

**Conway Yacht Club**  
**Covid-19 Guidance for Sailors and Race Officials**  
**Issue: 1      Date: 10<sup>th</sup> June 2021**

The sailing committee has reviewed the latest Covid 19 guidance on sailing from RYA Cymru Wales and issued this guidance document for all sailors.

1. Our sailing complies with the current Welsh Government Covid guidance.
2. We will follow the guidance issued by RYA Cymru Wales: [RYA Cymru Wales Covid-19 Guidance on sailing & racing with different households](#)
3. We will be mindful of the potential impact of our sailing on others including the RNLi and emergency services and will minimize risk in this period by taking a conservative approach to our sailing.
4. We understand the risk of transmission of Covid 19 in particular that of contact with other people. Contact with others can be defined as:
  - a. Being within 2 metres of another person for more than 15 minutes.
  - b. Being within 1 metre of another person for more than 1 minute.
5. We are aware of the mitigations to avoid transmission of Covid 19:
  - a. Maintain social distancing
  - b. Use of face masks
  - c. Hand washing/sanitising
  - d. Cleaning of contact surfaces
6. The Club is obliged to keep contact details of all competitors for 21 days. Boat helms will be recorded as part of race management. Helms will be responsible for keeping details of their crew.
7. Car sharing to be avoided
8. Crew should arrive in sailing kit
9. Do not race if you have Covid 19 symptoms and let the club know if you have symptoms post race.
10. Maintain 2 metre social distancing between crews during the race briefing, debriefing and post race socialising.
11. Avoid assisting crews of other boats with launching, recovery and rigging.
12. When sailing try to maintain at least 0.5m between crew and avoid facing each other.
13. Do not share food or drink
14. At the end of the day clean down equipment
15. Guard boat:
  - a. Maximum of 2 people aboard Sior.
  - b. Maintain maximum social distancing
  - c. Avoid working face to face..
  - d. Wear a mask if within 2 metres for more than 15minutes
  - e. Avoid both handling same equipment, e.g. flags and VHF
  - f. Maintain good hand hygiene, e.g. use sanitizer regularly
16. Start Tower:
  - a. Maximum 4 people
  - b. Otherwise precautions as for Sior.