



## **LTSC Covid-19 - Member Guidance up to 23<sup>rd</sup> May 2021**

The health and safety of our members 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, in accordance with current guidance from the Scottish Government, RYA Scotland and Sport Scotland.

### **Please observe the guidelines below:**

From 2<sup>nd</sup> April 2021 members are able to travel to a sailing club to carry out boat maintenance, delivery, and preparation, provided you live within the **same local authority area**. Please note that the government advice currently is to stay local.

From 26<sup>th</sup> April 2021 Members will be able to travel outside of the local authority area to visit a sailing club to carry out boat maintenance, delivery, and preparation, however, please observe any local level restrictions.

With effect from 1<sup>st</sup> May 2021, the club will be open for social sailing only and this must be a single hander or with members of your own household/ extended household.

A maximum of 15 people (regardless of age) will be permitted to be on site per day, although this is expected to increase over the coming weeks, and we will update the guidance if this figure does change. Due to these limitations, the club is open to members only. No guests at the current time.

From 1<sup>st</sup> May 2021, there will be access to the disabled toilet only. Prior to this date, all facilities on site will be closed.

We do not yet know when we will be able to open the racing box, boat shed, clubhouse lounge, kitchen, shower or changing facilities, however, we will keep you updated as soon as the government provides more information.

There will be a nominated Covid Officer on site at weekends from 10am to 5pm to ensure the smooth running of the club in accordance with these guidelines and will be available if a member does have any concerns.

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

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.

### **Booking your visit:**

To ensure we are meeting the test and protect guidelines and to manage numbers of members on site, we have introduced a booking system for club members intending to attend the club.

If you wish to attend or use the club, please use the following online form to book your visit:

<https://docs.google.com/forms/d/e/1FAIpQLSelK9mAQuWOR4HdVidqsERhsfTkTiSjQNR7vrCr8mcqAlPPOg/viewform?vc=0&c=0&w=1&flr=0>

We will aim to respond the same day to confirm your booking.

If you attend the club and have not been able to check-in using the online form in advance, please note that there is a possibility you could be turned away if the number of people permitted on site is at maximum capacity. If not, then 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.

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

### **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 one other household (including an 'extended household') per day, but the total number of people meeting must not be more than 4. This will increase to 6 after 26<sup>th</sup> April.

Under 12s do not count towards the total number of people or households meeting outside and after 26<sup>th</sup> April they do not need to maintain a physical distance from others.

Young people aged 12 to 17 can meet outdoors in groups of up to 4 from separate households. This will increase to 6 after 26<sup>th</sup> April.

Where an individual household includes more than 6 people, they can continue to meet outside as a household even if the total number of people exceeds 6.

### **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.

A nominated Covid Officer will open the site every Saturday and Sunday at 10am, where we have been notified that members are due to attend in advance.

### **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 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, 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.

Some of the club boats are available to be used; however, this should be requested via [checkin@lochtummelsc.org](mailto:checkin@lochtummelsc.org) and booked in advance to prevent more than one household using the same boat on any given day. Any club boats should be thoroughly washed down/ sprayed with sanitising solution before and after use.

### **Safety Boat:**

There will be **NO** safety boat cover until 23<sup>rd</sup> May when racing commences, however, there is a safety boat on a mooring, and this will be pulled alongside the Jetty at the weekends with effect 1<sup>st</sup> May to ensure a swift rescue can be undertaken, should the need arise.

Please ensure that the boat is only used by members of the same household and it should be thoroughly washed down/ sprayed with sanitising solution before and after use.

### **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.
- Individuals should sail singly or as a crew with members of their household group.
- 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 current version of this can be found on the club website.

**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.

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.