

# Alton Radio Controlled Sailing Club

## Resumption of Competitive Sailing

### New Club Rules as of 21/8/2020

#### **Preface**

On 9/8/2020 the Model Yachting Association issued guidance for the resumption of competitive sailing within its affiliated clubs. This guidance complies with government regulations and guidance and this can be found at <https://mya-uk.org.uk/mya-guidance-for-the-resumption-of-competitive-radio-and-free-sailing/>

Given the purpose of this MYA document, the content is thorough and wide ranging. ARCSC currently sails at either Alton Water or the boating lake at Dovercourt. Both are public areas albeit Alton Water is owned and run by Anglian Water and the use of the water and the park are controlled by the same.

This document incorporates the applicable guidance for our circumstances, but the reader should recognise this is date stamped and will change with reference to any government, local government, governing body or club committee decisions or revisions.

#### **Introduction**

This document will set out new rules and guidance in four main areas:

1. Standing Rules and Guidance for all sailing.
2. Social Sailing additional requirements.
3. Organised or Formal club racing requirements.
4. Committee review of this document for further or remedial action

Social sailing happens mainly on a Saturday and currently at Dovercourt. However, members can sail at either venue, and at any time. So, the priority is to establish rules and guidance for everyone, as well as facilitating a formal winter series of racing to commence either in September or October.

With every sailing event where we regularly meet, or where a race has been formally called, members and visitors must understand that they are opting into this activity at their own risk.

## **Standing Rules and Guidance for all sailing.**

Follow the RYA COVID-19 principles:

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

**Be Conservative:** help to minimise your risks by taking an extra conservative approach to your sailing activity.

#### **General Rules:**

- The maximum number of competitors and race officials at an event/race day is 30.
- A maximum of 13 boats can be in one race or heat.
- Keep to 2m social distancing.
- If 2m social distancing cannot be achieved, then a 1m+ approach can be taken at the start/finish line.

## **General Guidance:**

During racing and the pre and post racing periods, participants must adopt the appropriate social distancing Guidance (currently 2m) at all times (including boat assembly and set-up). It is recognised that for limited periods during racing (typically for less than 5 minutes) some participants may be closer together where social distancing of 1m+ is permitted if 2m is not possible, such as:

- 1) During the start countdown
- 2) At the finish especially between competitors and finish team members

## **Prior to all sailing/racing activity**

a) All participants (sailors, volunteers and officials) intending to sail at an event, must check for symptoms of COVID-19 before travelling. In line with current Government Guidance, if an individual is symptomatic and/or living in a household with a possible COVID-19 infection, they must remain at home and follow current Government Guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace because they are a contact of a known COVID-19 case, must not exercise outside their home or garden and must not exercise with others and must therefore also not attend.

b) Participants must follow Government Guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19 (found in the social distancing Guidance) if it applies to them.

c) Participants must comply with all public health restrictions and avoid high risk behaviour outside of the sailing setting to reduce the risk to their fellow participants when they do attend a Club or sailing venue.

d) Personal hygiene measures (such as hand washing) must be carried out at home before and after sailing activity and regularly at the Club where facilities are available.

e) Participants must bring their own hand sanitiser and maintain strict and frequent hand hygiene measures at all times. Liquid spray sanitisers are available which can be both used on the hands and equipment. Gel is good for only hands in reality.

f) Participants must follow Government Guidance on best practice for travel, including minimising the use of public transport and avoiding car sharing.

g) Use of the public toilets must adhere to the latest Government Guidance

h) Sailing equipment should not be shared.

i) Food and drink should not be shared.

## **First Aid**

At Alton Water first aid is provided by the centre staff.

When sailing at Dovercourt on a Saturday, the club will provide a basic first aid kit along with masks and gloves.

For general information a Defibrillator is available at the swimming pool adjacent to the lake at Dovercourt

## **Visitors**

We may have visitors from other clubs that come to sail socially or within a formal event. It is the responsibility of anyone inviting or acknowledging a request to sail, to point out where this document can be accessed such as our website. We expect visitors to be aware of these rules and guidance.

