

Return to Sport Guidelines - CANSail Programs

Updated May 31, 2021



These guidelines are secondary to the [Sail Canada Return to Sailing Public Health and Safety Measures for Sail Clubs](#) document. This document is intended to offer guidance to help programs adapt operations based on risks and limitations that may be in place due to COVID-19 restrictions. Please ensure that any program based activity follows the directives and regulations of your regional and provincial Governments and Public Health Authorities, as well as guidance from your Provincial Sailing Association. Specific requirements related to training, group training competition and recreation activities vary in different parts of the country and must be adhered to.

Daily Assessment

- Sailors and instructors/coaches must not attend if they have a fever, are feeling sick, or have been in contact with someone who may have had COVID-19 in the last 14 days.
- Coaches and instructors should assess their own health and the health of their sailors using the dialogue app (<https://covid19.dialogue.co/#/>) or by asking the following 3 questions:
 1. Are you experiencing any of the following symptoms?
 - Severe difficulty breathing
 - Severe chest pain
 - Having a hard time waking up
 - Feeling confused
 - Losing consciousness
 2. Do you have a fever (higher than 38° C or 100.4° F)?
 3. Do you have any of the following?
 - Mild to moderate shortness of breath
 - Inability to lie down because of difficulty breathing
 - Chronic health conditions that you are having difficulty managing because of difficulty breathing
 - Sudden loss of taste or smell

If the answers to any of these questions are yes, individuals should not be permitted to take part and should seek further assessment for COVID-19.

General Program Considerations

- Limit group sizes, adhering to local guidelines and making use of single handed boats and equipment when possible;
- Keep cohorts of sailors separate from one another;
- Use outdoor spaces and limit indoor gatherings; consider open air tents and shaded areas for outdoor lessons;
- If indoor classrooms must be used, ensure all surfaces (tables, chairs, etc) are cleaned before and after each use (refer to [Sail Canada Return to Sailing Public Health and Safety Measures for Sail Clubs for cleaning and disinfection practices](#));
- Present ashore information, including briefing and de-briefing in electronic formats and use video conferencing when reasonable, prior to meeting on site for training;
- Prepare shore-based activities that allow for physical distancing when sailing is not possible due to weather;
- Require sailors to bring and take home their own personal gear: PFD, water, nutrition items and gear each day;

Shore Based Activity

Drop off/Pick up

The following procedures should be in place to avoid gathering and ensure physical distancing when sailors are arriving at and departing from facilities:

- Stagger drop off/pick up times to avoid congestion;
- Ensure sailors know where they are to go when they arrive on site (directly to boat, designated outside meeting area, etc.);
- Avoid carpooling.

Supervision

- Supervision is provided to all sailors while maintaining physical distancing;
- Sail Canada's recommendation for sailor to coach ratio is reduced to 8:1, sailboat to coach boat ratio should not exceed 6:1; Provincial and/or municipal restrictions, may require that these ratios be reduced. Please follow the guidance on gathering restrictions in your area.
- Cohorts use their own assigned space or ensure an area is clear of other users before using (docks, launch ramps, etc.).

Personal interaction

- Briefings & debriefs are done virtually in advance when possible, or in outdoor spaces allowing physical distancing;
- Individuals have their own storage space for gear & equipment;
- Notices and end of day reports are posted or sent electronically;
- Any shared spaces are sanitized between users/groups.

Changing and washroom facilities

- Sailors arrive at the facility in sailing clothing and avoid using shared change rooms/washrooms; individual changing areas are provided (limited access to change rooms, changing tents or other private areas);
- Washroom facilities are maintained following the appropriate local health and safety guidelines; the number of people using a washroom is limited and cleaning procedures are in place.

Equipment

- Sailors provide, or are assigned, their own equipment for use when possible. When equipment must be shared it is sanitized between uses;
- Yards, docks, and storage spaces should be set up to allow for physical distancing;
- Launch ramps and docks should be controlled to ensure physical distancing is maintained;
- Sailors must use only their own or assigned tools, covers, dollies;
- Sailors rig and de-rig their own boats;
- Any shared equipment must be sanitized between users.

On Water Activity

Boats & Equipment

- Use single-handed boats owned or assigned to one person; double-handed boats used only by those residing in the same household/bubble based on local restrictions;
- Boats maintain distance from one another while on the water, this includes sailboats maintaining distance from coachboat;
- Coaches are assigned their own coach boat and sanitize it after use;
- When coaches are sharing a boat, it is of an appropriate size to allow for physical distancing;
- Marks, anchors & lines are assigned to coaches.

Launch and haul out

- Launch areas are set up to ensure physical distancing;
- Boats launch one at a time;
- Dollies are stored in a manner that allows sailors to store and retrieve them without assistance.

Coach support

- On water sessions are tailored to sailors' skill level and appropriate conditions for sailors' ability;
- Coaches each use an assigned coach boat while following all safety protocols; when coachboats must be shared, they are properly sanitized between use;
- Coaches support one another in rescue situations and act to ensure the safety of sailors is the primary concern at all times;
- Coaches do not carry any sailors' personal items or equipment in the coach boat.

Emergency Action Plans

- Emergency Action Plans are modified if required;
- Shore-based support is available and monitoring on water activity;
- Changes in available support persons are identified and addresses addressed (ie: fewer personnel at the facility, fewer services available, etc.);
- A Communication plan is in place for notifying sailors, staff and members should anyone display symptoms of COVID-19;