



LTSC Covid-19 - Member Guidance

We are pleased to see members back on the water since re-opening.

Please note that the health and safety of members and committee volunteers will always be our number one priority. Therefore, all necessary measures have been taken to be Covid-secure and to reduce the risk of infection to members, in accordance with current Scottish Government guidance.

This means that the clubhouse, boat shed, and racing box will be closed until further notice. With access to the disabled toilet being made available on the following days/ times each week:

- Every Wednesday, Saturday and Sunday

Members can still use the club on other days of the week, however, there will be no toilet facilities available.

Members must always comply with the Government Guidelines. Full details on this can be found here: <https://www.gov.scot/coronavirus-covid-19/>

All members will be using the Sailing Club at their own risk and it is their responsibility to take their own precautions.

No member should travel to Loch Tummel Sailing Club if they are feeling unwell, have any symptoms of COVID-19 or have had any contact with any such person in the last 14 days. People who are symptomatic should self-isolate for 10 days: household members for 14 days. No one who is self-isolating should attend an outdoor sports facility/activity.

Please follow the club guidelines below:

Booking your visit:

To ensure we are meeting the test and protect guidelines, we have introduced a booking system for club members intending to use the club.

If you wish to attend or use the club, please send an email, giving at least 24 hours' notice, to checkin@lochtummelsc.org stating the following:

- Date of attendance
- Expected duration/ time at the club
- Names of all members attending
- Contact phone number of the members

We will aim to respond the same day to confirm your booking. If we have reached capacity for the requested date, then we will provide you with an alternative.

If you attend the club and have not been able to send a check in email, please sign-in using the **attendance sheet** located just inside the side entrance of the clubhouse at the sanitising station.

Please sanitise your hands and the pen before and after use/ spray any surfaces you may have touched.

Basic Hygiene:

Wash/ Sanitise hands after touching common surfaces– and always after coughing, sneezing and before and after arriving and leaving the club.

Please cover your mouth and nose when sneezing or coughing (ideally into your elbow), and avoid touching your face, nose, and eyes.

We recommend you carry and use hand sanitiser (at least 60% alcohol) and sanitising wipes.

Be mindful of our environment and dispose of used wipes responsibly - Please take any rubbish away with you.

Physical distancing requirements:

People must stay a minimum distance of 2 metres apart when meeting others from outside their household.

You may arrange to meet outside with people from up to four other households (including an 'extended household') per day but the total number of people meeting must not be more than 15 in a day.

Meeting no more than 4 other households each day will limit the risk that someone who had the virus without realising it could infect multiple households on the same day.

For under 12s (0-11): Children under 12 do not need to maintain physical distancing. There is no limit to the number of households that children aged 0-11 can meet in one day

For 12 and over (12-17): Can meet up to 15 people from up to 4 other households at a time, same as adults. But there is no limit to the number of households that they can meet in one day. This means that young people can meet their friends separately from meetings that other members of their household may be having.

Respect the local community:

- Plan ahead, be considerate on arrival and think of the locals.
- Park inside the club grounds and no overnight camping.
- Please park cars in such a way as to facilitate physical distancing.

On Arrival:

There will be no changing facilities and members will need to arrive in their sailing gear or change in their vehicles or in the car park.

There will be a member of the committee on site every Saturday, Sunday and Wednesday. Upon arrival on these days, you should **check in** using the attendance sheets and provide the name and contact numbers of everyone in your household group (if this has not already been done via email). This is required for contact tracing purposes and will be signposted at the club to remind you.

Please note that this information will only be stored for 21 days in accordance with the Scottish Government guidelines, after which time it will be securely deleted.

Club Facilities:

It should be assumed that everything you touch is contaminated, and you should therefore have your own sanitising wipes or hand sanitiser for use when opening any gates, fuel stores, Dinghy Trolleys or Doors.

There will be a sanitising station outside the front of the clubhouse on a Saturday and Sunday, where there will be sanitising spray, wipes and hand sanitiser available for members to use. There will also be one located inside the side entrance of the club house.

If you intend to use any of the outside seating, please use the sanitising spray before and after use. Always observe social distancing and regularly wash/ sanitise your hands.

