

Racing during COVID

General

This document provides the measures implemented for the LSC Sunday Autumn Series and draws on RYAS guidance documents and the latest Scottish Government guidance.

Your attention is drawn to the following RYAS documents and all are encouraged to familiarise themselves with the sections regarding understanding the risk and advice on mitigation:

RYA Sailing and Racing in Mixed Households (Scotland)

<https://www.rya.org.uk/scotland/about-us/Documents/RYA%20Sailing%20and%20Racing%20in%20Mixed%20households%20SCOTLAND.pdf>

RYA Scotland Guidance for Clubs and RTCs v3.6

<https://www.rya.org.uk/scotland/about-us/Documents/RYA%20Scotland%20Guidance%20for%20Clubs%20and%20RTCs%20V%203.6.pdf>

FAQs Additional restrictions 10th Oct (Note: this document supersedes some elements of the two documents above)

<https://www.rya.org.uk/scotland/about-us/Documents/Additional%20Guidance%20-10th%20Oct%202020%20v1.1.pdf>

The latest guidance (summarised in the FAQs document) reimpose the ban on Mixed Household crews. Travel is also restricted between regions under different lockdown rules. You are requested to consider if your travel for sport complies with this guidance.

Wherever possible the relevant Scottish Government physical distancing guidance (at least 2m separation wherever possible) should be adhered to at all times, apart from a few limited circumstances afloat where mitigations should be implemented in line with this document which draws on RYAS advice and guidance.

A Field of Play for the Regatta has been applied from 1200-1800 for the duration of the series, which includes the Clubhouse, Dinghy Park, Slip, Race Course area and the pontoons including RIB moorings and fuel jetty. The following Bubbles have been formed for this Series;

- There is a single bubble which includes racers and RIB Crews.
- This bubble is a maximum of 30 people in total.
- The upper floor of the Clubhouse is restricted to a separate Race Org Bubble, no one else should go upstairs.

All participants should provide their own food and drink for the day.

Changing rooms will be open, but with limited numbers at any one time using allocated changing spaces. Guidelines for use of changing rooms is at Annex A.

Essential First Steps

- Check the club website racing page for latest information regarding Guidelines for sailing during COVID.
- Your entry for the event has provided the detail required for the club to hold regarding Test and Protect procedures should they be required subsequently.
- Self Check for symptoms before leaving home.
- Assess personal risk and that of your team (especially in the case of mixed family crews).
- Only travel to the club with members of your own household or extended household.
- Arrive in sailing kit if possible. Changing rooms will be open, but with limited space, so anything that reduces time in changing rooms is good.
- Wash hands/use hand sanitizer on arrival and as practicable for remainder of time at club.
- Maintain social distancing at all times during rigging/launching.
- Come ashore as soon as you have finished the final race in order to reduce crowding during recovery/derigging.
- Pack up boat and leave club as quickly as possible.

Specific Notes for Racers

- When parking and changing consider maintaining social distancing.
- Sign on for racing using the form in the Hall of the clubhouse, please use hand sanitizer before touching the pen and form.
- In the Dinghy Park ensure social distancing by moving your boat if necessary to create a suitable space in which to prepare for sailing.
- Parents may break social distancing to assist their children with boat preparation, but CANNOT help any other children.
- Pre-Rig as much as possible before moving the boat to the slip.
- Change into sailing kit before moving the boat to the slip.
- Maintain social distancing when moving the boat to the slip and do not cross the road unless you can see there is enough space for you and your boat to be clear of the road on the other side.
- Once on the slip, maintain social distancing from other boats/crews, finish rigging and launch immediately.

- Trolleys should be handled within bubble groups or (ideally) by the racer(s) of that boat.
- After finishing the final race head for shore immediately.
- When there is sufficient room to land recover onto the slip as quickly as possible, lower sail if necessary and proceed quickly up the slip to the washdown point.
- Depart slip into Dinghy Park and pack up boat as soon as possible, maintaining social distancing.
- Sign off on tally sheet as soon as possible after coming ashore.
- Change and depart club as soon as possible to avoid crowding.
- Check Club website racing page later for results.

NOTE:

- In the event of emergency assistance being required a support boat is permitted to give assistance. All racers are deemed to have accepted the associated risks.
- **Due to tide state and social distancing requirements on the slip it is very likely that launching will take longer than normal and so racers should consider getting on the water earlier than normal to ensure that they are in place for their start.**

Specific Notes for RIBS

- Single handed RIBs are part of the Race bubble and are primarily responsible for laying the course and are permitted to provide emergency assistance to other craft.
- In a safety situation where it is necessary to break physical distancing, you should do so for as short a time as possible and return to physical distancing. Consider the use of PPE (i.e use of face covering such as buff or bandana over nose and mouth) and ensure all surfaces and equipment are cleaned thoroughly afterwards.
- RIBs are reminded that distancing should still be maintained where possible through use of verbal advice and techniques such as mast tip rescue. Towing should be in line and not alongside if possible (NB a Musto Skiff can only be moved alongside)
- RIBs may be assigned mark(s) to lay by the RO. These should be lifted by the same RIB that laid them.
- At the end of the final race sailors should leave the course as quickly as possible. RIBs should be prepared to encourage boats to head ashore rather than fun sail or loiter near the course. They may also need to hold boats back if too many are hitting the slip at the same time.
- RIBs should be refuelled at the end of the day and marks/ground tackle etc returned to the appropriate container/area.

