



MRYC Jr. Sailing Committee 2020

MRYC Junior Sailing Program

Re: COVID-19 Protocol

Following is the 2020 MRYC Junior Sailing program protocols in response to the COVID-19 virus. The purpose of this protocol document is to review the specific precautions and guidelines in place, as well as address concerns to ensure the safety and health of all of our junior sailors, instructors and club members.

References:

The below protocol is based on the following references:

- CDC - Youth Programs and Camps During the COVID-19 Pandemic.
- US Sailing - Guidance for Junior Sailing Programs During the COVID-19 Pandemic.
- US Sailing - Return to Competition Planning.
- The Governor of New Jersey executive orders for reopening the state and mitigating additional cases of COVID-19.
- The BBYRA executive board suggestions and recommendations.
- The BBYRA member clubs sailing coordinators' suggestions and recommendations.
- Gowrie Risk Report: COVID-19 Risk Management & Best Practices for Sailing Organizations.
- The MRYC Board of Trustees/COVID-19 Task Force recommendations and advice.

General COVID-19 Protocol:

Based on the information contained in the reference materials listed above, there are multiple guidelines that the MRYC Junior Sailing program will comply with to help prevent the spread of the COVID-19 virus. Any sailors, parents or instructors who do not comply with the below mandates, will not be allowed to participate in the program. The action items are as follows:

1. Daily general health screening of all instructors and sailors for symptoms and history of possible exposure.
 - External forehead temperatures (between the eyebrows and the hairline), will be taken at the club by group instructors.
 - Example of daily procedure: meet individually at picnic tables, take temperature, {if at acceptable level}, rig boat and launch, minimizing downtime on land.
 - Temperature levels will not be recorded, rather completion and compliance is indicated with a check box. (Temperature of less than 100.4 F' required per CDC).
2. Face coverings are required during ALL land-based activities, including arrival, rigging, up to launch, and departure for all sailors and instructors
 - (MRYC “buffs” will be provided this season to assist in compliance).
3. Social distancing (6 feet) must be maintained in all areas, including on the bluff area, the docks, and picnic tables.
4. All junior sailors must be able to rig/de-rig, launch and recover their own boat without hands-on assistance from other sailors or instructors.
5. Each instructor will be assigned to a small group of sailors for the entire session, with a ratio set by the State of NJ guidelines.
 - Group meetings and “chalk-talk” discussions will be minimal (if any) on land.

- Face covering & social distancing regulations will be enforced when on land.
- Instructors will electronically provide written plans to sailors and parents via class email at the beginning of each week.

6. Frequent sanitation of hands and high-touch areas

- Installation and use of multiple hand sanitizing stations at the picnic table area and on the bluff area.
- Use of disinfecting wipes, CDC recommended cleaners, and recommended equipment sanitizer per sailor and instructor (Bio Blast).
- Main Clubhouse bathrooms are available to instructors and sailors to wash hands throughout the day. MRYC guidelines to be followed. (Face coverings, social distancing, shoes and no more than 3 people at a time).
- Immersing hands in saltwater while in the bay.

7. Boat cleaning station set-up, operated under instructor supervision.

- Sailors will be required to regularly clean and disinfect boats, masts, spars, tillers and centerboards using marine safe cleaners (i.e. Bio Blast).

8. No sailors are allowed in the instructor boats (excluding emergency situations).

9. If a sailor is unable to/does not desire to sail their own boat on a given day, they are required to STAY HOME

10. In the case of inclement/no wind weather, the program on-site will be CANCELLED.

11. Some groups, i.e. Opti A&B or Mixed Fleet, may have lunch (brought from home) on the water.

12. Junior sailors are not be allowed to linger unattended on Club grounds before or after program.

Group Logistics, Guidelines and Scheduling:

1. Beginner Sailing:

- A schedule will be created and distributed for families to sign up for Beginner sailing (age 8). Beginner sailing is typically held Monday-Friday for 4 hours a day, with one day off. To participate in the Beginner sailing program, sailors must meet the following qualifications:
 - Use of his or her own boat, which is not shared with another sailor.
 - Must be able to rig, launch, recover and sail with minimal hands-on assistance from another sailor or instructor

2. Opti A & B:

- A schedule, based on the tides, will be created and distributed for families to sign up for Opti A & B sailing. Opti sailing is typically held Monday-Friday for 5 hours a day. To participate in the Opti A & B sailing program, sailors must meet the following qualifications:
 - Prior experience with single handled sailing.
 - Use of his or her own boat, which is not shared with another sailor.
 - Must be able to rig, launch, Sail and recover without hands-on assistance from another sailor or instructor.

3. Mixed Fleet:

- A schedule, based on the tides, will be created and distributed for families to sign up for the Mixed Fleet program. Mixed Fleet sailing is typically held Monday-Friday for 5 hours a day. To participate in the Mixed Fleet sailing program, sailors must meet the following qualifications:
 - Use of their own double-handed boat which is not shared with other sailors.
 - Must be able to rig, launch, sail and recover with minimal hands-on assistance from another sailor or instructor.
- Mixed Fleet Junior Sailing will permit sailors to sail double handed provided:
 - The sailors appoint and use the same dedicated skipper and crew throughout the entire program.
 - Each sailor's parent or guardian signs a waiver indicating the designated skipper & crew names.

