



BIYC Covid-19 Protocol

What we are doing:

1. Limiting class sizes to 8 sailors only and increasing the ratio of coaches to sailors on shore.
2. Regularly cleaning all high contact surfaces.
3. Providing handwashing or hand sanitizing stations.
4. Providing signage to remind sailors about our protocol.
5. Providing a longer time period for pick-up and drop-off to avoid congestion.
6. Having sailors use the same sailboat and equipment throughout the day.
7. Washing boats and equipment or spraying them down with disinfectant at the end of each day.
8. Allowing two sailors per boat only if they are from the same household or both parents agree that they are members of the same "social bubble", or both sailors are wearing buffs and we have received parent permission for double handed sailing.
9. Requiring our coaches to stay home if they are sick.
10. Requiring that our coaches screen themselves and sailors for Covid-19 daily.
11. Requiring that our coaches observe social distancing by staying two meters away from each other and from sailors whenever possible. We aim for one coach per coach boat unless otherwise dictated by conditions or needed for rescue. Each coach will use the same coach boat throughout the day and disinfect it after use.
12. Requiring that our coaches wear masks or buffs when in close contact with sailors or each other.
13. Not permitting sailors to ride in coach boats unless in a rescue.
14. Providing shore supervision for sailors that need to go ashore.
15. Reminding sailors to keep two meters apart from each other.
16. Any participant (sailor, coach or volunteer) showing cold, flu or Covid-19 symptoms while will be asked to go home and not return for 14 days. We will implement enhanced cleaning measures. If there is a positive case of Covid-19 among any participants or we become aware that a participant has been tested for Covid-19, we will follow the instructions of a Medical Health Officer, implement enhanced cleaning measures and inform exposed participants.
17. Limiting the number of coaches and participants in Learn To Sail weekly programs to under 50 people.
18. Managing the risk of likelihood of rescue by a coach being required by assigning boats based on weight and ability.

What we need you to do:

1. Stay at home if you are sick. You must stay home, or if anyone in your household, has the symptoms of a cold, flu, or Covid-19 symptoms, including coughing, sneezing, runny nose, sore throat, fever, difficulty breathing, shortness of breath or fatigue.
2. Stay home if you or household member have travelled outside of Canada within the last 14 days.
3. Do not participate if you are at a higher risk of severe illness or if someone in your household is at a higher risk of severe illness.
4. Screen yourself daily. The government self-assessment screening tool can be found at: <https://ca.thrive.health/covid19/en> Screening needs to be done for a household and not just sailors.
5. Upon arriving, disinfect your hands with provided hand sanitizer. Wash or disinfect your hands often throughout the day. Wash or disinfect your hands before eating lunch. Wash or disinfect your hands both before and after using the washroom facility. Wash or disinfect your hands at the end of sailing camp.
6. Do not touch your face with unwashed hands.
7. Observe social distancing by keeping two meters from others.
8. Arrive dressed for sailing.
9. Bring your own lifejacket and drybag (coaches will not carry any personal items, snacks or water in the coach boats).
10. Only use or touch the boat and equipment assigned to you and your own personal belongings.
11. Do not share food or drinks.
12. Apply sunscreen before arriving and bring your own sunscreen to reapply later in the day. Coaches will not be applying sunscreen.
13. Keep out of the boat shed and off the ramps.
14. Let us know in writing if your child is sailing in the same sailboat with another child who is part of her/his "social bubble". Or provide permission for your child to sail double handed (2 sailors in one boat) with both sailors are wearing face buffs.

Daily Covid-19 Screening

Coaches and instructors must assess their own health and the health of their sailors by asking the following 4 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

4. Do you have any cold or flu symptoms including:
 - Coughing
 - Sneezing
 - Sore throat
 - Fatigue

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.