

RETURN TO SAILING GUIDELINES: PART 1 & 2

Sail PEI

Updated June 11, 2020

Sail PEI in conjunction with member clubs developed the following Return to Sport Guidelines for Sailing for Prince Edward Island. These guidelines are consistent with PEI's Public Health directives and with the document produced by our national sport body Sail Canada, called [Return to Sailing Public Health and Safety Measures for Sail Clubs](#). Additional sailing links and resources related to COVID-19 can be found [here](#). This document is intended to offer guidance to sailing programs and Clubs on PEI as they adapt their operations due to COVID-19 restrictions.

Part II will cover training programs.

YACHT CLUBS

- Clubs should develop COVID-19 operational procedures that comply with current PEI Public Health guidance.
- Place appropriate signage:
 - Maintain physical distancing (2 metres/6 feet)
 - Maintain good handwashing and respiratory hygiene
- Staff, volunteers, members, guests and all others should stay home when ill and call 811 promptly if experiencing symptoms of COVID-19.
- Clubs should establish procedures regarding member, guest and non-member access to the club's facilities, programs, and events.
- Follow PEI Public Health directives regarding gatherings.
- Limit access to facilities such as the clubhouse, sheds, storage areas and garbage bins based on current PEI Public Health guidelines.
- Hand washing or hand sanitizer stations should be available in common areas.
- Sanitation practices should follow government guidelines for cleaning surfaces.
- Create log sheets for cleaning.
- Avoid sharing tools, equipment and other gear and sanitize anything that is shared if used by others.
- Payment options should be touchless, cashless, or online.
- Personal protective equipment should be available for rescuers should someone from outside the household need first aid.
- Establish a communication plan to keep staff, volunteers and members informed and updated on current COVID 19 issues affecting the club's operations.

MARINA OPERATIONS

- Schedule boat launching and removal times.
- Maintain physical distancing, including when unloading, loading and servicing boats.
- Wear protective equipment including masks, eye protection and gloves as necessary.
- Wash hands or use sanitizer after handling someone else's boat or lines.
- Avoid sharing tools or equipment.
- Sanitize shared surfaces after use, for example crane operating equipment.
- Expect boats visiting from out of province to show documentation from PEI authorities authorizing entrance to the Province in compliance with PEI Public Health directives.

WORKPLACE SAFETY

- Any staff member developing symptoms of COVID-19 at work should perform hand hygiene, report to manager, avoid contact with staff, leave as soon as it is safe to do so and call 811 to arrange testing.
- If required, wear a mask and eye protection and wear disposable gloves or gloves that can be washed after use or put aside for several days and wash hands after taking off the gloves.
- Avoid sharing food and drinks.
- Maintain physical distancing in the facility and in meetings.

REGATTA OR SAILING EVENTS

- Notice of Race is to include guidance such as COVID-19 self-screening, physical distancing, handwashing and respiratory hygiene.
- Staff, volunteers, and participants are not to attend if they have COVID-19 symptoms or are required to isolate.
- Members of the sailing crew are encouraged to be from the same household or members that can maintain physical distancing on deck.
- Avoid sharing clothing and equipment and sanitize shared surfaces and equipment.
- On water/off water snacks/food/water must be provided individually.
- Keep group numbers and gathering sizes within current PEI Public Health guidelines.
- Event registration and payment options should be touchless.
- Out of province event attendees are to follow PEI directives regarding obtaining clearance to enter the Province and isolation procedures.

Sail PEI Return to Sailing guidelines are subject to change due to the Provincial Regulations in the Province of Prince Edward Island and will be shared with yacht club facilities, programs and events as updates occur.

RETURN TO SAILING GUIDELINES: PART 2

Sail PEI

Updated June 11, 2020

Sail PEI in conjunction with member clubs developed the following Return to Sport Guidelines for Sailing for Prince Edward Island. These guidelines are consistent with PEI's Public Health directives and with the document produced by our national sport body Sail Canada, called [Return to Sailing Public Health and Safety Measures for Sail Clubs](#) and [Return to Sport CAN Sail Guidelines](#). Additional sailing links and resources related to COVID-19 can be found [here](#). This document is intended to offer guidance to sailing programs and Clubs on PEI as they adapt their operations due to COVID-19 restrictions.

Part II will cover training programs in Sections based on location.