- Waivers may include up to 4 names, as this allows for odd numbers in groups, and coverage for sailors who may be absent on a given day.
- ***Note: The program(s) start and end times may be subject change if required by updated State of NJ guidelines on group sizes, or MRYC safety mandates.

Instructor Training:

- Instructors will receive thorough training before program begins with a specialized COVID-19 focus on revised/updated first aid procedures, sanitization, spacing/social distancing.
- Specific instructors will be assigned to oversee the following COVID-19 related areas during program. (in addition to coaching on the water)
 - Social distancing.
 - Sanitation.
 - Safety- Revised first aid and rescue procedures.
- Instructors will be given specific guidelines and expectations for enforcing their new COVID-19 support duties.
- Each instructor will be assigned a specific power boat for the season. Sailors will not be permitted in power boats except for emergency and rescue situations.
- Club leadership to meet with local officials from EMS, police, (or the designated emergency room) to determine any requirement for updated safety protocols and availability of resources should an incident occur.
 - Emergency protocols must always remain dedicated first and foremost to safety.
 - Call 911 – Follow their instruction.

Pre-program schedule:

- Wednesday, July 1st:
 - Boat Maintenance with Brian Hart.
- Thursday, July 2nd.
 - Walkie-Talkie radios assigned.
 - Club Opti's set up and equipped for rentals.
 - Burgee Program.
 - Paperwork.
 - Protocol review and expectations.
- Monday, July 6th.
 - Junior Sailing Program starts.

Parents or Guardians' Requirements:

Note: A successful and safe Junior Sailing Program will require close coordination with parents and guardians of each of the junior sailors and their instructors. Our first priority is the safety and health of the sailors, instructors, Club members, Club staff and their families at home. The parent requirements are as follows:

1. Prior to leaving home, parents should make sure their child is feeling OK and does not have a fever or any other COVID-19 symptoms. If they have any symptoms sailors must STAY HOME.
2. Before leaving home, sailors are required to wash their hands thoroughly according to CDC guidelines. They should arrive at the club "sanitized."
3. Parents, if walking on the property while dropping off their sailor, will be required to follow MRYC member guidelines, including the use of face coverings, and maintain 6 feet social distancing.
4. Drop off and pick-up times will be strictly enforced to minimize and maintain social distancing. Please be prompt.
5. Parents should contact the Program Director if there is a situation when a sailor cannot go home on a particular day.
6. No junior sailors are allowed in the instructor boats (excluding emergencies).
7. If a sailor is unable to/does not desire to sail their own boat on a given day, they are required to STAY HOME.
8. Club restrooms will be open for sailors and staff only. (MRYC Covid-19 guidelines must be followed)
9. With exception of the Beginner program, each Opti sailor must be able to RIG, LAUNCH and RECOVER their boat with NO ASSISTANCE. Instructors will be instructed to help in emergency situations only. At NO TIME will sailors help other sailors. (This may be difficult because of the camaraderie and Corinthian spirit encouraged amongst our sailors, but will be strictly enforced.)
10. In the case of inclement/no wind weather, the program on-site will be CANCELLED. Christine Laufer (Jr. Sailing Program Coordinator), will notify parents of this electronically (via Email) at the earliest possible opportunity.

11. Parents should not allow sailors to spend excess time on land congregating before or after program.
12. Snacks/ Lunch/ Water Bottles / Towels etc. are allowed. Please label them accordingly.
13. All Opti's need to be stored on their assigned dollies. NO daily rack storage is allowed.

Additional Considerations and Risks

1. EMS capacity/ability to respond to 911 call to MRYC in event of emergency on or off the water -- **BRIELLE POLICE - CALL 911**
2. If parents are asked to take temperatures and check symptoms at home, how can we be sure they are doing so? **Mitigate: Code of Conduct**
3. Junior Sailors congregating on land and defying social distancing protocols. **Mitigate: Buff's up!**
4. What to do in the event that a sailor or instructor gets sick? Send home that day. Do not return to program until symptoms and fever pass. **5 days after maintaining a normal temperature w/o medication (CDC guidelines).**
5. What if an Instructor or Sailor tests positive with the COVID-19 Coronavirus?
 - Infected sailor or instructor stays home from program.
 - Notifies Christine Laufer immediately.
 - CL will immediately notify MRYC Board.
 - Contact trace for the infected junior sailor or instructor: Identify who was within a 6 foot social distance, for 10 or more minutes within 2-3 days of infection diagnosis.
 - People in contact group must quarantine at home for 14 days or provide a negative test result before returning to program.
 - All sailing programs shut down for 24 hours. All facility and equipment disinfected.
6. Waivers
7. Insurance