

Newcastle Cruising Yacht Club



Sailing Academy

COVID-19 Participant Health & Safety Guidelines

From 1 July 2020, the NSW Government eased restrictions to allow community sport and outdoor training. *Australian Sailing* advises "Full contact is allowed during training and competition with no limits on crew numbers. Boating is exempt from the 1 person per 4m² rule whilst afloat however should be maintained on club grounds and within indoor facilities. Social distancing should be maintained where reasonably practical, on-shore. Change room may be used however avoid overcrowding and promote physical distancing. Contact tracing records must be kept."

We are pleased to be able to re-establish some of our Sailing Academy activities and it is our priority to do so in a safe environment. We have developed these guidelines in line with our COVID-19 Safety Plan to help slow the spread and reassure you, our participants, that you can safely sail with us.

Newcastle Cruising Yacht Club (NCYC) is committed to strictly adhering to the current COVID-19 Public Health Orders and managing risks to staff and participants. The Sailing Academy is a registered COVID Safe Business with NSW Health.



We ask that all participants and parents abide by the following guidelines to ensure we can remain operational for the benefit of all. We thank you for your cooperation in respecting and adhering to these guidelines.

1. If any participant is feeling unwell or experiencing flu-like symptoms (including but not limited to coughs, running nose, sore throat, shortness of breath) please do not attend the sailing session. Respect the health & safety of others and do not participate.
2. If any participant or immediate family member has been diagnosed with COVID-19 or been in contact with anyone diagnosed with COVID-19 within the last two-weeks, please do not attend the sailing session. Respect the health & safety of others and do not participate.
3. Participants, please ensure you and any parents/siblings/non-participants take note of, read and comply with the COVID-19 specific information located around the club house, marina and Academy facilities through way of signs, posters and markers.
4. Participants only are to access the marina, sailing equipment and Sailing Academy barge. Parents, siblings, friends are not to access Sailing Academy facilities.
5. Participants are encouraged to arrive dressed and ready to sail.
6. Change rooms and bathrooms are available within the clubhouse, however we ask that you avoid using these where possible. If used, please reduce crowding, and maintain physical distancing.
7. Parents and siblings of youth participants are encouraged not to linger at the marina gate/drop-off zone. We strongly recommend the **drop - sign-on - go** system.

8. At the marina gate/drop-off zone, we ask parents/siblings/non-participants to comply with 1.5m physical distance requirements. People from the same household are not required to distance. Markers are present on the drop-off zone floor for safe spacing.
9. Instructors will now sign participants in and out on the Daily Course Log to restrict the handling of pens & paperwork. Attendance arrival and departure times will be recorded to comply with contact-tracing requirements.
10. All participants should practise good hand hygiene. Signs are provided for guidance in the Club's bathrooms.
11. All participants are to use the hand sanitiser provided at the marina gate before entering the marina.
12. Participants may bring their own small container of hand sanitiser for personal use when needed.
13. Participants are to take note of maximum occupancy notices for the Sailing Academy barge and Trophy Room. Participants are not to enter the space unless directed by an Instructor.
14. Participants should avoid all unnecessary physical contact between each other and with instructors.
15. Participants should bring their own drink bottles and towels and not share such items between participants.
16. Sailing equipment, lifejackets and facilities are cleaned by staff following each session. Please assist staff by placing used equipment in a pre-wash area, as directed.
17. All communication will be facilitated via phone and email. All course payments can be made online or over the phone.
18. Participants and parents are strongly encouraged to download the COVIDSafe app. This will help support contact-tracing if required.

We thank you for your co-operation as we look forward to going sailing again!

