

SCYC Covid-19 Response Plan
September 2, 2020

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SCYC Covid-19 Response Plan - Summary of Guidelines and Best Practices

During the current Pandemic, health authorities, governments and sailing organizations have published recommendations and guidelines to limit the spread of Covid-19. This document establishes protocols drawn from that guidance that will be employed in connection with events and activities staged or sanctioned by SCYC until further notice.

Best practices are recommended for SCYC Members to adopt for their own use as part of their pursuit of safe boating and related activities. Updates will be published as appropriate.

The following summary highlights recommendations that are provided in further depth throughout the document.

SCYC Covid-19 Backgrounder and Screening Tools (Section 2)

- This section of the SCYC Covid-19 Response Plan summarizes guidance published by Governments, Health Authorities, Sail Canada, BC Sailing and other acknowledged sources for limiting the transmission of Covid-19.
- In the case of an outbreak or case of Covid-19 follow the Outbreak Plan on page 20 of the **Return to Sport Guidelines for BC**. <https://www.viasport.ca/return-sport>

SCYC Facilities, Meetings and Events (Section 3)

- SCYC will form a Covid-19 Response Task Force to guide adoption of these guidelines.
- SCYC will stage no events or activities that contravene the recommendations of the BC PHO or Ministry of Health for physical distancing, hygiene or group size.
 - Necessary meetings will be conducted by electronic means rather than in person.
 - No SCYC Membership gatherings will occur until BC enters Stage 4 of the Recovery Plan published by the Provincial Health Officer and Minister of Health.
- Access to the Afterdeck (deck area) is allowed provided social distancing protocols are maintained. No club sponsored social events will occur and access to the building itself is only allowed for under limited circumstances.
- Protocols for hygiene and physical distancing will be employed as appropriate.
- SCYC requests all Members respect protocols of the Fairwinds Marina Site Plan.

Best Practices for Safer Boating (Section 4)

- These practices have been developed based on review of public health guidelines for the benefit of the membership and will be followed for all SCYC sanctioned activities.
- Unless all on board are from the Skipper's own household "bubble," Skippers should establish strong on-board hygiene protocols, a plan for physical distancing and avoidance of shared equipment handling and consider having all on board wear a face mask.
- Each crew member or guest not from the household of the skipper should be screened to ensure they do not bring risks associated with Covid-19 on board. Tools are provided in this document for that purpose.

- To aid in contact tracing in the event of subsequent illness, Skippers should retain a log recording each outing for a minimum of 14 days. A sample log page is provided in this document for that purpose.
- No person who is not from the Skipper's own household should be allowed aboard if their own household bubble has been exposed to risks from travel or illness within the past 14 days.
- If the itinerary for the outing includes visits to other marinas and locations, boaters should contact marinas ahead of time to ascertain their Covid-19 rules. They should exercise strong hygiene protocols and wear face masks while ashore.

Special Conditions for Racing (Section 5)

- **UNTIL FURTHER NOTICE:**
 - SCYC racing and training activities will include only boats sailed in one of three configurations:
 - Single Handed
 - Same Household crews
 - Double Handed crews sailed under special qualifications of eligibility, described in the SCYC Covid-19 Response Plan.Courses for all races or training outings will be designed to be sailed by these short crews.
 - SCYC will not stage full-crew races, Skippers Meetings, post-race gathering of crews ashore or races or training requiring the presence of a Race Committee.
 - Boats must register online in advance of any racing or training outing and boats are expected to comply with recommended best practices.
- Racing and training events focused on larger crews may be staged as BC's PHO and Department of Health publish changed direction.
- The SCYC Covid-19 Response Plan suggests best practices for Crew Management, Boat Handling and Hygiene for boats sailing with crew members who are not members of the Skippers own household. Key recommendations include:
 - Minimize the crew to those required to sail the boat safely.
 - Develop specific routines for crew when sailing to minimize physical contact.
 - Integrate strong hygiene rules on board.
- Skippers participating in races or training staged or sanctioned by SCYC are expected to comply with the intent and direction conveyed in the SCYC Covid-19 Response Plan.
- Skippers are encouraged to consider the Best Practices described in the SCYC Covid-19 Response Plan as they develop specific Covid-19 safety procedures for their own boats.