The Clubhouse and Toilet Facilities:

The clubhouse will remain closed, with **no access through the main door** or to the kitchen.

The changing rooms, **Ladies and Gents toilets are not open**, and you should not attempt to access these.

There will be 2 x side doors open towards the rear of the clubhouse. This is to allow access to the **disabled toilet only**. You must enter through the left-hand door (as shown in separate document named "[Disabled Toilet Access](#)") and exit via the right-hand door. There will be a sanitising station outside the toilet door area, which you can use to wipe any touchpoints outside the toilet and to sanitise your hands before entering and after leaving.

If the toilet is in use, please wait outside and observe social distancing, which will be clearly marked on the path leading up to the left-hand entrance door. Do not go inside until the other person has exited, using the right-hand door.

Once inside the toilet, the toilet, handle, door handle, tap and associated hard surfaces must be sprayed down with the supplied cleaner/ wipes before use and after use. These instructions will also be on display in the toilet.

The toilets will be regularly professionally cleaned in accordance with government guidelines and there will be a wall mounted checklist confirming when it was last cleaned. If you have any concerns about the cleanliness of the toilet, please report this to the committee member on site.

There will be clear signage on site to remind you where you can and cannot go, and to regularly wash/ sanitise your hands and to wipe surfaces.

First Aid:

The First Aid box will be re-located to the sanitising station outside the disabled toilet and must be wiped down before and after use. Please also sanitise your hands before and after touching the box.

Please note that there will be a Face shield, mask, gloves and apron with the First Aid box, and these must be used when administering First Aid to another person.

The Boat Shed/ Club Equipment:

The Boat shed should not be accessed and nor should any of the equipment inside, including the canoes and windsurfers stored under the Clubhouse.

The club boats are not to be used; however, this may be something that will change in due course.

Safety Boat:

There will be no safety boat cover, however, this is something which may change in due course.

Sailing:

- If you have not pre-booked to attend or sail at the club and the number of people exceeds those recommended by the government social distancing guidance, then be prepared to be turned away. However, the committee member on site will be able to advise you of an alternative slot.
- Individuals should sail singly or as a crew with members of their household group. If physical distancing can be maintained, you may sail with up to four other households on a boat and with no more than fifteen people.
- Arrange to go out with another boat (a buddy) and watch out for each other.
- Do not launch at a location where you cannot maintain physical distancing. Move your trolley away from the shore, to prevent another member needing to touch the trolley.
- Members are encouraged to use their own personal equipment.
- Members must only take to the water in conditions well within their ability and which assume a self-sufficient approach to their activity.
- Notify someone ashore of your intended activity, anticipated time afloat and call them when you are back ashore safely.
- Check the weather forecast and avoid sailing in high winds or a dying wind.
- Double check your boat's buoyancy, equipment, rigging and fixings.
- Carry a mobile phone in a plastic bag or waterproof container.
- Carry a paddle for self-rescue; use righting lines, masthead floats and long painters.
- Realistically (and conservatively) assess yourself, your crew and your boat's ability to cope. Sail well within your comfort zone and don't take risks.
- Dress appropriately for the conditions and bring a change of clothes and a drying towel.
- Go ashore if you have doubts or get cold or tired - there's always another day.
- If you capsize and can't right it, stay with the boat. Never try to swim to shore.
- Watch out for other boats and obstacles.
- Bring a packed lunch and plenty of drinking water and pack a thermos flask with a warm drink.

Remember - Be conservative – stay within the limits of your ability. Factors to consider when deciding to go afloat include - forecast, temperature, wind speed, direction, visibility, participants' competence, use of righting lines, long painters and mast head floats.

Risk Assessment:

The club has prepared a risk assessment as part of its COVID-19 preparations. The document can be found on the club website [here](#) and the risk assessment will be maintained on an ongoing basis.

Not Following the rules:

We sincerely hope that all LTSC members will follow these rules and support other members to do the same. The Committee will provide appropriate signage and support to members to assist in this.

There will **always** be a committee member on site Saturday and Sundays to help provide guidance and support. However, should there be any significant deviation from these rules then members will be asked to leave the club facilities if the breach is a significant safety risk to other members.