

GEORGE LAKES YACHT CLUB COVID COMPLIANCE REGULATIONS

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A PURPOSE

To describe the responsibilities and procedures to follow to protect yourself as well as fellow Members and staff during the COVID-19 pandemic.

B SCOPE

This procedure applies to all GLYC members and staff.

C INTRODUCTION

Coronavirus Disease 2019 (COVID-19) is a respiratory disease caused by the SARS-CoV-2

virus. People can catch COVID-19 from others who have the virus. The disease spreads primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes, or speaks. These droplets are relatively heavy, so do not travel far and quickly sink to the ground. People can catch COVID-19 if they breathe in these droplets from a person infected with the virus. This is why it is important to stay at least 1.5 metres away from other.

These droplets can land on objects and surfaces around the person such as tables,

doorknobs and handrails. People can become infected by touching these objects or surfaces

and then touching their eyes, nose or mouth.

The most important thing to know about coronavirus on surfaces is that they can easily be

cleaned with common household disinfectants that will kill the virus. Studies have shown that the COVID-19 virus can survive for up to 72 hours on plastic and stainless steel, less than 4 hours on copper and less than 24 hours on cardboard.

As, always clean your hands with an alcohol-based hand rub or wash them with soap and

water. Avoid touching your eyes, mouth and nose.

To reduce the impact of COVID-19 outbreak in PathCare, the following procedure should be

followed by all employees. This is in addition to normal safety procedures followed.

D PROCEDURE

1 MEMBER AND STAFF RESPONSIBILITIES

1.1 AT HOME

1.1.1 General protection:

Follow good hygiene practices at home to reduce risk of exposure to you or your family.

As far as possible maintain social distancing guidelines.

1.1.2 Self-screening:

It is important to closely monitor your health status and any associated risks by

answering all the questions below on a daily basis:

DO YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:

1)Fever (>38°C) 2)Cough 3)Sore Throat 4)Shortness of breath 5)Body aches

6)Redness of eyes 7)Loss of smell or loss of taste

8)Nausea/vomiting/diarrhoea

9)Fatigue/weakness

ANY CONTACT IN THE PAST 7 DAYS:

10)Were you in close contact with a confirmed COVID-19 person without wearing appropriate PPE?

11)Have you been in close contact or living with anybody with flu-like symptoms?

This should be done prior to leaving your home.

If you answered yes to any of the questions – **STAY HOME!**

1.3.2 Use of PPE:

It is critical that the use of PPE is followed at all times to prevent spread of the

virus.

2 ARRIVING AT THE YACHT CLUB

2.1 Access control:

2.1.1 Only SAS paid up sailors, trainers and staff allowed at the yacht club. No visitors allowed.

2.1.2 On sailing and training days the gate will be left open.

On non sailing and training days the member using the club will open the gate

2.1.3 All members and staff to park in the parking area

2.1.4 All members and staff to report to the pre screening station in front of the Club house steps

2.1.5 All members and staff to complete the SELF SCREENING QUESTIONNAIRE and have their temperature taken and recorded on the self screening questionnaire. On non sailing days no temperature will be taken.

2.1.6 Sanitize hands with provided sanitizer.

2.1.7 If any questions answered yes or temperature >38 C access to the club is prohibited and you must immediately leave the club premises.

2.1.8 At all times maintain the social distancing (min of 1.5m). At sign in observe the markings on the ground in front of the sign in desk

2.1.9 After successful sign in proceed directly to your boat shed of designated training area.

2.1.10 The club house and braai area will remain closed.

2.1.11 No changing allowed in toilets. No showering allowed. Only one person is allowed in the toilet buildings at any one time.

2.1.12 No sharing of any equipment allowed.

3 PERSONAL PROTECTIVE EQUIPMENT

3.1 ALL persons on site at all times must wear either Cloth masks or sailing buffs, the only exception being while sailing on the water it can be removed but must be available if a rescue boat comes to a sailors assistance.

4 SAILING PROCEDURE

4.1 All sailors to rig boats at their boat sheds / parking area and self launch. Maintain social distance of 1.5m at all times

4.2 On completion of sailing retrieve dolley and proceed directly to your boat shed / parking area to derig. At all times maintain a social distance of 1.5m.

5 CLUB TRAINING

5.1 Training Group is to be limited to no more than 5 at each training area.

If more than 5 on a day groups will be designated by trainers at check in facility and students to proceed to the designated training area.

Social distancing of 1.5m to be maintained at all times

6 JETTY

6.1 Only bridge officials; Duty officer and rescue boat operators allowed on the jetty

7 SIGNAGE

7.1 Signage: Key COVID Signage will be posted at all key points showing the necessary regulations for that point/area:

7.2 Key points: 1) Gate 2) check in area 3) Toilets 4) Jetty 5) Training areas

8 YACHT CLUB COMPLIANCE OFFICER

The compliance officer for COVID-19 is Dr David Laing.