Part 2 - SAIL TRAINING

The following are guidelines in accordance with Sail Canada, and are identified by each training center. As individual training centres may supercede the national guidelines, individual training segments are being submitted by each training centre in the listing below with applicable start dates.

JUNIOR SAILING – Charlottetown Yacht Club

Part 2 – Section A

Charlottetown Yacht Club Junior Sailing Program Return To Sailing Guidelines (June 29-August 31)

The Charlottetown Yacht Club offers sailing instruction to children and youth over 8 weeks each summer.

Introduction and Overview

The Charlottetown Yacht Club offers sailing instruction to children and youth over 8 weeks each summer. The program follows the policies for accrediting students from Sail Canada – the national sailing association - using Sail Canada levels of competence. The instructors are certified through Sail Canada, and follow all standard Sail Canada safe instructing methods, including instructor - student ratios guidelines.

The following are details specific to the Charlottetown Yacht Club

- 2 types of instruction are offered:
 - Wet Feet is a 5 day course for children aged 5 - 7, using small boats called Optimists.
 - Learn To Sail is a 10 day course for children/youth ages 8 and up, using Optimists as well as larger boats called Lasers and 420's.
 - 50 students are trained per week.
 - For the first 4 weeks of the program, 10 Wet Feet and 40 Learn To Sail students are taught.
 - For the remaining 4 weeks, the Wet Feet program will be not be taught, only 50 Learn To Sail students.
 - The program has 1 head instructor, 1 race instructor and 6 instructors for a total of 8. (Sail Canada standard instructor student ratios are set at 1 instructor: 10 students, and Sail Canada Return To Sailing Guidelines recommend changing this to 1 instructor: 8 students.)

The Program

Physical Layout

- On shore facilities/instruction are provided on the Charlottetown Yacht Club property, and open water instruction is provided on the water of the Charlottetown harbour. The instructors monitor the students on the water using small powerboats (coach

boats), and are in radio contact with each other and the Yacht Club base.

How teaching Sessions will be run

- Students will be assigned to groups prior to the start of each session. Each Wet Feet group will consist of 1 instructor and 5 students. Each Learn To Sail group will consist of 1 instructor and 6 students.

The groups will not be altered during the session.

- The students will use their own equipment (personal flotation device, hats etc) and be required to bring their own lunches/water etc. The instructors will not carry the students water/lunches/sunscreen etc on the coach boats.
- Students who own sailboats will use them for the session, otherwise the Club will provide the sailboats for the students to use.
- There will be one student per sailboat where possible. The students will use the same sailboat for the entire session.
- Where there is more than 1 student on a sailboat, physical distancing will be maintained as much as possible. The same students will stay on the same sailboat for the entire session.
- The groups will be given drop off/pick up times that are staggered. The groups will be assigned separate areas of the property to meet their instructors.

COVID-19 Screening

- At the start of each day, a standard COVID-19 symptom questionnaire will be administered to each instructor and student.
- Any instructor who screens positive for potential COVID19 infection will not be permitted to work until they are cleared by a health professional, and all students who were in that instructors' group will have their parents notified about possible exposure to COVID19.
- Any student who screens positive for potential COVID19 infection will not be permitted to attend the program until they are cleared by a health professional, and all students who were in that students' group will have their parents notified about possible exposure to COVID19.
- The groups will meet for the morning on land instruction, then rig and launch their sailboats. They will return to land to have lunch, then return to the water for the afternoon teaching session, then return for the afternoon debrief and sanitize using Yacht Club guidelines.
- These will all be staggered to minimize the number of people on the dock, etc. While on the water, the sailboats will stay one boat length (8 - 14') apart from each other and the coach boats.
- Masks and gloves will be provided to each instructor, in case they must make contact with a student for safety reasons.
- The sailboats and coach boats will be cleaned daily by the instructors using the approved solutions provided by the Club.
- All instructors and students will follow existing Charlottetown Yacht Club guidelines for behaviour while on Club property (cleaning, access to washroom, etc).
- Any student who is required to leave the program for COVID 19 related reasons will be given a full refund (which will remove any financial incentive to provide fraudulent answers to the questionnaire.