NOTE:

- **One RIB may be required to assist the Hansa to get out of the marina and to return to the marina. This should be towing in line. (The Hansa will have a radio and pre-agreed callsign).**

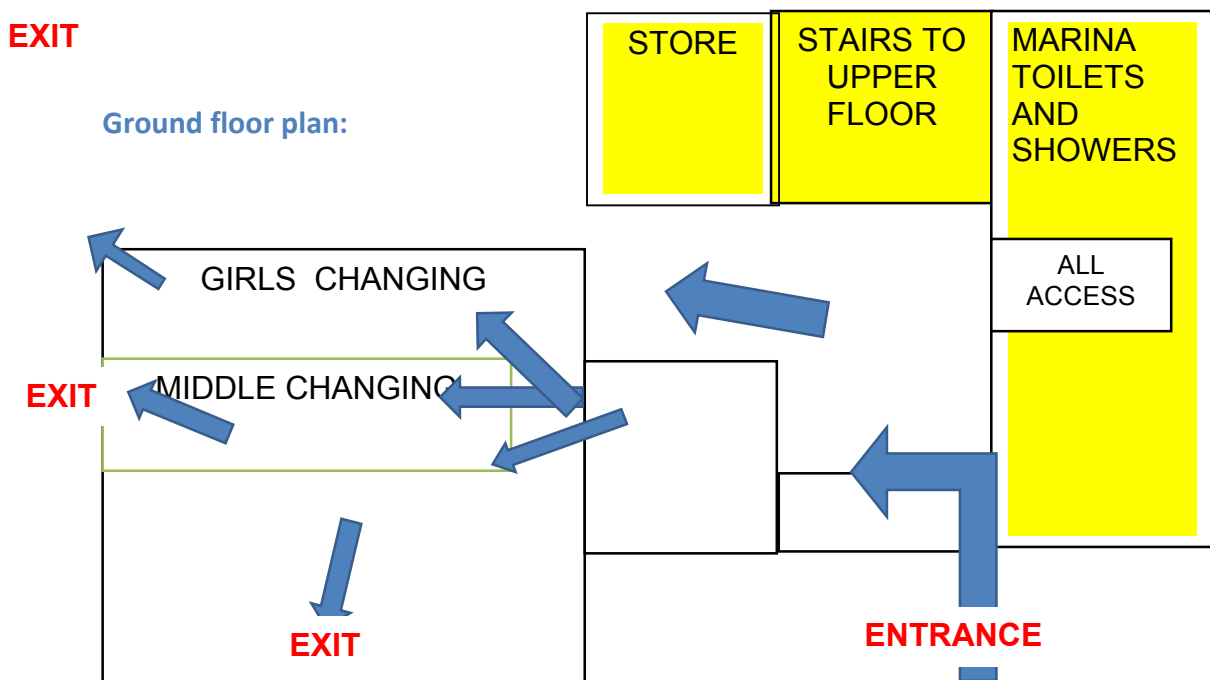
Specific Notes For Race Org Teams

- A Race Org Bubble has been created for the Race Management Team in the Clubhouse. The RO should brief the RIB crews using 2m distancing (and ideally outside the clubhouse) in order that bubble integrity is not breached.
- The RO is responsible for ensuring that the competitor list is brought up from the entrance to confirm race boats and crews and returning the sheet downstairs in time for finished and retired boats to sign in after leaving the water. It may be necessary to move trolleys create space at the top of the slip.
- Appropriate Social Distancing is to be maintained wherever possible at all times.

Appendix A to RACING During COVID

Access to lower floor of clubhouse: requirements and restrictions

SEPTEMBER 2020



- A one way system is in place: entrance via the main door only and exit from middle or girls changing rooms
- Areas shown in yellow are OUT OF BOUNDS
- Changing and toilet facilities are open but showers remain closed in line with sportscotland recommendations
- Flow through the building should be as quick as possible with no lingering in communal spaces such as the hallway. The process will be:
 - On entry, complete 2 forms, 1 for Track and Trace (in the porch) and 1 for race registration (in the hallway). Hand sanitiser will also be available in the porch and should be used before entering the main door and using pens.
 - Pick up a changing room token which will identify your changing room and space.
 - Proceed to your changing space, complying with the 2m spacing which has been laid out on the floor. In the changing rooms, 2 m areas have been marked up and a disinfectant spray and paper towels placed in each one. There are 7 changing spaces in the girls area and 7

in the boys + an additional 4 in the middle changing room for the boys to use. Please do not enter unless there is a vacant space (token) for you to use. Please change, pack all your belongings and take them away with you and spray and wipe the area before you leave

- Exit through the front doors in the middle changing room (boys) and girls changing room (girls), return the token to the entrance and proceed to the dinghy park and/or your car to deposit your belongings
- No bags or other belonging should be left in the clubhouse at any time. This will be checked on a regular basis and any items found will be removed to outside the main entrance.