

Learn to Cruise, Keelboat, Power and Navigation Return to Sport

Updated May 31, 2021

It is important to understand that the laws and recommendations that impact the processes and procedures to be followed for restart of this training vary between countries, among Canadian provinces and territories, and for specific regions and municipalities. The procedures and steps to re-initiate training must be adapted to meet the regulations of the levels of government of each specific area. Organizations should consult provincial and municipal regulations, as well as local health authorities in order to ensure compliance with the regulatory environment. In dealing with local health authorities, be sure to describe day sailing and live aboard training as separate training paths.

These guidelines are secondary to the [Sail Canada Return to Sailing Public Health and Safety Measures for Sail Clubs](#) document and to guidelines developed by Provincial Sailing Associations. Guidelines and requirements in place at the facility a school operates from must also be adhered to. Specific requirements related to training, group training competition and recreation activities vary in different parts of the country and must be adhered to.

Most of the rules and recommendations put forward by the various levels of government are directed towards reducing or mitigating the risk of spread of the COVID-19 virus. Each organization must adopt procedures that comply with the regulatory framework of the sport and the various levels of government. Organizations must also make decisions on how they will plan to mitigate physical and economic risks for both their customers, employees and the organization as a whole, during this time.

Risk Factors to consider

Enclosed versus outdoors spaces. Likelihood of transmission reduces significantly when outdoors. The deck of a vessel may be considered outdoors space, while the cabin spaces of a vessel (salon, galley, head, sleeping accommodations) and perhaps on deck lockers should not.

Rules governing restaurant food preparation and start up should be observed when offering live aboard training. These recommendations/requirements include: separation of customers in enclosed spaces, enhanced levels of air flow and cleaning, and enhanced levels of cleaning of shared spaces such as washrooms.

Ability to maintain physical distancing. It is unlikely that any plan or processes put in place will allow an instructor and crew on a vessel to maintain physical distancing requirements of 2 meters (6 ½ feet). When physical distancing cannot be continuously maintained, many health authorities are requiring the use of personal protective equipment (PPE) – namely masks or protective face coverings and frequent handwashing with soap or alcohol.

Limiting shared surface contact. Many return to activity processes requires, or recommend, frequent cleaning of shared surfaces, with suggestions ranging from after every contact, to once or twice per day. Organizations will need to determine which practices to put in place to adequately mitigate virus spread to their customers and employees.

Local prevalence of cases. In some areas there have been few, if any, recorded instances of COVID-19 related illness. Monitor case numbers in the region and proceed accordingly.

Group size and social bubble. Group size restrictions have remained at, or above, 5 people and therefore should have little impact on small group training. Maintenance of a social bubble, or limitations on the intersection of bubbles, is intended to limit the possibility and potential spread of, COVID-19.

Symptoms. See link below for symptoms. Recognize that about 45% of the tested cases are asymptomatic and these individuals are in some cases capable of disease spread.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html?topic=tilelink#>

Insurance Coverage. Policies that do not explicitly include pandemic protection are likely to provide no protection from risks related to COVID-19. Sail Canada instructor insurance does not provide COVID—19 related coverage. Provisions for coverage, if available, should be included under the organizations' insurance policy.

Risk Mitigation

Courses and clinics conducted outdoors are lower risk, and are more likely to fall within local public health restrictions.

Focus on the delivery of day sailing courses. Keep social groups together in training groups.

Proceed with extreme caution when considering any live aboard training delivery.

Modify lesson plans to reduce the need to move into enclosed areas or to contact shared surfaces such as:

- Avoid or limit the need for students to enter vessel cabin, head & accommodation spaces.
- Use role playing scenarios in place of actual contact with equipment when reasonable/possible.
- Whenever possible provide equipment that may be dedicated to one individual for the duration of the training.
- Structure activities/practice to limit access/contact by multiple students. Spread role assignments across training days (one person assigned to a role for full training session, rather than rotating through roles during the session).
- Clean/disinfect surfaces as frequently as reasonably possible on a specifically defined schedule.
- Consider conducting knowledge-based components in a virtual environment when/where possible

Provide access to facilities for frequent hand washing or sanitization during training and sanitize shared contact areas during training. Use government approved cleaning products. Maintain checklists to identify areas and items to be cleaned, organize and record cleaning and sanitization activities.

Be prepared to provide students and employees access to PPE as needed and as mandated by local regulations.

Conduct lessons and conversations ashore in an environment where social distancing may be maintained. Conduct pre-course briefings in a virtual environment.

Dedicate personal equipment to a specific individual for the duration of training. This may include safety equipment such as personal floatation devices (PFDs) as well as lines for knot tying, etc.

Modify waivers to include risks relevant to COVID-19.

Incorporate pre-course and start of day health checks into school procedures. Sailors and instructors / coaches must not attend if they are coughing, have a fever, are feeling sick, or, have been in contact with someone who may have had COVID-19 or been out of the country in the last 14 days.

Keep a contact log of those at the school or in contact with school equipment to facilitate contact tracing if required. Develop a communication plan for notifying sailors, staff and members should anyone display symptoms of COVID-19;

Complete theory examinations remotely.

Consider asking students to agree in writing to comply physical distancing and other procedures implemented by the organization.

Recognize that not all potential destinations will be welcoming to visitors and plan sessions appropriately.

Be especially conscious of vessel sea-worthiness in order to reduce the likelihood of any need to request assistance from a third party.