Contact details: 0836352686.

9 CASE MANAGEMENT

9.1 Suspected Covid Case

9.1.1. If a member / staff answers Yes to any questions on the self screening questionnaire or has a temperature >38 C access to the premises will be immediately denied.

The person will be advised to: a) return home immediately, and b) Practice self-isolation for a period of 10 days and c) contact a medical professional to discuss their symptoms and discuss further actions that may be required

9.1.2. Person who begins to display symptoms of COVID-19 during training or at the venue/event

a) The person shall advise the Covid officer immediately

b) The person suspected to have Covid or presenting with symptoms shall be moved into the club house Safety Isolation area until such time as they can safely leave the premises.

c) A 2 meter distance should be kept between a suspected Covid case and all other persons.

d) If required, a mask shall be provided, organise for them to contact their own health provider and arrange for them to be safely transferred to a facility advised by the health provider.

e) The Covid officer shall advise all participants that someone at the event/training is a suspected COVID19 case.

f) Advise them to monitor themselves for symptoms for 10 days and take their temperature twice a day.

g) The Club Covid officer is to inform SA Sailing of the suspected case that has been progressed to Covid testing and the confirmation of the test and its subsequent result

9.1.3 Response to someone displaying symptoms of COVID-19 AFTER the event:

Retain the attendance registers of all participants for at least six months.

Within 14 days, following training, event participation or interaction between the boat crew and or shore-based personal, if any of the parties; develop symptoms of Covid-19, there is a moral duty to contact those who may have been infected.

Parties are to disclose this information to the club Covid Officer who needs to ensure that all potential contact persons are advised of a suspected case

The Club Covid Officer shall advise the suspected covid case to self-quarantine and monitor themselves for symptoms, check their temperatures a min of twice day and seek the advice of a medical practitioner and/or contact the SA Covid hotline for further advise and support and provide them with the required information on travel and or symptoms etc.

They should be advised to monitor themselves for symptoms for 14 days and take their temperature twice a day.

The Club Covid Officer shall advise SA Sailing of the identified suspected case.

9.1.4 Confirmed Covid Case

9.1.4.1. Response to persons who has tested positive for Covid prior or at the time of the event

Shall be denied access to the club/venue for either training or to participate at an event until such time that they completed the quarantine requirements in line with DMA regulations for a period of 10 days

Persons previously testing positive will need to present a medical declaration of fitness before being allowed to return to any club/venue to train or register for an event

9.1.4.2. In the event of a person testing positive for COVID 19 while an event is in progress or while using a venue for training purposes:

Venue is to immediately shut down for deep cleaning and sanitising

New venue to be found to stage the event, if not possible event should be postponed until the venue has completed the decontamination process in line with regulation requirements

Persons having potentially come into contact with the infected person to be notified

Persons who have potentially come into contact with the infected person shall be advised to self-isolate and seek medical advice from their health care practitioner or via the governments Covid contact options.

9.1.4.3 Response to someone Confirmed Positive of COVID-19 AFTER the event:

Within 14 days, following training, event participation or interaction between the boat crew and or shore-based personal, if any of the parties are confirmed as tested positive for Covid , there is a moral duty to contact those who may have been infected. Parties are to disclose this information to the club Covid Officer who needs to ensure that all potential contact persons are advised of a confirmed case.

9.1.4.4 Further detailed information available in SAS Covid Annexure I: In the Event of suspected or positive Covid Case.

10 GUIDELINES FOR CLEANING AREAS

10.1 pre-sanitising of all facilities indoors and out that are accessible, prior to opening your venue will be carried out

10.2 Every Wednesday staff to do a thorough sanitisation of all facilities ready for Sunday sailing.

10.3 When training is occurring all high contact points in training areas to be sanitized daily

10.4 In the event of a positive Covid occurrence a full clean of all facilities will be done using approved disinfectant.

11 MEMBER TRAINING AND COMMUNICATION OF CLUB COVID POLICY

11.1 Club covid compliance requirements will be emailed to all members

11.2 Club covid compliance requirements will be available on GLYC Website.

11.3 Club covid compliance requirements will be available on Club house glass door.

12 POLICY AND RISK REVIEW

12.1 The policy and risk review will take place every second month, and necessary changes to the policy will be implemented at time of the review.

13 DISCLAIMER AND INSTANCES OF NON COMPLIANCE

13.1 COVID-19 DISCLAIMER

Please note, that you enter this premises solely at your own risk, and neither the George Lakes Yacht Club, nor the Committee, nor any of the aforementioned person's Employees, Representatives and/or their Agents shall be liable, should any person contract the Covid-19 virus, whilst on the premises or for any harm, injury or death, which may result therefrom.

13.2 NON COMPLIANCE WITH THE REGULATIONS

Members who do not comply with the covid regulations may be ordered to leave the premises. Repeated non compliance will be dealt with through the clubs disciplinary procedure.