

Newcastle Cruising Yacht Club



Sailing Academy

COVID-19 Participant Health & Safety Guidelines

We are pleased to be able to re-establish our Sailing Academy activities from 23rd October 2021 and it is our priority to do so in a safe environment. We have developed these guidelines in line with our COVID-19 Safety Plan to reassure you, our participants, that you can safely sail with us.

Newcastle Cruising Yacht Club (NCYC) is committed to strictly adhering to the current COVID-19 Public Health Orders, complying with the regulations in place and managing potential risks to staff and participants. The Sailing Academy is a registered COVID Safe Business with NSW Health.



We ask that all participants and parents strictly abide by the following guidelines to ensure we can remain operational for the benefit of all. We thank you for your cooperation in respecting and adhering to these guidelines.

1. Participants aged 16 years or over who **are fully vaccinated** may join Sailing Academy courses and activities. Participants must provide evidence that they are fully vaccinated or hold a medical exemption prior to participating. Anyone who is not fully vaccinated will need to wait until NSW Health restrictions are eased from 15th December.
2. It is not mandatory for participants under 16 years to be fully vaccinated however NSW Health are urging all participants aged 12 and older to get vaccinated as soon as possible.
3. All Participants and staff **MUST** sign in when entering the marina, either with the **QR Code** located at the marina gate or on the Sign In sheet provided by your instructor.
4. Masks are no longer required in outdoor settings however, participants are welcome to wear a face mask in situations where physical distancing cannot be observed, such as on-water in crewed boats.
5. **Masks are required** by all participants in **indoor settings** such as the Academy Barge or within the Clubhouse.
6. No distance limits apply for outdoor exercise or recreation.
7. Participants are to take note of maximum occupancy notices for the Sailing Academy barge and Trophy Room. These facilities must comply with the **1 person per 2 sqm** regulation.
8. Please respect the health & safety of others participating in Sailing Academy courses and activities and do not attend the sailing session if:
 - a. A participant is feeling unwell or experiencing flu-like symptoms (including but not limited to coughs, running nose, sore throat, shortness of breath).
 - b. A participant or immediate family member has been diagnosed with COVID-19 or been in contact with anyone diagnosed with COVID-19 within the 14 days prior to the sailing session.

9. Participants only are to access the marina, sailing equipment and Sailing Academy barge. Parents, siblings, friends are not to access Sailing Academy facilities.
10. Participants, please ensure you and any parents/siblings/non-participants take note of, read and comply with the COVID-19 specific information located around the club house, marina and Academy facilities through way of signs, posters and markers.
11. At the marina gate/drop-off zone, we ask parents/siblings/non-participants to comply with 1.5m physical distance requirements. People from the same household are not required to distance.
12. All participants should practise good hand hygiene. Signs are provided for guidance in the Club's bathrooms.
13. All participants are encouraged to use the hand sanitiser provided at the marina gate before entering the marina. Participants may bring their own small container of hand sanitiser for personal use when needed.
14. Participants should avoid all unnecessary physical contact between each other and with instructors.
15. Participants should bring their own drink bottles and towels and not share such items between participants.
16. Change rooms and bathrooms are available within the clubhouse, however we ask that you avoid using these wherever possible. If used, please reduce crowding, and maintain physical distancing and comply with the 1 person per 4sqm regulation. You will need to use the QR Code for the clubhouse to use these facilities.
17. Sailing equipment, lifejackets and facilities are cleaned by staff following each session. Please assist staff by placing used equipment in a pre-wash area, as directed.
18. Participants and parents are strongly encouraged to download the COVIDSafe app. This will help support contact-tracing if required.

We thank you for your co-operation as we look forward to going sailing again!

ISSUED: 2nd November 2021