



# TORBAY SAILING CLUB

## COVID-19 Health & Safety Plan

### Plan for: Torbay Sailing Club - Coaching Programmes

#### INTRODUCTION

The intention of this COVID-19 Health & Safety Plan is to document how we will manage and minimise the risk associated with running our coaching programs, in accordance with best practice guidelines provided by the government.

For more information on these guidelines refer to:

[www.covid19.govt.nz](http://www.covid19.govt.nz)

<http://sportnz.org.nz/covid-19/>

<https://www.yachtingnz.org.nz/clubs/covid-19-latest-updates>

**Any person who believes they may be unwell from any cause, is waiting for the result of a COVID-19 test, has been at a location of interest, or has travelled overseas in the past 14 days CANNOT take part. IF IN DOUBT, YOU ARE OUT.**

All sailors under 14 **MUST** have an adult member of their bubble present to be responsible for them when they are on shore.

#### 1. Contact Tracing

- **At least one day prior** - All sailors must enroll on ClubHub for each coaching session at least the day prior. This ensures we can manage group sizes (max group size will be 10) & if necessary introduce staggered start times to facilitate better social distancing. You can find the link to register and a table of dates and times [here](#).
- **On arrival at the club** - All sailors must scan the NZ COVID Tracer QR code on arrival.
- **Sign-On** - Please sign on as normal using the club sign on/off system [accessible here](#) just before you leave the beach
- **Sign-Off** - Please sign off as normal using the link above at your earliest opportunity after returning to the beach

#### 2. Physical Distancing

- Only one bubble inside the boat storage area or compound at a time. Please ensure you limit your time inside the storage area to a minimum & are courteous to others waiting.
- Clubrooms & changing facilities are closed for the time being. There are public facilities on the beach which can be used.
- Please rig up in the car park, reserve or beach & ensure you are at least 2m away from any other sailor or member of the public.
- Any assistance launching & retrieving will have to be by a member of your bubble & not other sailors.



- All sailors under 14 MUST have an adult member of their bubble present to be responsible for them when they are on shore. The coaches are only responsible for them once they have signed on & until they physically see them return to the beach or they have signed off.
- Sailors must not leave the beach until they have been told to by their coach.
- Coaching on the water will be performed from an IRB at a distance of at least 2m.
- Sailors will be required to self-rescue initially, however, should a coach need to come alongside a sailor for safety purposes they will wear a mask & ensure this time is kept to a minimum.
- The coach will make the call as to the capabilities of each sailor in the given conditions & if a sailor is asked to return to the beach, they must do so immediately. This is to reduce the risk of rescue & thus maintaining physical distancing.
- Briefing & de-Briefing will occur virtually - [Zoom Meeting](#)

### **3. Hygiene & Sanitation**

- All participants must wash their hands before & after participation
- Hand sanitiser & cleaning products will be available for use. All participants are advised to wipe down any areas within the storage area & compound they touch.
- Shared equipment must be thoroughly cleaned.
- Masks to be worn on shore as per government guidelines.
- Coaches will wear masks if coming alongside a sailor requiring rescue.

Person accountable for this plan:

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