SCYC Regattas (Section 6)

- Decisions concerning the **SCYC Fleet Regatta**, presently scheduled for September 27, 2020, will be published by September 3. The Fleet Regatta will only take place in its conventional format if BC reaches Phase 4 of its Recovery Plan in time for planning to take place, which appears unlikely at this time.
- Planning for the June **BMW Lasqueti Island Regatta** normally commences in November or December. Planning decisions will be made November 2020.

1 – Introduction: The SCYC Covid-19 Response Plan

To a great extent Vancouver Island has survived the ravages and widespread transmission of the Covid-19 Pandemic quite well. However, it is clear from BC and Canadian authorities addressing Covid-19 that for the foreseeable future this virus will remain an extraordinarily serious threat and at this time we must modify our behaviour to play our part in preventing the spread of the virus.

The Covid-19 virus remains aggressively active. In mid-July 2020, statistics published by the BC PHO indicate increasing incidence of infection in BC and on Vancouver Island. Extra vigilance is required to play our part in reducing the transmission of Covid-19.

This is particularly important for SCYC. Many of our Members, guests and other crew members are active, healthy senior citizens. Despite their active lifestyle and good health, they are nevertheless in a higher-risk demographic. Further, other individuals in their own “household bubbles” or other people they contact from time to time may be currently unwell or have greater susceptibility to illness. We must actively avoid being conduits for transmission of this disease.

A primary priority for SCYC is to deliver a program of safe boating-related activities for our members and the Covid-19 Pandemic has significantly impacted our ability to pursue that mission in 2020. Along with other Yacht Clubs, SCYC has cancelled most programming throughout 2020 and that situation may continue into 2021 or later.

This Document

The BC viaSport “Return to Sport” guidelines require sports and recreation organizations to publish a “Safety Plan”. On June 10 2020 Premier Horgan announced a B.C. Government Order protecting sports associations and their volunteers from potential litigation brought on by COVID-19, **provided they are complying with public health orders and provincial sport guidelines**. This document is SCYC’s response to these requirements.

This document, then, provides guidelines and suggests best practices for SCYC and our members to limit Covid-19 infection in connection with activities sponsored or sanctioned by SCYC. SCYC will form a small Covid-19 Task Force to guide application of these guidelines and best practices. The following sections are included in this document:

- SCYC Covid-19 Backgrounder and Screening Tools
- SCYC Facilities, Meetings and Events
- Best Practices for Safer Boating
- Special Conditions for SCYC Racing
- SCYC Regattas.

Until further notice, all events and activities staged, sponsored or sanctioned by SCYC, including meetings, events, use of facilities and equipment, cruising and racing, will require all participants to adhere to the guidelines and best practices described in this document.

SCYC Covid-19 Response Plan
September 2, 2020

It is the responsibility of each Skipper to adopt protocols focused on protecting themselves, their crew members or guests, and their extended “Household Bubbles.” The guidelines and best practices offered in this document are designed to achieve two goals:

1. To publish the guidelines that SCYC Members and their guests must follow with respect to meetings, events, racing and other activities that are staged or sanctioned by SCYC
2. To suggest “Best Practices” for our Members’ own boating-related activities that are based on the knowledge bank published by experts focused on managing the Covid-19 Pandemic and its implications, including returning to boating and other sports and recreational activities.

[Updating the SCYC Covid-19 Response Plan](#)

Relevant authorities revise or update their guidance from time to time. Consequently, SCYC will revise or add to this Response Plan as changes in direction, guidance and best practices become appropriate. Changes will be published through Scyline and, if appropriate, emailed directly to groups of SCYC Members specifically affected by changes.

2 - Covid-19 Backgrounder and Screening Tools

This **SCYC Covid-19 Response Plan** reflects the guidance provided by the BC Public Health Officer, BC Centre for Disease Control, BC Ministry of Health, viaSport, Sail Canada, BC Sailing, Fairwinds, other Yacht Clubs and other authorities.