Where a casual visitor walks in on any meeting or sailing, the member involved should point out our strict social distancing requirements. This should ensure that the visitor doesn't expose themselves to any Covid risks and vice versa. Where a visitor wishes to try out a boat, before and after hand and equipment sanitising is the rule. If in doubt, a member should introduce the visitor to a Committee member to manage the situation.

## Social Sailing Additional Requirements

This is written primarily for the regular Saturday gatherings but is also applicable to anyone sailing alone or in small groups at either venue.

### Alton Water

Anyone sailing at Alton Water needs to register at the office before sailing. On a Saturday this should be done by the first member arriving. The office will need to know where we are sailing. Wind and conditions allowing we should always seek to set courses and sail well clear of other users. By doing this, social distancing from members of the public is easily achieved.

### Dovercourt Boating Lake

This is a public lake and we must therefore take care to respect and socially distance from other lake users, along with the same for any member of the public in this area.

There is ample room for members using the boating lake up to a maximum of 13 boats. Experience shows that members of public keep clear of the area we sail, but we must be alert to social distancing where necessary.

### Sailing Record of Activity

A record of those sailing or attending (including visitors) on any day must be made by a nominated person and recorded by email to the club secretary. This to be kept for one month in the event any member/visitor contracts the virus or has to self-isolate under government guidance.

### Hand Sanitiser

The club will provide a bottle of hand and boat sanitiser but we remind members that we also require each member to provide their own in addition.

### During Sailing Activity

- a) All club racing will use a maximum of a one minute start sequence. One member should use the start box but where this is not possible individual hand sanitiser must be used before and after use.
- b) It is recommended that racing is conducted in a conservative manner and shouts of "starboard", "mark contact" etc. are either eliminated altogether or certainly reduced.
- c) All competitors must sanitise their hands after preparing their boat. Members must also sanitise their hands prior to and after handling equipment used for the sailing/racing.
- d) If required, boat repairs must be undertaken whilst following social distancing measures, using their own tools and equipment or if borrowed with all tools or equipment sanitised before and after use.
- e) We have a proud tradition of providing help and assistance to new members. Where possible this should be continued with social distancing. Where any equipment is handled by another, hands and boats must be sanitised before and after contact by all involved.

### After all sailing activity

- a) All participants must sanitise their hands after the completion of sailing
- b) Participants must leave the site whilst maintaining social distancing.
- c) Social gathering after the activity must only be undertaken in line with current Government Guidelines and social distancing must be maintained.
- d) Any Club equipment that is used and moved to the sailing area must always be moved by the same Club representative and only after using hand sanitiser. If that person is unable to move the equipment after sailing,

then they may be moved by another nominated person who must then wash their hands thoroughly and/or use hand sanitiser.

- e) All participants who attend an event to report any post event infection within their household to both a Club representative and the NHS Test and Trace system to limit the spread of the virus

## **Organised or formal club racing additional requirements**

For all formal club racing a Race Officer will be appointed, ideally before the day. The RO along with their normal duties should remind and control social distancing during the event. To this end the RO should not race themselves unless there are less than 6 competitors.

A briefing for the racing should be conducted and within that our key rules and guidelines etc.

Should there be any spectators the RO will make them aware of our social distancing requirements.

We rarely have control areas but where this is the case, the areas should allow for social distancing in regards to the size of the area or the direction of travel like a supermarket aisle!

Hand sanitisation is to be encouraged during breaks or when food is taken.

The Score Sheet should be only handled by one person.

In addition to all the above, whilst it's sometimes rare, good common sense should be utilised in the absence of any specific requirement.

## **Committee Review and Remedial Action**

The ARCSC committee will regularly review these rules and guidelines. Committee members will make observations at events and respond to any non-compliance or repetition thereof.

Members should also be encouraged to suggest ideas or modifications to these rules to promote a safe sailing environment.

This document will be updated in line with any changes made by governing authorities.

ARCSC Committee