

Llandegfedd Sailing Club

Covid-19 protocol

This protocol adopts guidance from the Welsh Government, RYA Cymru Wales and the local guidelines of our hosts Llandegfedd Lake Watersports Centre, to enjoy sailing, while minimising the risk to club members, spectators and other lake users from Covid-19. Circumstances may change over time as new guidance emerges.

LLSC Covid - 19 team

John Burns - Commodore

Bill Jackson - President

Chris Smith - Racing

Andy Howard – Web Editor

Mike Holgate - Risk assessment

Dr Simon Lennane - Covid Officer

Risk of transmission

Sailing is inherently a lower risk activity for transmission of Covid-19, taking place outside when there is wind, preventing build up of viral particles. The main risk for transmission is indoors, such as changing rooms. Sailing, by its nature, is outdoors and does not usually involve close contact with others, so the following scenarios represent the main areas of potential viral transmission from taking part in recreational sailing and racing.

- onshore close contact, especially when indoors
- crews from multiple households in a single boat
- rescues

General principles are outlined below, followed by proposed mitigation for these specific scenarios.

General principles

Anyone with potential symptoms of Covid-19, or who is isolating after contact with suspected or possible Covid cases, should not be visiting the club. Symptoms of Covid-19 include a cough, sore throat, raised temperature and/or loss of sense of smell (anosmia). Before travelling to the club, a same

day lateral flow test is advised. If symptoms (sore throat, cough, fever) or a positive test, you should not attend the facility and instead follow testing and isolation guidelines.

Names of those racing can be cross referenced to those booked in via the Llandegfedd Sailing Club Racing system or the Watersports EOLA booking system. Face coverings are not now legally required in Wales, but are still effective to reduce the risk in indoor public spaces. Windows should be open where possible to allow plentiful fresh air.

Onshore activity, such as rigging and briefing

All briefings should be outdoors, staying distanced where possible. Indoor facilities such as toilets represent a much higher risk of transmission than when outside, and face masks or coverings remain worthwhile in these situations.

Boats should be rigged on the beach area, not the road, to reduce contact with other users of the lake. Equipment should not be shared between crews, and contact with boats and other equipment should be avoided. Sailors should be able to rig and move boats without help from others. Where heavy boats need moving, this should be done in as distanced a manner as possible, such as at bow and stern. It should be recognised that strenuous exertion increases respiratory rate and effort and thus possible expired viral load, so increased distance should be maintained in these circumstances.

Rescue

To reduce risk of transmission between sailors and rescue boat crews, rescue should be seen as a last resort. Sailors should be confident in being able to self recover in the expected conditions before launching. Capsize drills and other activities that increase the need for intervention should be avoided. Those manning rescue boats should carry masks and hand sanitiser. Masks should be worn during any close contact such as a rescue. Rescuers should avoid close contact wherever possible, using techniques such as lifting the masthead rather than coming closer to a boat. Any immediate threat to life should be dealt with in the most effective way possible. First Aid should still be administered where appropriate, balancing the (rare) risk of infection against the problem being addressed.

The current Resuscitation Council guidance on CPR suggests that compression-only CPR should be attempted where there is a risk of infection, with cloth over the victim's mouth to reduce possible viral spread from expired air. As ever, professional help should be summoned as soon as possible via 999.

Club boats

Guidance for disinfecting shared surfaces remains in place, although surfaces are not a significant route of transmission, and this should not replace a focus on precautions against airborne spread.

Useful links

Resus council guidance on Covid-safe resuscitation: <https://www.resus.org.uk/covid-19-resources/covid-19-resources-generalpublic/resuscitation-council-uk-statement-covid-19>

RYA video showing Covid-appropriate single handed rescue techniques:

<https://www.youtube.com/watch?v=Xny40ijRMnI&fbclid=IwAR0tY2VzubQAT4PHLgfRifjPhUNsyD-CbMKUm4Z6ibp6fyAwNq9mQYRb1Vs>

August 2020

LLSC Covid Officer can be contacted via covid@llandegfedd.org.uk