

The following will continue to apply, please ensure you read as there are updates to our previous guidelines:

- 1) This is still not be a return to “normal” as we knew it before “lock-down”. This will give members an opportunity to exercise with fellow sailors.
- 2) We will need to abide by a number of restrictions, most notably those relating to government guidelines on travel , social distancing and personal hygiene. You will be responsible for your own safety on shore and on the water.
- 3) You may wish to bring your own PPE but we do hope to have some available if needed.
- 4) We will continue to do things progressively. Onshore we still have the barest minimum of facilities and on water with shared sailing activity. Over time, as restrictions are eased, we hope to be able to open up more of our facilities onshore and expand on scheduled activities.
- 5) The water should be considered closed if weather conditions are forecast to be force 4 or above. But please consider your own limits and behave responsibly.
- 6) Club boats, kayaks & equipment will not be available for hire (until further notice).
- 7) Track & trace, please scan the NHS QR Code or email secretary@ardleighsc.co.uk after visiting the club on each occasion with the times of your visit (in the event you may need to be contacted due to any suspected or actual Covid-19 outbreak.
- 8) The sail loft is still out of bounds so cannot be used to store your equipment.
- 9) We may need to limit the amount of users on the water/site at any one time, so please bear this in mind and be considerate of other users.
- 10) Email secretary@ardleighsc.co.uk if you feel your safety is compromised whilst on site or have a recommendation for improvement for the safety of yourself and others.

General precautions to ensure the safety of yourself, other club members and the general public

Here is the link to the latest Government guidelines on social distancing. Please take the time to ensure you are absolutely familiar with them before visiting the Club site. <https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing>

If you are unwell with the symptoms of Covid-19 **do not** attend the Club.

If you have had contact with a family or household member who is unwell with the symptoms of Covid-19 **do not** attend the Club for a minimum of 14 days.

Covering your nose and mouth with a tissue when you cough or sneeze and put the tissue in the bin straight away – don't save it to re-use later. If you don't have a tissue cough or sneeze into the crook of your elbow rather than your hands.

Wash hands with soap and warm water regularly and if you have touched any common surfaces.

Keep your distance and avoid being face to face with people from outside your household.

Do not share water bottles or food with people from outside your own household.

We suggest you bring some disposable gloves with you and use them if touching common surfaces. We also suggest you bring a first aid kit with you so you can attend to minor cuts and such like yourself.

Parking

Please make sure you park well apart from the next car, sufficient to ensure social distancing when getting in or getting out.

Clubhouse

The clubhouse will be closed, except that there will be restricted access to the toilets. There will be signage at the toilets indicating the procedures to follow.

There will be no facility for changing on site. You should arrive ready changed or change in your car. You may want to invest in a dry robe or similar. Do not use the toilets for changing: this would be socially irresponsible.

Rigging and access to the water

Again, the key message is to adhere to the social distancing principle – 2m separation. If you find that somebody in the adjacent berth to you is rigging their boat at the same time, come to an arrangement with them whereby you can both do this safely. Please also remember that the Government guidance which we need to follow at this stage is to exercise in the company of only one person from outside your immediate household, and then adhering to the 2m separation guideline. Larger gatherings are not permitted so please act accordingly in the boat park.

When launching also take care to adhere to the 2m separation guidelines. Since dinghies are more than 2m long this should not be too difficult.

Do not touch other persons' boats or trolleys at any time.

On the water

For obvious reasons, only single-handed sailing or sailing in the same boat by persons living together in the same household, is permitted.

There will be no safety boat cover or very limited. If you are going out on the water, your sailing skills should be of a standard you are able to right your boat unaided and return to the shore under the prevailing weather conditions on the day. Consider whether you need to take extra precautions with your boat and the equipment you take afloat (mast head float, righting lines, knife, paddle, spares etc.)

If the wind speed is forecast to be force 4 and above the water will be closed.

The committee will continue to monitor and review the situation and over time our advice will be modified and updated. Updates will be posted on the Club Website so please do keep looking there.