



RLymYC Dinghy Event Participant Guidelines COVID 19



The UK is currently experiencing a Covid-19 pandemic in light of this the Royal Lymington Yacht Club (the Club) have thought carefully about the situation, completed the necessary risk assessments how to comply with the Government's and RYA guidance, and [stay Covid-19 secure](#). The latest Club guidance including risk assessments can be found here <https://rlymyc.org.uk/About/Covid19>

We ask that participants and their guardians take the risk seriously, consider their actions and follow the advice and guidance in place. Please do not gather in groups of more than 6 people ashore and do not mingle between groups.

It is not possible to eliminate the risk of transmission of the virus during training or a sailing event, so it is important you are aware of Covid-19 and how to protect yourself and others. Detailed information about how to stay safe and protect others can be found at <https://www.gov.uk/coronavirus>.

General

- Check your symptoms before arriving– please do not attend if you or anyone in your household is showing any of the [important symptoms of coronavirus](#)
- Please maintain social distancing at all times
- Please remember that when onshore we are amongst a public car park and a throughway to the Yacht Haven and the Sea Wall – there will be lots of people around, and social distancing is important
- The hardest thing will be to limited contact with others involved in the session – but please keep your distance
- When afloat it is a sporting activity, so it is OK that we have more than 6 sailors/coaches involved. When ashore sailors and guardians should not gather in groups of more than 6, and you must not circulate between groups
- Please follow all the Government advice about good personal hygiene
- Do not share water bottles or food
- Anything you may need on the water must be kept keep with you at all times – official boats will not be able to take any of your belongings
- The Club will support NHS test and trace

Please let us know in advance if following any of these guidelines is going to be difficult for you and we may be able to come up with a plan

Arriving at the Club

- The changing rooms are closed, so please arrive changed, or be prepared to change in the car park (please don't use the public toilets for changing)
- When open the Club toilets are available as are the public toilets in the car park

When Rigging

- If you don't have a dinghy space, please use the allocated rigging area provided by the Club, please see event details or discuss with your coach.
- Please minimise contact with others in the boat park and while rigging – remember 2m is a good social distance.

- If you need help with rigging / de-rigging, ask one of your guardians, not your fellow sailors or any of the volunteers
- Please arrive and rig so you are ready just in time for launching.
- Please be on time for your launch slot

Briefing

- Briefings may be virtual; if they are on the day they will be done outside and in groups of 6

Launching and recovery

- Launching and recover may take longer than usual, so please be patient
- Please keep your social distance while on or near the slipway
- You should be prepared to launch yourself, with help from a guardian.
- Single handers will not be able to pair up to help each other out
- The slipway has a one-way system – please respect this
- The Club will provide some cleaning substances for you to disinfect your boats (particularly if you are sailing with mixed households) by the rinse down area.
- It will be hard to guarantee to eliminate the virus – but please do
 - 1) rinse your boat and drain as usual
 - 2) spray your boat with the disinfectant
 - 3) leave at least 5 minutes before rinsing off
 - 4) leave your boat to dry – we suggest leaving your cover off until the boat is dry.

Safety on the water

- As ever, please make sure your boat is 'class legal' and ready to be towed – this makes it easier to rescue you if needed and for the volunteers to keep a social distance.
- We will be conservative in our decision making – the limits at which we may decide not to sail will be lower than before the Covid-19 outbreak
- If a sailor is in distress, then the first priority of all safety boat crews will be the sailor, regardless of any breach of social distancing the rescue may entail
- Unless a sailor is in distress, safety boats will not help bail or right a capsized boat
- Please do consider whether this reduced level of contact is right for you, given the conditions on the day
- We will brief the safety crews to use rescue techniques that minimise face to face physical contact - please co-operate with them
- We will brief first aiders so they are confident they can help someone injured during the Covid-19 outbreak

While racing and training

It will be different on the water – sailing is social, but Covid-19 has changed some of that:

- Please do not raft with each other or with the ribs
- Keep your food and drink in your own boat
- Keep your social distance
- If you are sailing with someone from another household you should always try to maintain social distancing but also understand that there will be times you will come into close contact with those you are sailing with – this maybe for short periods or it may be for longer.

- Be prepared to take extra steps to keep you safe – you will need to agree on these with your crew and stick to them. To help, make sure you read the [RYA Guidance on sailing and racing with participants from different households during Covid-19](#)
- If you do choose to use a face covering as additional mitigation, please make sure you understand the [government guidance on face coverings](#).

Please let us know in advance if any of this is going to be difficult for you & we may be able to come up with a plan.