

EDYC Training & COVID-19

Introduction

This note says how we will deliver training activities consistent with the COVID 19 legislation and guidance. Current guidance¹ is that “Everyone must help stop coronavirus spreading.” When at EDYC this means that you need to:

- limit contact with other people
- keep your distance (stay 2 metres apart)
- wash your hands well and often

You must not come to EDYC if you or anyone in your household has symptoms.

RYA guidance² is that

- Groups of up to 10 are now permitted to take part in socially distanced outdoor training
- **No relaxation of restrictions is yet in place for indoor activity** and as a result no indoor sports activity is permitted at this time.
- Resumption of outdoor sporting activity ... is entirely conditional on robust protocols being in place, communicated, fully understood and complied with by all participants. We would therefore urge a cautious approach.'

Under the NI Executive's Pathway to Recovery, the following is permitted:

- Outdoor activities involving small groups of less than 10 people during which it may be difficult to maintain social distancing but where contacts are brief (less than 10 minutes), and:

“In the case of dinghy sailing and windsurfing, it is clearly possible to arrange on-the-water sessions with groups ... providing appropriate social distancing occurs, and relevant measures are in place with regards cleaning of equipment ... Dinghy sailing would need to occur in single-handers and it may be necessary to consider the appropriate minimum level of experience, and possibly the age of students, given restrictions in areas such as changing rooms and other facilities.”³

Who does it apply to?

Instructors and students are directly affected by this note. Other club users will be affected indirectly when they meet instructors or students, or touch fixtures and equipment used during training. Everyone has a reasonable expectation during training that the Club will safeguard their health and safety, and welfare.

Briefing for staff, students and parents will be the responsibility of the instructor in charge, must be revised when circumstances change, and must be recorded.

¹ <https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19> downloaded 28/6/20

² <https://www.rya.org.uk/rya-regions/rya-ni/knowledge-base/Pages/COVID-19-Infomaton.aspx>, 21/6/2020

³ <https://www.rya.org.uk/training-support/Pages/covid-19-return-to-boating-guidance.aspx> 21/6/20

General – For everyone

We can offer training for anyone who can sail a single-handed dinghy around a triangular course in the prevailing conditions and self-recover a capsized single-handed dinghy. Resources and weather permitting, we hope to offer several short courses delivering the RYA syllabus over the summer rather than a single youth week. We can have a maximum of 8 students. Most courses need a minimum of 16 hours of sailing and instruction.

Exceptionally, we may be able to offer instruction for beginners if they are accompanied by a competent dinghy sailor from the same household. In that case we will provide additional training for the accompanying person up to the standard of Assistant Instructor. The accompanying person counts towards the group size but does not count towards the separate RYA staffing ratios.

Subject to demand, we may also offer supervised sailing opportunities **without coaching** for a maximum of 12 single handed dinghies of the same or similar class. Group sizes are strictly limited to comply with government instructions and RYA guidance. Courses we can offer are:

- Juniors: Start sailing, levels 1 & 2 (with an Assistant Instructor from the same household),
- Juniors: Start sailing, levels 3 & 4,
- Adults: Better Sailing,
- All: Start Racing,
- We may introduce elements of the seamanship course but not all as this requires double handed sailing.

We will charge fees to cover costs on a breakeven basis, for members only. Non-members are welcome to apply for membership (to be paid before the course starts).

Costs

- RYA courses, **£50 per student per day**. Most courses can be completed in 2-days providing the weather is suitable. Minimum 4 students.
- Supervised sailing, minimum 6 sailors, **£10** per sailor per half day or session.

For Students

- What happens when I arrive for training?

Use a tool to open and close the farmer's gate. **Do not touch it with your hands**. Use your card to open the club gate entering and leaving.

