

RYA Cymru Wales Covid-19 Guidance on sailing & racing with different households

Introduction

This document provides measures for participants when sailing and racing with other households. It should be read alongside the latest Government guidance. Clubs and event organising authorities should refer to the RYA Guidance on Restarting Boating Activity and Managing COVID-19 in Wales and RYA Guidance for Major Events and Covid-19 on the RYA Cymru Wales Return to Boating hub. This document is designed for participants only.

Wherever possible, the relevant Welsh Government social distancing guidance should be adhered to at all times, apart from a few limited circumstances afloat where mitigations should be implemented in line with the advice within this document. The basis for this guidance has been approved by DCMS (Department for Culture, Media and Sport) through the UK NGB the RYA.

This document refers to current Welsh Government guidance for Wales only and is subject to change in response to the current Covid-19 Alert Level, community prevalence of Covid-19 and/or updated Welsh Government guidance.

Essential first steps

All participants prior to sailing with other households

- ✓ Self symptom check before leaving home
- ✓ Assess personal risk and that of your team
- ✓ Limit car sharing
- ✓ Register your attendance with the host club for test and trace
- ✓ Arrive in sailing kit where possible
- ✓ Sanitise hands on arrival and prior to touching any shared surface
- ✓ Maintain social distancing at all times before and after launching

Remember RYA Cymru Wales COVID-19 Principles

Considerate: be mindful of the potential impact that you could have on other water users and local communities. Do not place unnecessary extra strain on the RNLI and emergency services

Responsible: help to minimise risk by taking an extra conservative approach to your boating.

Understanding the risk

Whilst sailing, there will be particular times where you will likely come into closer contact with those you are sailing with. This may be for a relatively short period of time or it may be for longer. If the interaction is relatively fleeting or short-term, the risk is relatively low. However, if the interaction is for a longer period of time, the risk is much higher and mitigations will need to be considered to lower the risk of transmission of Coronavirus.

Here is a flow diagram to help you to understand and mitigate the risk:-

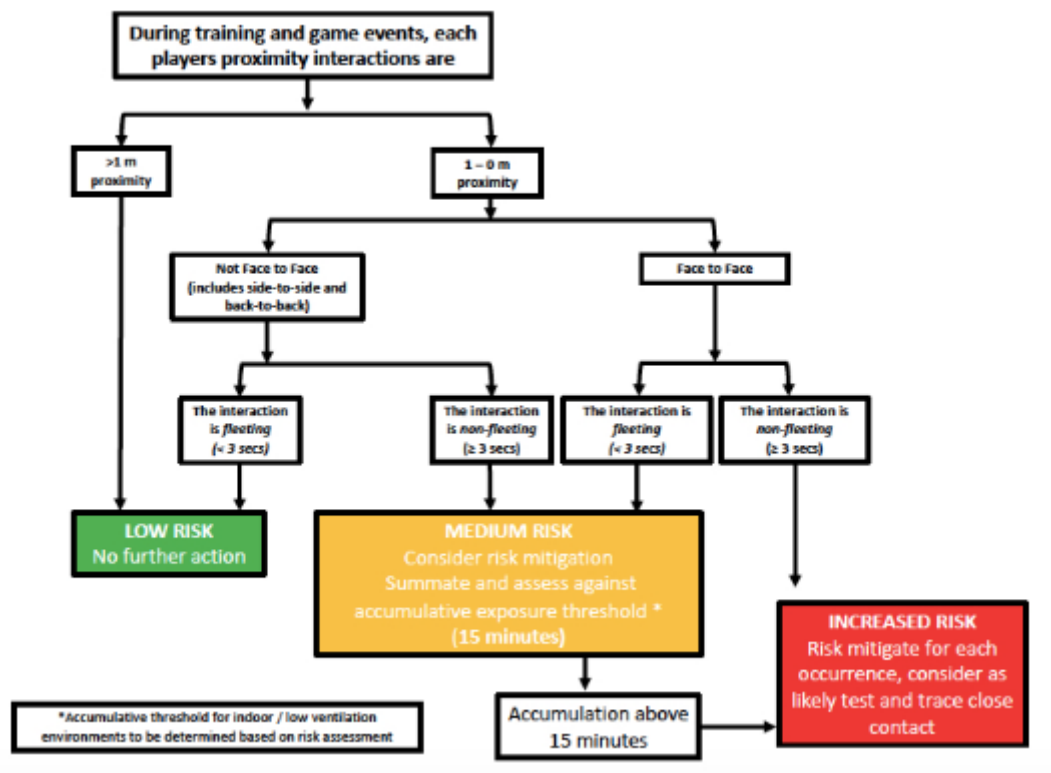


Figure Error! No text of specified style in document.-1 Droplet Transmission Risk Assessment Flowchart (Department for Culture, Media and Sport, 2020)