Resource Documents

The links below are to current versions of their relevant publications. Most of these documents were developed and published during May and June 2020 and most have subsequently been, and will continue to be, updated. **The information conveyed through these links should be reviewed carefully as it forms part of the SCYC plan.**

- BC's Provincial Health Officer ("BC PHO") and Minister of Health established extensive restrictions and recommendations to constrain the Covid-19 Pandemic. Some limitations are now easing as BC continues its battle with this disease. The PHO has published a multi-phased Restart Plan, which is often updated:
<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/bc-restart-plan>.
- Phase 2 of the Restart Plan noted that limited return to "Recreation and Sports" may take place – while maintaining the protective constraints. On June 1, 2020, viaSport, an organization that brings together BC's sport and recreation organizations, published comprehensive "Return to Sport Guidelines" respecting the guidance of the BC PHO, BC CDC and WorkSafeBC:
<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>. This document is updated from time to time (last update June 25).
- Further resources concerning Covid-19 are provided on the following link:
<https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>
- The BC Centre for Disease Control provides further information about Covid-19 and the protection of BC residents: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
- Sail Canada has developed guidelines for Canadian Yacht Clubs to return to sailing. The following links are to their separate guidelines for Yacht Clubs and their members and for boating activities.
<https://www.sailing.ca/uploads/2020/05/Return-to-Sailing-and-COVID-19-Public-Health-and-Safety-Measures-for-Sailing-Clubs-and-Members-May-13-2020-Final-v3.pdf>
<https://www.sailing.ca/uploads/2020/06/Cruising-Keel-Power-Navigation-Return-to-Sport-FINAL-V1-June-19-2020.pdf>
- On June 16 BC Sailing published Best Practices for Dinghy Sailing and subsequently for Keelboat Sailing. The following link is to the Keelboat Sailing best practices:

<https://bcsailing.bc.ca/2020/06/bc-sailing-covid-19-keelboat-sailing-best-practices/>.

This is a broad document noting in general that the guidelines of the PHO and viaSport should be respected. The BC Sailing documents are minimal guidelines and are to be applied in conjunction with the PHO guidance. On a key topic it notes specifically: *“Provincial Health Guidelines limit the maximum number of people in a bubble to 6; BC Sailing recommends considering the size of the vessel in determining the size of your crew to adhere to best practices, i.e. fewer crew.”*

- Fairwinds Marina has developed a Covid-19 Site Plan: <https://www.fairwinds.ca/wp-content/uploads/2020/06/COVID-19-FAIRTWINDS-MARINA-SITE-PLAN.pdf>. This document describes rules and limitations regarding use of Fairwinds Marina. (NB: The spelling “Fairtwinds” is in the Fairwinds document and not a typo in this SCYC document).

In July 2020, British Columbia is in Phase 3 of the BC Restart Plan (see above). The basic principles of Physical Distancing, Limitation on Gatherings and Hygiene and Sanitization remain in place. They will not be relaxed until there is *“at least one of the following; wide vaccination, “community” immunity or broad successful treatments”*. They contain the strong recommendation for physical distancing of 2.0 metres and note the increased risk associated with physical interaction for people 60 years and older or whose health is otherwise compromised.

Although travel limitations were eased somewhat as we entered Phase 3, the guidelines do not change the recommendations for physical distancing, gathering or hygiene with respect to recreation and sports.

Phases 2 and 3 of the BC Restart Plan provide for expanded social interaction by expanding individuals’ “household bubbles” of contacts, with caution and under safe circumstances. The expanded bubble may include **up to six people** with whom we as individuals interact regularly and who meet restricting conditions:

- Within the past 14 days neither they nor any member of their own “bubble” have been unwell, held a diagnosis of Covid-19 or travelled outside Canada.
- You must know them well and you know that their own bubble is safe and does not include those with Covid-19 or those with compromised health conditions.

Responding to a question from the media in late June, BC Provincial Health Officer Dr. Bonnie Henry acknowledged the challenge of expanding social “bubbles” for recreation and other purposes while respecting the need for physical distancing. She indicated we must first use common sense and take precautions to limit the severe risks of Covid-19. She suggested if small groups (up to six) not from the same household assemble and cannot consistently maintain the full 2.0 metre separation, application of common sense is essential, including wearing face masks, minimizing human proximity and contact and pursuing appropriate sanitization practices.

Possible Symptoms of Covid-19

As part of developing an App to be used for assessing Covid 19 and predicting patient treatment, UK Researchers from Kings College, London have documented six categories of Covid-19.

While this study is yet to be Peer Reviewed, the categories of symptoms outlined below may be useful for Skippers to have on board (perhaps in their medicine chests?) to assess or report illness arising during a cruise or outing.

