

LAKE TOWNSEND YACHT CLUB

Return to Sailing

Procedures

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LTYC Sailing related events, activities, programs, and sailing classes (Events) are structured to comply with and adopt, implement, and safely enforce the established CDC guidelines and all related federal, state, and local laws, mandates, executive orders and “return to sailing” best practices. The LTYC Return to Sailing Procedures Representatives monitor and revise the Return to Sailing Procedures as needed. Each event has an appointed Safety Officer and a Safety Plan. In addition to traditional event responsibilities covered in the Safety Plan, the Event Safety Officer has responsibilities as noted below, including advising participants of expected protocols and reporting to the LTYC Return to Sailing Procedures Representatives any who are not following the protocols. Repeated reports may result in the participant being asked to leave the event.

This procedure document summarizes changes that are in place for organized events. Refer to event specific guidelines for further details.

A. Signage

LTYC will support GBO Parks and Recreation as P&R prepares relevant signage from the CDC and post in appropriate locations. The Event Safety Officer reports any missing/vandalized signage.

Event Protocols & Best Practices

A. Registration, Waivers, Payments

Registration, waiver, and payment for all events are administered electronically or via USPS mail.

B. Event Cancellations

Electronic Event cancellations via email and published on the club website and facebook page by 8pm day prior to the event are encouraged.

C. Pre-Event Screening Questions

Interactive Event Participants are interviewed prior to the event for COVID-19 Risk. The following questions are asked. The participant are asked to not attend an event until all answers are no.

1. Have you traveled outside of the US or to high risk areas in the last 14 days?
2. Have you been in contact with someone in the last 14 days who had been outside the US or travel to high risk areas within 14 days of your contact?
3. Have you been in close contact with someone diagnosed with COVID-19 in the last 14 days? CDC defines close contact as interactions within 6 feet for more than 15 minutes.
4. Do you have a fever, chills or symptoms of a respiratory infection, including cough or trouble breathing?
5. Have you experienced unexplainable fatigue?
6. If you work in a high risk environment, any concerns with CDC compliance protocols?
7. Are you at higher risk for complications related to COVID-19

D. Additional Items to Bring

Things to consider bringing along in addition to your sailing gear: masks, sanitary wipes, hand sanitizer, person drink bottles, and utensils. Bring a VHF radio set to channel 71. Take note of the Event Lead's phone number for distanced communication.

E. Social Distancing

All Activities are Outdoors

All activities take place outdoors. The Event Safety Officer will contact participants in advance to make other arrangements in the event of inclement weather. If on shore, participants take shelter in their cars until a storm blows over.

Participants are advised that 6' social distancing is in effects for all events. Neck Gaiters/Bufs/Mask are worn by all participants when social distancing is difficult to maintain, such as exiting restrooms, on the docks, or in the boats.

Parking

Leave space between boat trailers to allow 6 feet of social distancing during rigging and derigging.

Docks

Only 4 boats on the side of a fixed dock at any one time, allowing room for motor boats launch and retrieval. Once your boat is launched, depart promptly from the dock. Sail/paddle to a non -launching dock or the beach as needed.

Only 4 sailors on the floating dock at a time. If unable to maintain 6' social distancing, the sailors will be from the same social bubble or wearing neck gaiters/buffs/masks if from different families.

Practice activities will take place on the non- ramp side of the shoreside dock. (Left side of the left dock looking out from shore or right side of the right dock)

F. Frequently touched surfaces

The Event Safety Officer will disinfect locks/handles before shed doors are propped open for use. The Safety Officer will disinfect items prior to others handling the item.

E. Safety/Coach/RC Boats

If used within the past 6 days, Club Boats will be disinfected before being used by a member.

When more than one member is on a Safety/Coach/Race Committee boat, if unable to maintain 6' social distancing, the members will be from the same social bubble or wearing neck gaiters/buffs if from different families.

Boat Captains will use personal VHF radios.

F. Marks & Anchors

One member will set the marks and retrieve the marks. If used within the past 6 days, Marks and anchors will be disinfected between use.

G. Flag Pole

Flags will not be hoisted on shore this season. Rather, streamers will be raised just once and left flying to help sailors determine wind direction when leaving and returning to the dock.

H. Event Participants

Event Participants who, at any time 14 days prior to a race day, experience symptoms of coronavirus Covid-19, such as fever, chills, severe headache, vomiting, nausea or bodily aches and pains, shall not race until at least 14 days after symptoms have cleared or they have received a negative COVID test.