If you are within the medium or increased risk category, you will need to introduce mitigations to control the risk. Here are some mitigations we advise you follow:-

Table Error! No text of specified style in document.-1 Summary of Mitigation Measures

No.	Mitigation	Applies To	Conducted By
1.	Pre-attendance Symptom Check	All participants	All participants
2.	Maintain record of participant contact details for 21 days	All participants	Organising Authority (maybe delegated to skippers for yachts)
3.	Normal social distancing protocols to be followed onshore	All participants	All participants
4.	When sailing, if unable to maintain more than 2m separation then maintain at least 0.5m separation between crew with other non-face to face mitigation	Competitors	Competitors
5.	Organise manoeuvres to maximise social distancing and avoid face to face where this would normally occur	Competitors	Competitors
6.	For 2-person winches use with 1 person or wear face covering	Competitors	Competitors

No.	Mitigation	Applies To	Conducted By
7.	When >1 person below deck limit duration to less than 5 minutes & regularly clean shared surfaces	All participants	All participants
8.	For races of a duration to require sleeping onboard crew should not sleep in communal areas. Separate & dedicated cabins to be available for those from different households (no hot bunking).	Competitors	Organising Authority to impose crew limit via NoR
9.	When operating small powerboats utilise crews from single household, or single crew or wear face covering when >2m separation cannot be maintained	Race Officials & safety boat crew	Organising Authority
10.	Ensure numbers onboard Committee Boats are limited dependent on size of boat to allow minimum 2m spacing	Race Management team	Organising Authority
11.	At end of day or before use by another person clean down equipment with water & mild detergent	All participants	All participants
12.	At end of each race and more frequently where practicable, practice hand hygiene	All participants	All participants

Test & Trace Contacts

Based on our risk assessments, RYA Cymru Wales believe that the following should be considered as close contacts for the purpose of test & trace in the context of sailboat racing.

1. Those who have sat within 2m of each other on the side deck for a prolonged period;
2. Those who have been below deck at the same time;
3. Those who have recovered someone or been recovered from the water;
4. Those who have had a face to face interaction of less than 2m i.e. whilst operating a winch

Appendix 1 – RYA Risk Assessment of participating in sailing and racing within mixed households

Table **Error! No text of specified style in document.**-2 Droplet Transmission Risk Assessment

Activity	Proximity between sailors	Face to Face?	Interaction time	Risk Level	Accumulation time (if medium risk)	Cumulative Risk Level	Additional Mitigations Required	Final Risk Level
Small Sailboats								
Rigging	>2m	No	N/A	Low Risk	N/A	Low Risk	None	Low Risk
Pre-start & post race	>2m	No	N/A	Low Risk	N/A	Low Risk	None	Low Risk
Sailing straight line – sitting on the deck – not face to face	<2m	No	Non-fleeting	Medium Risk	>15 mins	Increased Risk	No shouting Min 0.5m separation Face coverings considered when conditions permit	Medium Risk
Sailing straight line – trapezing	>2m	No	N/A	Low Risk	N/A	Low Risk	None	Low Risk
Manoeuvring	<2m	Possibly	Fleeting	Medium Risk	<15 mins	Medium Risk	Face to face to be avoided. Organise manoeuvres to maximise social distancing	Low Risk
Mark Rounding (Spinnaker hoist & drop)	>2m	No	N/A	Low Risk	N/A	Low Risk	None	Low Risk
Yachts								
Rigging	>2m	No	N/A	Low Risk	N/A	Low Risk	None	Low Risk
Pre-start & post-race	>2m	No	N/A	Low Risk	N/A	Low Risk	None	Low Risk
Sailing straight line (sitting on the rail)	<2m	No	Non-fleeting	Medium Risk	>15 mins	Increased Risk	Min 0.5m separation Use face coverings when conditions permit	Medium Risk
Manoeuvring	<2m	Possibly	Fleeting	Medium Risk	<15 mins	Medium Risk	Face to face to be avoided. Organise manoeuvres to maximise social distancing	Low Risk
Mark Rounding (Spinnaker hoist & drop)	<2m	No	Non-fleeting	Medium Risk	<15 mins	Medium Risk	Avoid shouting Min 0.5m separation	Low Risk
Winch operation by >1 person	<2m	Possibly	Non-fleeting	Increased Risk	<15 mins	Increased Risk	Consider single person use where possible. Where not face coverings to be mandatory.	Low risk