Mild symptoms, most likely to require self-isolation at home:

1. Flu like symptoms including headache, loss of smell, muscle pain, sore throat, cough, chest pain, but with no fever.
2. Flu-like, as category 1, adding a fever, hoarseness, loss of appetite
3. Gastrointestinal: similar to Category 1 or 2, with diarrhea, but with no cough.

Severe symptoms most likely to require patients to be hospitalized:

4. Severe level one symptoms, fatigue: flu like, hoarseness, tiredness
5. Severe level two symptoms, adding muscle pain and confusion/brain fog
6. Severe level three symptoms, adding serious abdominal and respiratory symptoms such as shortness of breath and abdominal pain.

Asymptomatic Spread of Covid-19

It is important to understand that many people who may spread Covid-19 show no, or only superficial symptoms. Asymptomatic spread is shown to be one of the greatest risks of transmission.

It is clear from reports on transmission of Covid-19 that the best way to avoid transmission is to take protective measures such as physical distancing, wearing masks, avoiding physical contact, adopting strong hygiene protocols and traceability – regardless of apparent symptoms.

Don't take a chance – Take action to protect yourself, your crew, your own household bubble and the household bubbles of each of your crew members! It is strongly recommended that SCYC Members develop their own Covid-19 safety plans. Relevant best practices outlined in this document should be considered for inclusion in the Members' individual plans.

Symptom Screening

Symptom Screening is an essential step of preparing for a boating-related activity. Skippers should conduct symptom screening for all crew not resident in their own household by having them answer a wellness questionnaire or complete a self-assessment before an outing.

If the health of the Skipper, any member of the crew, or others in any of their household bubbles is compromised by other medical conditions that may be aggravated by infection by Covid-19 they should stay home.

Risks associated with each person proposed to be on board should be assessed each day before sailing. This assessment should become part of the protocol of preparing to leave the moorage and may be conducted either by a personal interview by the skipper or by completion of a written questionnaire.

If the Skipper or any person who may sail with you today answers “Yes” to any of the following health-related questions they must not sail today. No exceptions. Further, they should

immediately telephone the BC Health Hotline 811 or their primary professional health-care provider. That also applies in the event that the Skipper or anyone aboard becomes ill during a voyage.

Health Assessment Questions

Please answer or circle Yes or No to each of the following questions:

Are you feeling unwell today?	Yes	No
Are experiencing one or more of the following symptoms?		
Fever	Yes	No
New or worse cough	Yes	No
Sneezing (other than customary seasonal allergies)	Yes	No
Sore throat	Yes	No
Difficulty breathing	Yes	No
Muscle ache	Yes	No

Alternatively, skippers may require each person joining them from another household to confirm they have completed a Self-Assessment for Covid-19 on the day of sailing, using an approved tool.

- The simple and short Canadian Government and BC Government self-assessment screening tools can be found online at: <https://ca.thrive.health/covid19/en>

If your expected crew member responds “Yes” to any question in whichever assessment approach used they should be referred to appropriate health services and not included in your crew for this outing. Further, you should inform all others who may have contacted that individual to monitor their own health for signs of infection.

Regardless of these notes, in the case of chest pains, difficulty breathing, severe bleeding or other emergency at sea, immediately call 911 or seek emergency assistance through the Coastguard on VHF Channel 16. It could be life threatening.

3 - SCYC Facilities, Meetings and Events

SCYC will limit holding interpersonal meetings and special events to a bare and essential minimum until restrictions on assembly are eased by the BC PHO. Any facility, meeting or other event staged by SCYC will require all participants to comply with these best practices.

Special Covid-19 related rules and other critical risk management requirements published for any facility or location used to hold SCYC meetings or special events will be included as part of the guidelines described in this document.

Afterdeck

Use of the Afterdeck building is discouraged and may only be accessed on a limited basis and will be limited to one person at a time unless authorized by the Rear Commodore. Individuals accessing the building must maintain the following protocols:

- They must immediately wash their hands with soap or alcohol sanitizer on entering and use soap and water or alcohol sanitizer to wipe down all surfaces they have touched when they leave.
- Each person entering the Afterdeck is required to complete the “Afterdeck Log” (sample attached) to provide traceability in the event of infection.
- Physical distancing of 2.0 metres is required between members inside the Afterdeck and any Member accessing the Afterdeck are to wear a face mask while inside.
- Non-members of SCYC may not enter the Afterdeck building.

The deck itself may be accessed by members provided social distancing protocols can be maintained. If so accessed, they are to clean up after use and dispose of garbage elsewhere.