You should arrive dressed ready to go on the water if you cannot change in a car or your own caravan or tent. Toilets are open, changing rooms are not. Please enter through the wet entrance, leave through the front door, and keep 2m apart from anyone. If the way is blocked, wait. Try opening doors without touching them with your hands. When you use the toilets, clean anything you touch before you use it, and afterwards. Wash your hands with soap immediately and sing "Happy Birthday". Please put paper towels in the bin, neatly. When the bin is full, tie the bag up and replace it with a new one.

When you are ready, go to the flagpole and **wait** for an instructor to brief you. **Remember, keep 2m apart, and cough or sneeze into your elbow.**

Afterwards, we hope that there will be an outside shower available beside the garage. Use it one at a time before heading home or changing out of your wetsuits.

- How will training be organised?

- ✓ Sailor competence and Group size

We can only provide training and coaching for students who can already sail single handed and self-recover their boat after a capsize, in groups of up to 8 students. The boats will all be set up for single handed sailing. The club Fevas will have a float at the top of the mast to prevent inversion. Boats may be double handed only where members of the same family sail together. It will get quite complicated with as many as 8 dinghies and two safety boats to rig and launch, and still manage to keep 2m apart. This would be a good time for family members to help each other – but you cannot help your best friend!

We do not plan to have more than one group training on site at any one time. However other people may be using the slip or dinghy park at the same time so you must give them space to keep safe in.

- ✓ Briefings

We will hold briefings outside whatever the weather, and for a maximum of 10 minutes. That means that you must be on time and pay close attention. Stand or sit beside other people in the group, not facing them, and at least 2 metres away from the instructor providing the briefing.

- ✓ Rigging and launching

You will need to concentrate quite hard and work fast to rig boats, launch, recover and then put away again efficiently, so that we can make the most of our time on the water. A Topper is about 1.5m wide, Fevas slightly wider, so that will guide you how far to keep your distance away from everyone.

Your instructors will show you where to rig your boats, how to organise launching and recovery, and to give you advice if you need help. If they need to step in and do something remember to step back and give them room. Usually, this will mean standing beside them, not opposite them, or going to the very front of the boat and waiting. Try to organise and follow a one-way system with everyone in your group to and from the boat shed where the gear is kept.

We will tell you which boat you are using, and you must make sure you get the boom, mast, sail, rudder, and dagger-board that matches that hull. You will not be able to swop with someone if you get it mixed up, and it will make it more difficult for us sorting it all out at the end, so please be careful.

Important safety stuff - Remember, always rig your boat facing into the wind, watch out for flapping sails, booms, and mainsheets, and take your boat down the slip with the bow facing into the wind. Make sure that anything that can fall off is securely fastened, including rudders and any sail-head buoyancy, and that a good painter suitable for towing is attached to the bow. Launch and recover on the leeward side of the slip, move empty trolleys to the windward side, and be careful if the slip is slippery!

- ✓ Recovery and de-rigging

Returning to shore, wait afloat until your instructor sends you in, one at a time. Raise dagger-boards and rudders, and approach the shore slowly and under control. This would

be a good time to have your parents on standby. Recover on the leeward side and follow any instructions your instructor gives you about where to de-rig.

You must wash the sails, spars, foils, and sheets to remove salt and contamination before storing away. After washing, return your boat to its parking place where it will be sprayed with a disinfectant solution **before** you put the cover on.

✓ Afloat

We will put your immediate safety before any instructions about COVID 19. Instructors will brief you about the area to sail in and the exercises to practice. When an instructor needs to speak to you on the water, they will practice social distancing as much as possible. For example, they may ask you to “Basic Stop” (we will remind you how to do that in a briefing) and come alongside to windward so that you and the instructor are almost side by side, not facing each other. Or they may pick up your painter and stay 2m up-wind of you. If you capsize an Instructor will be close by to help if you need it – but try to recover and get back into your own boat yourself.

If we need to take you ashore then we will probably tow you in. If we need to take you into the safety-boat, then please sit where the instructor directs so that we can maintain social distancing.

Further information - For Instructors

Is available from the RYA Principal