I. Instructional Activities

Instructors, Coaches and Assistants

Prior to starting an activity

Instructors, Coaches and Assistants take and record their temperature.

General

Instructors will:

- Stay at home if sick or have flu-like symptoms
- Wear gloves and avoid direct bare hand contact on equipment
- Wear a neck gaiter/buff/mask when social distancing is not possible.
- Maintain a physical distance of at least six feet from others whenever possible.
- Wash hands with soap and water for at least 20 seconds before and after class, and after using the bathroom, nose blowing, coughing, sneezing, or touching frequently touched services.
- Cover a cough or sneeze with a tissue, throw it away, and wash hands immediately.
- Avoid touching eyes, nose, and mouth.
- Use alcohol-based hand sanitizer containing at least 60% alcohol periodically.

Session size

Session size will be up to 8 students divided into PODs for 4-6 students with one instructional boat working with the POD.

What is a Pod?

A 'pod' is a group of 2 or more household units involved in an activity together where social distancing may not be possible.

Key points of a Pod are:

- Pod size is kept to a minimum.
- Pods remains together for a minimum amount of time

- People within the pod maintain social distancing where possible
- People within the pod are aware of slipstream effect and avoid being directly down wind of others in the pod as much as possible
- People from different pods do not mix with people from another pod.

Contact Tracking

Contact is limited to the POD and is tracked.

Verbal Instruction

Remote Zoom Sessions will be used for classroom instruction. Students watch online videos and read pages prior to the zoom session.

Training

Training and educational materials will be remotely provided to all instructors, coaches, and assistants.

Non Touch Temperature Test

For those instruction activities where participants interact with one another, temperatures will be taken upon arrival for all participants prior to getting out of the car. Participants with a temperature reading 100 or higher are ask to return home, their participation to be rescheduled.

Hand Washing

Participants are encouraged to wash their hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol. Each participant brings hand sanitizer. The Event Safety Officer has hand sanitizer available for anyone who did not bring some.

Personal Flotation Device

If the sailor does not own a PFD, the sailor will be issued a PFD for use during the duration of the event. PFDs will be cleaned and disinfected before being issued.

Callouts

The Event Safety Officer logs callouts that are brought to their attention.

High School Sailing Team

HSST Boats

Each High School Sailing Team will be issued a boat for use during the duration of the coaching session. Teams will be from the same social bubble or keep assignments when possible.

Boats will be disinfected before being issued to a Team.

Boats will be rigged spaced 8' apart.

Minimal Travel

Away regatta travel is expected to be very minimal. Most team sailing will be at Lake Townsend.

Learn to Sail

Learn to Sail Boats

Each Learn to Sail student will be issued a boat for use during the duration of the session. Sailors within the same social bubble may be assigned to one boat.

Boats will be disinfected before being issued to a student.

Boats will be rigged in advance spaced 8' apart on the beach for small group sessions.

Knot Practice Kit

Each sailing student will be issued a Knot Practice Kit for use during the duration of the class.

PFDs will be cleaned and disinfected before being issued to a student.

Gaming Components

Gaming components will be disinfected prior to being issued to a student. Gaming components will be non-shared use.

Teamwork

Helping others will be limited to verbal assistance from at least 6' away, unless there is an immediate safety issue.

Lunches

When a session runs over the lunch hour, each participant will bring their own lunch and beverage containers.

J. Racing

Competitor Meetings, if held, will be via zoom sessions.

K. Socials

Socials, if held, will be via zoom sessions.

Disinfecting

Sprayers containing a 5% bleach mix will be used to disinfect non-porous surfaces. The hard surfaces will be rinsed at least 10 minutes after being sprayed.

Life Jackets will be washed with soap and water and then sprayed with hydrogen peroxide.

Confirmed or Suspected Case

The Event Safety Officer shall log any suspected or confirmed cases. The LTYC CDC Compliance Representative will interact with Guilford County CDP & Greensboro Parks & Recreation as appropriate.

LTYC Members shall maintain confidentiality; do not provide the name or any potentially identifying information of the confirmed or suspected case.

A. In the event of a Potential Exposure

Immediately inform the participant about any potential contact they may have had with suspected or confirmed cases.

See the “Sample Communications” document for the following scenarios:

- Participant has been identified as having contact with a suspected or confirmed case.
- There are X number of cases; there is no reason to believe you have been in contact with the individuals.

Communication Samples

To be completed