General Meetings of Members, Executive Committee Meetings and other Committee Meetings

Meetings will be conducted by digital means (e.g., Zoom, FaceTime, Skype, etc.) to the maximum extent possible until rules for physical distancing are relaxed. In the event that interpersonal meetings are necessary all participants will wear a mask and are required to follow protocols for traceability, physical distancing and handwashing or sanitization on arriving at the meeting, repeated every 30 minutes and on leaving the meeting.

Special Events

Attendance at events and gatherings staged by SCYC for our membership normally exceeds the maximum group size of 50 people ordered by the BC PHO and our events do not accommodate appropriate physical separation. As of July 2020, the BC PHO indicates larger gatherings are not expected to be permitted in the near future. Relaxation of this constraint will be signalled by BC entering Phase 4 of the BC Recovery Plan.

Therefore, SCYC will not stage or host special events or gatherings until BC PHO constraints are eased to permit larger gatherings.

If special events are to be considered for SCYC members a detailed plan for the event must be presented to the SCYC Covid-19 Task Force for approval before commitments to proceed may

take place. Any application must clarify the purpose of the event, the location and any associated constraints, any arrangements for catering, the number of participants and how physical distancing, hygiene and traceability will be maintained. Current conditions and limitations related to food and beverage catering must be researched specifically at the time of planning the event and addressed in the event plan.

At any meeting or special event that meets the BC PHO constraints, physical distancing will be required, face masks must be worn by all attendees, strong hygiene protocols with appropriate signage will be in effect and a log will be maintained to facilitate contact tracing.

SCYC Equipment

SCYC will provide hand sanitization for the Afterdeck and at any inter-personal meeting staged of the Executive Committee or other Committees.

SCYC equipment may not be used until further notice unless specifically approved by the SCYC Covid-19 Task Force. Members touching SCYC Equipment will be required to clean and sanitize the equipment before and immediately after its use.

Fairwinds Marina - COVID-19 Site Plan

Fairwinds management has produced a Covid-19 Site Plan for safety at Fairwinds Marina. The Fairwinds Site Plan and attached documents provide clear rules, conditions and recommendations for use of the Marina by Fairwinds customers and guests. SCYC requests Members to respect the protocols outlined in the Fairwinds Marina Covid-19 Site Plan.

The Site Plan is published here: <https://www.fairwinds.ca/wp-content/uploads/2020/06/COVID-19-FAIRTWINDS-MARINA-SITE-PLAN.pdf>

The individual MS Word documents referred to in the Site Plan are for the internal guidance of Fairwinds staff. Signage is provided at key locations (e.g., washrooms, office, fuel dock, etc.) to guide users with respect to safe use of the marina facilities.

4 - Best Practices for Safer Boating

It is strongly recommended that SCYC Members develop a Covid-19 Safety Plan specifically for their own boating activities and their relevant circumstances. The Covid-19 Safety Plan for the boat would address Covid-19 screening, hygiene, physical distancing, preventing sharing equipment and other approaches to prevent transmission of Covid-19. All crew members should understand and comply with the Covid-19 Safety Plan established for the boat.

All boats participating in cruises, races, training outings or other events at sea that are staged or sanctioned by SCYC are expected to comply with these best practices, which are based on Covid-19 guidance published by health authorities and boating organizations.

SCYC Members are invited to adopt these best practices as part of their own safety plan.

Covid-19 and Boating

1. Every individual must accept that they share personal responsibility to actively constrain the transmission of Covid-19.
2. Provided the all members of crew reside in the Skipper's own household bubble, physical distancing is not a concern while on board. However, good sanitization is always recommended around boats.
3. Outdoor activities are safer than indoor activities but situations may exist in outdoor activities (such as boating) that cause increased voices, decreased physical distancing, sharing of equipment, etc. Plan your sailing-related activities to minimize these risks.
4. Interaction with others is determined to be a key factor in transmission of Covid-19. Health experts agree that Covid-19 is spread by "sharing" infected droplets while talking, shouting, singing, breathing, sneezing, coughing, laughing, etc. Increasing physical distance, even when outdoors, contributes significantly to reducing the risk of infection.
 - Maintain physical distance of **at least** 2.0 metres. Increase physical distancing if there is shouting, laughing, coughing, etc., as the droplets then travel further.
 - Minimize the duration and intensity of contact with others outside your own household while at moorage or while sailing.
5. Face masks should be worn when 2.0 metres of physical distancing cannot be maintained:
 - Minimize the duration and intensity of physical interaction
 - Exercise aggressive hygiene protocols.
6. It is essential that health officials can trace contacts as quickly as possible whenever an infection is revealed.
 - Skippers should retain for fourteen days a written log of sailing outings, recording the date, times leaving moorage and returning to moorage, other destinations visited, the name and contact information for each person on board and certification by each crew member or guest that they have not tested positive for Covid-19 or experienced other illness during the prior 14 days.
 - The log must be made available on request to health care workers to be used for contact tracing in case of infection.
 - A sample log page is attached.
7. In the event of an outbreak or infection, follow the Outbreak Plan on page 20 of the **Return to Sport Guidelines for BC**. <https://www.viasport.ca/return-sport>.

