



Return to COVIDSafe Sailing - UPDATE

30 July 2020

Information for Members and Competitors

Recreational boating remains permitted under the NSW Government Public Health Orders; however, these orders may be reversed if boaters are seen to be disregarding the requirements for social distancing or clubs become a significant source of transmission.

SASC is pleased to be able to continue sailing, but COVID-19 is still with us and the way we sail needs to continually adapt to the current circumstances. We are all obliged to work together to fight the transmission of the virus, and as such the SASC continues to monitor Government and industry reports and recommendations and adapt as necessary.

Please do not enter the SASC by land or water if;

In the past **14 days**, you, or any member of your household has:

- ☼ Visited the CYCA or sailed on a CYCA boat
- ☼ Visited Thai Rock or The Apollo restaurants in Potts Point
- ☼ Been in any State or Territory Government designated high-risk area (hot spot)
- ☼ Returned from Victoria
- ☼ Had a COVID test and are awaiting the result.
- ☼ You are a person at risk of serious infection from COVID-19, or have symptoms of the virus (even if mild)

If you have COVID-19 symptoms (including include a cough, sore/scratchy throat, shortness of breath or fever), the SASC recommends you follow the NSW Government recommendation and you get tested at a COVID-19 testing clinic. Self-isolate until you get your results.

Before racing (at home)

- ☼ Any tasks that can be done at home, should be done at home (e.g. debriefing, etc)
- ☼ Arrive dressed and ready to sail
- ☼ SASC recommend all sailors download the Australian Government COVID-19 contact tracing App (COVIDSafe) and keep it active, and on them always.

Contact tracing

With the health authorities now requiring contact tracing information to be in an electronic format for ease of transfer, the SASC requires;

- ☼ Competing skippers to register all their crew names before each race on TopYacht. If you do not register you will be recorded as DNC.
To register crew online go to - <http://tymob.net.au/1130>
Download the NOR - <https://sasc.com.au/sailing/event-sailing-instructions-2/>
- ☼ The SASC is introducing an automated sign-in system using a QR (Quick Response) code. **In addition to skippers registering their crew for racing, all** members and guests are required to sign-in each day before entering the club by scanning the QR code on their mobile phone. Posters with a QR code and simple instructions have been posted at convenient locations around the club to facilitate this.

If you are stuck with the new contact tracing initiative, please reach out to a club Member or Flag Officer and they will be happy to lend a hand to get you going.

Racing or afloat

- ☼ Follow the instructions on social distancing whilst using the tender
- ☼ Sailors should maintain at least 1.5m distance apart, as far as practicable
- ☼ No stacking the rail – crew should endeavour to remain at least 1.5m apart while on the rail
- ☼ No unnecessary body contact (e.g. hand shaking, high fives)
- ☼ No sharing of drink bottles, clothing, food, and towels etc.
- ☼ Avoid sharing of equipment – bring your own lifejacket, gloves etc.

At the Clubhouse




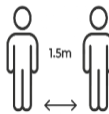
The clubhouse remains open in a limited capacity with prizegiving after sailing. Please be aware of, and adhere to the following requirements:

- ☼ Seating limitations still apply at the club
- ☼ Members and guests should maintain at least 1.5m distance between each other
- ☼ Minimise the use of change rooms, bathrooms, and communal areas
- ☼ Shower at home instead of at the club
- ☼ Avoid congregating in any areas of the club and grounds
- ☼ Hand hygiene stations are available at several locations around the SASC
- ☼ For the safety of our staff and members the club is operating a cashless environment

Covid-19 positive result

If you are aware of a positive Covid-19 with whom you have been in contact (including your crew) you must notify SASC and NSW Health Department, without delay.

Always Take the following preventative measures

	Wash your hands frequently Wash your hands with soap and water often (for at least 20 seconds) and clean and disinfect frequently touched surfaces and objects, such as doorknobs.		Cough hygienically Cough or sneeze into your elbow or by covering your mouth and nose with tissues and put used tissues in the bin or a bag immediately.
	Avoid touching eyes, nose, or mouth Hands touch many surfaces, some of which may contain COVID-19. Do not touch your eyes, nose, or mouth, especially if your hands are not clean.		Maintain social distancing Try to avoid close contact with people who are unwell and avoid personal contact, such as kissing, sharing cups or food, with sick people.

The SASC's priority remains the health and welfare of our staff, members & guests.