive.**
16. A participant showing signs of stress or expressing concerns should be directed to, the very useful mental health and well-being resources on the NSW Health Commission website; <https://nswmentalhealthcommission.com.au/mental-health-and-the-coronavirus>
17. To ALL Members. Please ensure that you observe these rules if you intend to participate in the activities permitted under current Public Health Orders. If people are found not to have observed these rules, we will have no option but to close all activity. Also please note that members accessing the club do so at their own risk and that the club takes no responsibility if law enforcement officers take a different view as to interpretation of the Public Health Orders.

Maintaining the physical and mental well-being of the public is now as important as ever.

WHEREVER POSSIBLE, IT IS IMPORTANT THAT SPORTING CLUBS AND ORGANISATIONS CONTINUE TO ALLOW PEOPLE TO EXERCISE, SO LONG AS SOCIAL DISTANCING IS PRACTISED AND RULES AROUND PUBLIC GATHERINGS ARE COMPLIED WITH.

18. ***“GET IN - SAIL - GET OUT.”***

19. STAY SAFE AND WELL!

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Sailability NSW Executive 17th July 2020.