Planning and Preparation

1. Without exception everyone should stay away when they are unwell.
 - Individuals must stay away if they or anyone in their household bubble has COVID-19, is showing symptoms of COVID-19, or has travelled outside Canada in the last 14 days.
2. Prevention of personal infection is minimized by frequent and thorough washing or sanitization of hands and avoiding touching one's face.
 - Boats and other locations should provide facilities for regular and frequent thorough handwashing or adequate supplies of alcohol-based hand cleaner.
3. If your boating itinerary includes stops at other marinas or locations:
 - a. It is strongly recommended you contact those marinas directly to confirm their limitations and constraints.
 - b. Consider taking your supplies with you as they may be limited where you are going.
 - c. The skipper and all crew members should wear a face mask when ashore or visiting with crew from other boats.
 - d. Wash or sanitize your hands frequently and do not touch your face.
 - e. Wash or sanitize your hands on leaving the destination.

Best Practices on Board

It is strongly recommended that Skippers develop a Covid-19 safety plan specifically for their own boat and their relevant circumstances. The following practices may be adopted by SCYC Members to prevent the transmission of the Covid-19 virus on board during boating activities.

1. If the sailing crew or guests include individuals not resident in the Skipper's own household, the Skipper should guide them to comply with the Skipper's Covid-19 Safety Plan for the boat.
2. No person who has experienced symptoms of any illness should be allowed on board until they have been free of symptoms for a minimum of 14 days prior to the sailing or other activity date.
 - a. However, if an individual is a regular allergy sufferer and currently displays their normal symptoms of allergy they should notify the skipper and any others on board to prevent alarm. They should also take extra care to maintain at least 2.0 metres of physical distance from others on board.
3. The Skipper should personally confirm that each crew member who is not a member of their own household meets the following key criteria:
 - a. They complete the SCYC Covid-19 Sailing Log (see Attachment) on the sailing day.
 - b. They have not tested "positive" for Covid-19, unless they have subsequently tested "negative" for Covid-19 on two occasions more than 14 days prior to the date of sailing.
 - c. They have no current symptoms of any illness and have had no symptoms of illness during the prior 14 days.
 - d. They have not travelled outside Canada during the prior 14 days.

- e. They have not been in the presence of **any person** who has displayed symptoms of illness, has been diagnosed with Covid-19, or has travelled outside Canada within the prior 14 days.
4. Hygiene is a vitally important component of protection against spread of the disease.
 - a. The Skipper should brief all on board regarding hygiene protocols to be used on board
 - b. Each person on board should wash their hands thoroughly or use alcohol hand sanitizer on stepping on board.
 - c. Hand cleaning should be repeated every half hour during the sailing.
 - d. The Skipper should provide an adequate supply of alcohol hand sanitizer, sanitizing wipes and appropriate cleaning and sanitizing materials on board.
5. Unless all members of the crew reside in the same household, all members of crew should wear an appropriate face mask to prevent the spread of Covid-19 infected droplets.
 - e. The Skipper should have available on board one spare disposable mask for each crew person in case their own individual mask is forgotten or lost before or during an outing.
6. Equipment that may be used during an outing should be thoroughly cleaned and sanitized before every outing.

5 - Special Conditions for Racing

The following Special Conditions are requirements for all participants in races or other outings staged or sanctioned by SCYC. These guidelines supersede certain clauses in the published SCYC General Notice of Race 2020 and General Sailing Instructions 2020. Separate NOR and SI documents will be published as appropriate during the restrictions imposed in connection with the Covid-19 Pandemic.

