

## Return to Sailing Guidelines and Procedures

*Guidelines for observing COVID-19 restrictions when visiting East Antrim Boat Club for on water activities .*

The COVID-19 preventative measures are vital to protecting health and wellbeing and to minimising pressure on the frontline services. We all have a role to play in adhering to the Government guidelines and therefore we ask you to observe the following:

### BEFORE VISITING

1. Are you fit to visit? Please do not attend EABC if you, or anyone in your household, are feeling unwell or experiencing any symptoms of COVID-19.
2. Before travelling: Please check the club website and Facebook for the latest information; if changes in Government guidelines require the Club to be closed again, this will be communicated by these methods. We will also send email notification of any changes.
3. You must book into the appropriate session on Sailing Club Manager. Details of how to do this have been emailed to all members.

### YOUR VISIT – General Guidance

**Be considerate of others. Be conservative in your activity.**

1. You must park in the overflow car park at the end of the lane to allow maximum room for those rigging boats.
2. At all times please show consideration for others by respecting the social distancing requirement of 2 metres.
3. Those coming to the Club may sail in single handed boats without restriction. Multi-handed craft (dinghies, keelboats, powerboats, PWCs, motor boats etc) may have members from different households where suitable mitigations are in place. Sailors may sail in crewed boats (without limitation if from the same household). Otherwise sailing must comply with social distancing. This is recommended at 2 meters distance or 1 metre with mitigations\* in place (See proximity interaction risk chart).
4. Please be aware of inherent risks and minimise contact with shared hard surfaces.
5. Ensure hands are thoroughly washed and bring hand sanitiser for personal use.
6. Please bring your own equipment when working on your boats.
7. Members visiting EABC must not gather in groups of more than 10 (with social distancing maintained). Please take this into consideration when rigging and de-rigging, launching, and recovering.
8. The club house and changing rooms will remain closed, please arrive ready to sail.
9. Please bring your own drinks with you, especially if the weather is warm and do not share water bottles, food, or sun cream.
10. Please give careful consideration to prevailing conditions and the condition of your equipment, when taking the decision to go afloat. Extra care should be taken to check equipment before launching.

### ON THE WATER

The following is guidance as we start our return to training programme:

1. We are currently operating a one-way system. When launching your boat, you should walk around the front of the clubhouse, past the pier, and towards the slip. When

recovering – walk straight up the slip between the keelboats and winch house. A hose has been made available to wash down your boat.

2. Maintain a 2-metre distance with other boats (including the committee boat and safety boats) before and after sailing.
3. Check the weather forecast, tide times and heights. Do not go afloat if you feel like the conditions are beyond your capabilities.
4. Double check your boat's buoyancy, equipment, rigging and fixings.
5. Dress appropriately for the conditions – it is easier to take off a layer than put it on.
6. Ensure you are wearing a personal buoyancy aid or lifejacket when afloat.
7. Dinghies that cannot be self-propelled should carry a length of rope in order to be towed from astern. Safety boats will not come alongside to provide assistance unless absolutely necessary.
8. Dinghies should also consider righting lines and masthead floats if necessary.
9. Realistically (and honestly) assess your, and your boats capability to sail in the conditions. Sail well within your comfort zone and **don't take unnecessary risks**.
10. Do not go out (or return to shore) if you have any doubts!
11. If you capsize and are unable to right the boat, always remain with the boat. Never try to swim to shore. Safety boats will provide assistance in the form of mast tipping.
12. Be vigilant of your surroundings, particularly for other vessels/craft and obstacles.
13. Don't stay out alone after your training has finished. Return as soon as possible to shore.