



Toms River Yacht Club
Junior Sailing Program
COVID-19 Response Plan

6/30/2020

1 Purpose/Scope

The following plan is for the 2020 Toms River Yacht Club Junior Sailing Program in response to the COVID-19 virus. The purpose of this plan is to outline precautions to ensure the safety and health of our sailors, instructors and members. The following documents and references were utilized to develop this plan:

- CDC - Guidance on Preparing Workplace for COVID-19
- CDC – Considerations for Youth and Summer Camps
- The Governor of New Jersey executive orders for reopening the state and mitigate additional cases of COVID-19
- New Jersey Department of Health COVID-19 Youth Summer Camp Standards
- US Sailing - Guidance for Junior Sailing Programs During the COVID-19 Pandemic
- US Sailing webinars and forums (Inputs from over 600 YCs)
- The BBYRA Member clubs sailing coordinators suggestions and recommendations
- Gowrie Risk Report: COVID-19 Risk Management & Best Practices for Sailing Organizations

This plan is an evergreen document and will be revised to reflect the most current guidelines and restrictions.

2 Definitions

Coronavirus – the coronavirus (COVID-19) is a new strain of coronavirus that has not previously been identified in humans. The result from infection is coronavirus disease which causes severe adverse respiratory conditions, fever and other flu-like symptoms.

The symptoms of coronavirus in people are similar to the symptoms of regular seasonal flu and include fever, shortness of breath, cough, sore throat, body aches, headache, chills, fatigue, and/or loss of taste or smell. Some people have reported diarrhea and vomiting associated with the coronavirus or flu. Coronavirus symptoms develop two to fourteen days after a person has been exposed to the virus and continues for about 11 to 14 days.

Coronavirus is spread from person to person in respiratory droplets of coughs and sneezes. These droplets can move through the air about 3 feet before they fall to the surface. It spreads when a person comes into contact with the respiratory droplets of an infect person and then touching their own mouth, nose, or possibly their eyes.

Mask – a mask is any cloth or paper dust mask or other covering that while being worn by a person will cover the individual's nose and mouth area. The purpose of a mask is to limit the potential for a person who may be COVID-19 positive and asymptomatic from exposing another person to COVID-19.

3 Program Participation Requirements

3.1 Participation Conditions

Sailors and Instructors attending the Program must be illness-free which includes the following requirements:

- Any individual who is feeling ill, has coronavirus or flu like symptoms, is not permitted to come to Program and should contact and consult with their primary care physician. Any individual who has tested positive for the coronavirus must notify the Program Coordinator and not come to Program.
- If an individual falls ill, they must be symptom-free which includes but is not limited to coughing, fever, and sore throat for a minimum of 3 days, prior to returning to Program. Stay home for at least 72 hours (3 full days) after you are free of fever, or signs of a fever, without the use of fever-reducing medications.
- If an individual tests positive for the COVID-19 virus, they must remain home for a minimum of 14 days from the date they were tested, and obtain clearance from their personal doctor, prior to returning to the Program. In addition, the sailor must be COVID-19 symptom-free which includes but is not limited to shortness of breath, cough, or sore throat, for a minimum of 72 hours before returning to Program.
- Any individual that has been tested and is awaiting results, must also not attend Program until the test result is known (if negative).

3.2 Wellness Checks

- Prior to arriving at TRYC, parents must perform a daily wellness check at home. Anyone who is experiencing COVID-19 or flu like symptoms that would include but not be limited to a fever, shortness of breath cough, sore throat, body aches, headache, or chills should not come to Program. If a sailor is not feeling well, they must stay home. Any sailor who has a measured temperature of greater than 100.4 degrees Fahrenheit (oF) must remain at home.
- Prior to arriving at TRYC, each sailor should wash their hands with soap and water for a minimum for 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that is 60% alcohol.
- In addition to the at-home wellness checks, temperature checks will be completed on all sailor and instructors daily upon arriving at the club. A check-in table will be set up near the rigging area. Each sailor is to check in while their parent or guardian is still present. If the sailor's temperature measures greater than 100.4 degrees Fahrenheit (°F), they are to immediately leave the premises with their parent or guardian.
- If a sailor begins to display signs of not feeling well during the Program hours, their sailing instructor will utilize a thermometer to collect the sailor's temperature. If the sailor's temperature measures greater than 100.4 degrees Fahrenheit (°F) the parent or emergency contact will be called to pick up that sailor

4 Program Operation

4.1 Instructor Training

All Junior Sailing Program instructors employed to work for Toms River Yacht Club will receive training in advance of the Program start date. The training will include:

- Identification of the signs and symptoms of the COVID-19 virus
- Use of personal protective equipment (PPE)
- How to instruct the sailors on safe practices while attending Program
- How to operate the thermometers being utilized at check-in
- Basic principles of infection control and hand washing practices

In addition to the training that the instructors will receive, all instructors are CPR and First Aid Certified.