Boats participating must comply with the guidance included above under the heading “4 - *Best Practices for Safer Boating*,” the additional guidance provided below in this section and guidance implicit in the Fairwinds Marina Covid-19 Site Plan.

Skippers participating in SCYC races or training outings are required to incorporate these guidelines as appropriate into the Covid-19 Safety Plan for their own boat. At some time during the summer or fall of 2020 a brief survey will be conducted to explore and evaluate the application of these guidelines by skippers participating in SCYC races or training outings.

SCYC Race Planning and Conduct

Until further notice:

- Only SCYC Members’ boats may sail in racing or training events or outings staged or sanctioned by SCYC.
- The Fleet Captain will publish special races, series of races or training outings from time to time. Skippers must then register for the event online at <https://scyc.ca/series-or-bay-race-registration/>.
- No pre-race Skippers Meetings will be held. An email detailing the course(s) to be sailed, start, course and finish instructions, start time(s), communications, safety notes and other instructions will be sent to each Skipper who is registered for the series or race no later than two hours before the first start time for each race day.
- SCYC will stage no Post-Race gatherings ashore after racing.
- All races and training outings will be governed by the International Rules for Avoiding Collisions at Sea, Canada (“ColRegs”). The Racing Rules of Sailing will NOT apply.
- All courses published for racing or training will be designed to be sailed by short crews and to encourage cruising and day sailors to join the racers for safe sailing outings.
- Skippers are required to self-time their own start and finish times and email their finish time and the names of the boat ahead and boat behind to fleet_captain@scyc.ca by 2359 on the day of racing. Results will be published by email to the participating Skippers the following day.
- There will be no Race Committee or Protest Committee for races. If a boat interferes with, or otherwise fouls, another boat she is required to sail one 360-degree rotation including one tack and one gybe as soon as practical, but in any case before the next turning mark.
- To contribute to the efforts of the BC PHO to reverse infection trends, SCYC will actively limit the number of crew sailing in racing events or training outings staged or sanctioned by SCYC. Boats may participate in races or training staged or sanctioned by SCYC only in one of the following three crew configurations:

- Single Handed
- By a “Same Household” crew
- Double Handed, where the skipper and crew member are in their same “household bubble” and are regularly in contact with each other. Skippers sailing in Double Handed configuration are required to follow the guidelines described in document under the heading “COVID-19 – Special Conditions for SCYC Racing Program,” including saving the attached SCYC Covid-19 Sailing Log for each outing for a minimum of 14 days after the date of sailing.
- Races may be:
 - Pursuit Races, with individual start times based on handicaps and calculated using Time on Distance methodology, or
 - Single or Multiple Start Races with timed finishes and results calculated using Time on Time methodology.

These limitations will be eased following revision of guidance published by BC’s PHO, Minister of Health, the BC Recovery Plan, the viaSport “Return to Sport” guidelines and BC Sailing. The Fleet Captain will publish revised guidelines as appropriate.

Crew Composition

The BC PHO recommends that the maximum number of people in a “household bubble” is six. However, that is a household factor and our crew members may not necessarily be included in that bubble. If the Skipper and each of five crew members did not share the same household bubble that suggests the bubble would be expanded to 36, which has been demonstrated by the BC PHO to be a high-risk environment and one difficult for contact tracing in the case of an infection.

Our crew members are generally not from the same household and many are in “high risk” cohorts. In many cases, they only get together for regular sailboat races or for training, boat maintenance or repairs or to plan for racing events. There is a risk that crew members may bring the virus on board or catch it on board and take it home to share with their family and friends, some of who may have compromised health conditions.

Until further notice the following guidelines will guide crew composition on boats sailing in SCYC staged or sanctioned events:

1. The Skipper should limit the crew on board to those required to sail the boat safely.
2. The number of crew members who are not members of the Skipper’s “household bubble” should be strictly limited to those required to sail the boat safely.
3. The crew selected by the Skipper should not change from race to race.
4. The Skipper should avoid including crew members who they do not know well.
5. The Skipper should engage each member of the proposed crew from outside the Skipper’s own household bubble to assess the risk of including them in the crew,
6. No more than a maximum of six people (including the Skipper) may be on board in order to comply with constraints published by the BC PHO, viaSport, Sail Canada and BC Sailing.