Introduction and Overview (July 6 to August 28, 2020)

CANSail Learn to Sail Level 1 & 2 program is a two week course running Monday to Friday 9 a.m. to 4 p.m. over four sessions at SYC for participants ages 8 and older. Sail Canada is the national organization governing the program delivery standards and providing instructor training and insurance coverage. The CANSail recommended instructor to student ratio has been reduced from 10 to 8. Our program will maintain a ratio of 6 participants to 1 instructor.

Our program is run by 2 instructors and uses 4 single handed Optimist dinghies, 5 two person Club420 dinghies, and several single handed Laser dinghies owned by participants.

Physical Layout

- The program participants meet at SYC each day and have training sessions on land, on the docks and in dinghies on the water in Bedeque Bay, The instructors use small power boats to provide safety supervision and to instruct participants. Marine radios are used to communicate between the boats and the club. The program has an equipment storage shed with a yard next to it and there is access to the 6 sheet curling rink cement surface for indoor activities with ample space for physical distancing.

Session Operations and Procedures

- A typical day in the program begins with onshore instruction, rigging the boats at the dock, sailing until lunch and then back on the water. The day ends with derigging boats and a short debriefing onshore.
- Our Learn to Sail program participants use their own equipment such as Personal Flotation Devices, gloves, personal gear and this will be kept to each student to minimize contact from sharing. Lunches will not be handled by instructors, and efforts will be maintained to enforce a personal bubble for each participant. This includes each participant using the same dinghy throughout the session, Drop off and pick up time will also be staggered to minimize contact.
- Our program has siblings enrolled, and they will maintain a two person bubble during the program which includes sibling pairs together on the same two-person dinghy.
- Participants will be given an orientation to understand these procedures and instructors will monitor to ensure safe personal distances are kept. If participants are unable or unwilling to comply with the physical distancing requirements they will be required to leave the program and will be refunded in full.

Sanitizing and PPE

- Instructors will be sanitizing and wiping down boats, and other surfaces with approved solutions provided by the club.
- Instructors will wear masks during onshore interactions with participants, and in case contact must be made for safety or first aid. First Aid kits on board the instructor boats and at the club will include additional PPE such as gloves to reduce contact while administering first aid.

COVID-19 Screening and Questionnaires

- COVID-19 questionnaires will be given daily to each participant and instructor, and a daily

- attendance sheet will be kept. Participant's parents will be informed of any potential exposure as soon as we become aware, and health officials will be notified.
- Anyone who can not participate due to Covid-19 related health concerns will be refunded in full, and will be informed about this refund policy prior to starting program.

ADULT SAILING – WaveSkills Sailing School

Part 2 – Section C

Introduction and Overview (June 17-October 2, 2020)

Instruction is aboard a 24' keelboat for adults as authorized through Sail Canada, the national organization governing sail program standards, instructor training and insurance coverage and is located at the Charlottetown Yacht Club. In addition to achieving national certifications, course participants are also able to achieve International standard certifications through World Sailing. Courses, both afloat and ashore, includes *Introduction to Boating, Start Keelboating, Basic through to Advance Learn to Cruise, Keelboat Spinnaker, Keelboat Racing, VHF Radio ROC(M), Pleasure Craft Operators Card, Navigation and Offshore Personal Survival at Sea* as authorized through Sail Canada and World Sailing.

Program Delivery with Screening/Sanitizing Protocols

- Participants will self-screen before attending and will be advised in advance to review current guidelines: <https://www.princeedwardisland.ca/en/topic/covid-19>.
- Participants must sign the self-screening waiver before entering the training vessel/classroom.
- Instructor and participants will maintain and exhibit proper handwashing and respiratory hygiene.
- Hand sanitizing stations will be set up on board.
- Each participant will be encouraged to bring their own PFD. If using school equipment, the mandatory required PFD and shared equipment will be assigned for each course duration.
- Equipment and hard surfaces will be sanitized before each use. i.e. Jib sheets.
- Course size can be reduced and participants are to from same household whenever possible.
- Instructor and students will be advised to follow existing Charlottetown Yacht Club guidelines (or applicable facility), for behaviour while on property (signing in, cleaning, access to washroom, etc).
- If a situation arises, such as an emergency incident, PPE and gloves will be worn according to the provincial Government Regulations and/or Health Canada guidelines.
- Physical distancing protocol on board and ashore will be adhered to whenever possible as per Health PEI guidelines.
- Out of province participants are required to follow Health PEI directives regarding obtaining clearance to enter the Province and isolation procedures.