Activity	Proximity between sailors	Face to Face?	Interaction time	Risk Level	Accumulation time (if medium risk)	Cumulative Risk Level	Additional Mitigations Required	Final Risk Level
Below deck during, before or after racing	>2m	Enclosed space	Non-fleeting	Increased Risk	<15 mins	Increased Risk	Maximise ventilation where safe to do so. Regular cleaning of shared surfaces >1 person below deck only for short (<5 mins) duration or where required for safety	Medium Risk
Below deck Offshore >1 person (races of a duration where it is necessary to sleep aboard)	>2m	Enclosed space	Non-fleeting	Increased Risk	>15mins	Increased Risk	Crew should not sleep in communal areas. Separate & dedicated cabins to be available for those from different households (no hot bunking). Maximise ventilation where safe to do so.	Medium Risk
Official Boats – RIBs (2 persons onboard)								
Normal operation – driving at speed	Dependent on size of RIB may be <2m	No	Non-fleeting	Medium Risk	>15 mins	Increased Risk	Utilise same household crews OR Single Manning OR Face covering where >1m cannot be maintained	Low Risk
Mark Laying	>2m	No	N/A	Low Risk	N/A	Low Risk	None	Low Risk
Rescue of person in water	<2m	No	Non-fleeting	Medium Risk	<15 mins	Medium Risk	Wear face covering Ensure casualty is facing away from safety boat. If able casualty to self-rescue using strop or ladder If casualty conscious and able they should wear face covering once aboard safety boat	Medium Risk
Official Boats – Committee Vessel (CV)								
Transit to / from race area	>2m	N/A	N/A	Low Risk	N/A	Low Risk	None	Low Risk
Normal operation – start & finishing	Varies dependent on size of CV	No	Non-fleeting	Medium Risk	>15 mins	Increased Risk	Ensure numbers are limited dependent on size of CV to allow >1m spacing at all times	Low Risk

Note: proximity is taken as distance between heads

Fomite Transmission *The risk associated with the handling and transfer of equipment in the sport.*

There are various items of equipment which may be used onboard a sailboat which have been identified below. Many items of equipment, such as ropes, may be manufactured from specialist materials which would be degraded by using bleach or other harsh chemicals. It is therefore recommended that the manufacturer's recommendations for cleaning of specialist fabrics, fibres and materials be followed. For materials that are not liable to degradation then either warm soapy water being sponged down and then flushed with fresh water prior to being allowed to dry is recommended or being sprayed with a 60 – 90% alcohol-based solution. *Table Error! No text of specified style in document.-3 Fomite Transmission Risk Assessment*

Item	Material	When	Use	Other Mitigations	RAG Rating
Competitor Equipment					
Sheets, guys and running rigging	Rope – various types	End of day	Potentially all crew	Regular hand cleaning	Medium Risk
Wheel or tiller	Metal, composite or plastic	End of day	Helm only	If necessary to change helm clean first	Low Risk
Winch Handles	Metal & plastic	Between races	Trimmers & pitman	Ensure each trimmer has their own winch handle OR Trimmers to wear gloves	Low Risk
Clutches	Metal & plastic	End of day	Pitman only	If necessary to change pitman clean first	Low Risk
Sails	Various	End of day	Foredeck crew	Regular hand cleaning	Low Risk
Officials Equipment					
Flags, poles & halyards	Fabric; wood metal or plastic; rope	End of day	Dedicated individual	Each flag to be dedicated to an individual and not used by anyone else unless cleaned	Low Risk
Radios	Plastic	End of day	Dedicated individual	Except in emergency if radio to be used by someone else handset to be wiped down first	Low Risk
Sound Signals	Plastic or metal	Between races	Dedicated individual	Manual air trumpets not to be used. Whistles and gas canister or electric type air horns acceptable	Low Risk
Race Marks & associated tackle	Fabric	When recovered ashore	Mark Layers	Marks & tackle to be handled by dedicated individual when loaded into mark laying boat. Once put in the water then considered to have been washed	Low Risk

It is expected that where there is a change of crew on a vessel then either all fomites listed above will be cleaned or a period of 72 hours will be left before a new crew boards the vessel.