4.2 Schedule

In effort to maintain social distancing, the Program will operate under staggered starts. The Program will be ran Monday through Thursday. Optimist Prams will have program 9:00 am to 3:30 pm. Lasers, sunfish and 420s will have program 10:00 am – 4:30 pm. Drop-off shall not be greater than 30-minutes prior to the Program start time. Drop-off and pick-up times will be strictly enforced to minimize and maintain social distancing. Exceptions to the drop-off and pick-up requirements will only be made if discussed with the Program Coordinator and/or Head Instructor in advance. Parents are encouraged to drop the sailors off and exit the club grounds as quickly as possible to avoid overcrowding. Parents are expected to follow social distancing guidelines and wear a mask when dropping off and picking up.

Lunch times for each group will be staggered to ensure ample space to maintain social distancing. During lunch the sailors must maintain the social distancing guidelines of six feet. Instructors will be assigned to lunch and will make sure that the social distancing is maintained. Washing facilities and/or sanitizing stations will be available for the sailors during their lunch break. Lunch tables will be disinfected between the group's lunch breaks.

In the case of inclement weather, the Program will be CANCELLED. We will not allow sailors to spend ample time on land congregating. The parents will be notified electronically (via email and remind app) at the earliest possible opportunity.

4.3 General Daily Hygiene and Exposure Preventive Actions

- Avoid Direct Contact: Do not share eating or drinking utensils, skin contact, etc. (Keeping a distance of about 6 feet from a person is important).
- Avoid Indirect Contact: By touching a surface or object that has potential virus contamination on it and then touching one's own mouth, nose, or eyes. (Frequent hand washing and cleaning of shared surfaces is important).

- Wash your hands regularly with soap and water for a minimum for 20 seconds.
- If soap and water are not available, use an alcohol-based hand rub that is 60% alcohol.
- Cover your nose and mouth with a tissue when you cough or sneeze. Remember to avoid touching your eyes, nose and mouth.
- Wear masks (cloth, surgical or N95) at all times while on land. Masks are not to be worn when swimming.
- Sailors will be grouped based on fleet and skill level. Each group will have designated instructors and meeting spaces for morning meeting and to store their personal belongings. Designated group and meeting spaces will help limit the potential exposure and assist with contact tracing if an individual is to become positive during the summer.
- Sailor's boats will be organized to help sailors maintain social distance while rigging.
- Each sailor must rig their own personal boat.
- With the exception of 420s, all boats will be sailed single-handed.

4.4 TRYC Facility

Until the Governor opens social clubs, the use of the indoor club space will be limited to select areas for discussions and white board talks. Beyond the space designated for meetings, only the restrooms will be accessible and will be limited to two people at one time. A face mask must be worn when indoors.

The meeting spaces will be wiped down following gathering and the restrooms will be thoroughly cleaned twice a day. In addition to conducting standard cleaning, high-touch surfaces will be disinfected with disinfectant wipes, high-touch surfaces that include bathroom countertops, faucet, door latches and doorknobs.

This would include but not limited to:

- Disinfectant wipes that have been indicated to kill 99.9 percent (%) of viruses or bacteria
- Disinfectant cleaning solution
- Paper towels
- Alcohol wipes or solution that is 60% isopropyl or ethyl alcohol
- Disinfectant hand sanitizer that is 60% alcohol
- Disinfectant soap for hand washing

4.5 Response to Symptomatic Sailor and/or Instructor

In the situation a sailor and/or instructor becomes symptomatic during the day, that individual will be removed from the group and provided a safe location to remain until they are able to be picked up / leave the club grounds. Contact with that individual will be restricted to the Head Instructor. The Head Instructor will don a face mask if they are required to be within 6-feet of the individual. The areas used by the individual will be disinfected prior to use by any other individuals.