

Return to Training Guidelines and Procedures

Guidelines for observing COVID-19 restrictions when visiting East Antrim Boat Club for organised training.

The COVID-19 preventative measures are vital to protecting health and wellbeing and to minimising pressure on the frontline services. We all have a role to play in adhering to the Government guidelines and therefore we ask you to observe the following:

BEFORE VISITING

1. Are you fit to visit? Please do not attend EABC if you, or anyone in your household, are feeling unwell or experiencing any symptoms of COVID-19.
2. Before travelling: Please check the club website and Facebook for the latest information; if changes in Government guidelines require the Club to be closed again, this will be communicated by these methods. We will also send email notification of any changes.
3. You must book into the appropriate session on Sailing Club Manager. Details of how to do this have been emailed to all members.

YOUR VISIT – General Guidance

Be considerate of others. Be conservative in your activity.

1. You must park in the overflow car park at the end of the lane to allow maximum room for those rigging boats.
2. At all times please show consideration for others by respecting the social distancing requirement of 2 metres.
3. Those coming to the Club may sail in single or double handed boats (only if from the same household).
4. Please be aware of inherent risks and minimise contact with shared hard surfaces.
5. Ensure hands are thoroughly washed and bring hand sanitiser for personal use.
6. Please bring your own equipment when working on your boats.
7. Members visiting EABC must not gather in groups of more than 10 (with social distancing maintained). Please take this into consideration when rigging and de-rigging, launching, and recovering.
8. The club house and changing rooms will remain closed, please arrive ready to sail.
9. Please bring your own drinks with you, especially if the weather is warm and do not share water bottles, food, or sun cream.
10. Please give careful consideration to prevailing conditions and the condition of your equipment, when taking the decision to go afloat. Extra care should be taken to check equipment before launching.

ON THE WATER

The following is guidance as we start our return to training programme:

1. We are currently operating a one-way system. When launching your boat, you should walk around the front of the clubhouse, past the pier, and towards the slip. When recovering – walk straight up the slip between the keelboats and winch house. A hose has been made available to wash down your boat.
2. Maintain a 2-metre distance with other boats (including the committee boat and safety boats) before and after sailing.

3. Check the weather forecast, tide times and heights. Do not go afloat if you feel like the conditions are beyond your capabilities.
4. Double check your boat's buoyancy, equipment, rigging and fixings.
5. Dress appropriately for the conditions – it is easier to take off a layer than put it on.
6. Ensure you are wearing a personal buoyancy aid or lifejacket when afloat.
7. Dinghies that cannot be self-propelled should carry a length of rope in order to be towed from astern. Safety boats will not come alongside to provide assistance unless absolutely necessary.
8. Dinghies should also consider righting lines and masthead floats if necessary.
9. Realistically (and honestly) assess your, and your boats capability to sail in the conditions. Sail well within your comfort zone and **don't take unnecessary risks**.
10. Do not go out (or return to shore) if you have any doubts!
11. If you capsize and are unable to right the boat, always remain with the boat. Never try to swim to shore. Safety boats will provide assistance in the form of mast tipping.
12. Be vigilant of your surroundings, particularly for other vessels/craft and obstacles.
13. Don't stay out alone after your training has finished. Return as soon as possible to shore.

Specific instructions for Junior Sail Training

- Junior Sailing will resume on a trial basis in July for EABC members.
- Sailors must have achieved 'RYA Learn to Sail Level 3' as a minimum competency to participate
- Groups will be limited to 6 boats for safety reasons and a maximum of 9 sailors to comply with government guidelines (10 people including the instructor)
- We will have 1 instructor per group on the water.
- Sailors should arrive changed and plan to go home in wet gear, as access to clubhouse is not possible (except for toilet use) and this will reduce your time around the club grounds and minimise contacts.
- Sailors will use their own equipment; personal wetsuits/ buoyancy aids/ boots etc. If necessary, to borrow please contact training@eabc.org.uk to organise borrowing for July.
- Sailors will use their own boat or be allocated a boat for their own use and sharing of equipment is not permitted.
- One parent should attend and remain at the club during the session (observing social distancing onshore), this is for additional safety and not to put pressure on the instructors in case sailors need to return to shore early.
- Parents will help their sailor prepare and rig their boat before sailing, instructors will be available to help educate parents on equipment preparation.
- Safety on the water is paramount; double checking equipment before use is the sailors responsibility to reduce the need for instruction intervention on the water.
- Additional risk assessments will be carried out before each session by the instructor, if conditions are deemed not safe for the session the instructor may choose to cancel, also if an individual sailor is not comfortable helming in the conditions they should not launch and return home. The instructor has the final call and may deem a sailor not capable of helming safely in the given conditions and will ask the parent to take them home. Please respect the instructor's decision as this is for everyones safety.

- Instructors will not assist as 'normal' on shore or on the water. Social distancing will be observed, and instructors will only come into contact with sailors where absolutely necessary i.e. a safety issue on the water. Instructors will have a face covering which they can use if needing to come within 2-meters of a sailor on the water.

Groups:

Ready to Race: Tuesdays and Thursdays 6.30pm- 8pm (please use your own boat)

Improvers: Tuesdays and Thursdays 7pm- 8.30pm (please use your own boat where available, 3 club toppers are available to book or the club Pico which must be sailed by 2 members of the same household, bookings will be first come first served basis).

Info:

Staggered start times will allow government guidelines to be observed.

Arrive in your sailing gear ready to go on the water and please have your boat cover off and mast-up for your groups start time.

Please register in advance of the session using 'Sailing Club Manager' via our website. Instructions have been e mailed to members.

Sessions will be costed at £5 per sailor to cover instruction and fuel costs. You will be billed each month for the sessions attended.

We welcome your feedback on the sessions and processes, this is a trial to get our juniors back on the water. Please contact training@eabc.org.uk with your feedback.