Crew Management, Boat Handling and Hygiene

On most of our local boats engaged in racing or training it is clearly very difficult, and in most cases impractical, to maintain 2.0 metres or more of physical distancing consistently for all crew members. Our crew members normally work in close proximity throughout a race in clusters in the confines of the cockpit, on deck or sitting close together on the rail or elsewhere to balance the boat. Crew members share several pieces of equipment (e.g., ropes, winch handles, lifelines, a toilet, navigation instruments, etc.).

SCYC Skippers and crew members are encouraged to adopt the following practices on board to minimize transmission of the virus through yacht racing and training. These practices are consistent with the guidance of the BC PHO and BC Sailing with respect to the challenge of physical distancing in some activities.

Crew Management and Boat Handling

The Skipper should actively engage all members of the crew to ensure they understand and support the Covid-19 Safety Plan for the boat. Common sense, physical distancing, crew work planning, individual caution, the use of face masks, sailing gloves and hand sanitization work together to optimize this response. All crew members should wear a face mask and sailing gloves that are cleaned appropriately after sailing so they are clean before the next outing.

The following Best Practices are suggested to constrain transmission of Covid-19.

1. Develop crew procedures and assign responsibility to specific crew members to minimize cockpit and deck congestion, for example:
 - a. Maintain specific assignments for each crew member for every aspect of racing, including opening and closing the boat; leaving and returning to the moorage; removing, stowing and replacing fenders; engine operations; hoisting, dousing and packing sails; driving; navigation (including setting up navigation and sailing aids), trimming, tacking and jibing the spinnaker, jib/genoa and mainsail, and for spinnaker pole or sprit operation.
 - b. Assign individual headsail and spinnaker trimming crew members to either port or starboard tack trimming and tailing as appropriate for the boat, with separate and colour-coded winch handles. This is to avoid crossovers and congestion and to minimize sharing lines and winch handles and other gear.
 - c. Establish specific physical locations for each crew member during sailing maneuvers to minimize close physical contact.
 - d. Establish a specific order for crew members to go to the rail for ballast and to leave the rail for maneuvers, in order to avoid crew congestion and contact.
 - e. Maintain appropriate spacing for crew on the rail – consider using tape on the deck or lifelines to mark separation.
 - f. Limit the number of crew in the cockpit at all times to the minimum required for safe and efficient sailing.
2. Assign one crew member to be the primary cabin attendant to minimize the number of crew members entering the cabin. Responsibilities for this person may include:
 - a. Receive and stow the individual crew members' day bags.
 - b. Retrieve and bring to the deck the sheets, sails, etc., to be used for the race as required.

- c. Stow and retrieve sail covers, instrument covers, shore-power cables, etc.
 - d. Set up navigation systems, other navigation and sailing instruments, electronics/electrical supply, etc., located in the cabin
 - e. Tend the Galley, for example to bring out water, other drinks or food for crew as required, maintain sanitizing or cleansing as appropriate.
 - f. The “Cabin Attendant” should wash their hands thoroughly or use hand sanitizer each time on entering the cabin and again on leaving the cabin.
3. Use individual bottled water or other drinks that have been washed and distributed by the person assigned to tend the cabin.
 4. Require all crew members to bring any food or beverages required for their own use, individually packaged and sealed in a container marked with the name of the crew member so the person assigned to tend the cabin can stow it until required.
 5. Ensure there is an “understudy” for each crew role (including the Cabin Attendant) to address absence.

Hygiene

Discuss with all crew on board the importance of aggressive hygiene to support other efforts to constrain the transmission of Covid-19. Hygiene should be clearly defined in the individual Covid-19 Safety Plan for the boat.

1. Each crew member is required to carry alcohol hand sanitizer with them at all times on board for their personal use and to bring their own protective mask and sailing gloves.
2. Each crew member should wash their hands thoroughly or use alcohol hand sanitizer on coming aboard.
3. Each crew member should wash their hands thoroughly or use alcohol hand sanitizer every 30 minutes while on board and on leaving the boat after the race.
4. The deck and all equipment to be used during sailing should be thoroughly cleaned, and sanitized if required, before racing on every race day.
5. The head and associated wash sink should be cleaned and sanitized before every race day and wiped down with sanitization wipes by each user before and after their individual use.
6. You may assign one person to use the Head on behalf of all crew members (*sorry – had to add that!*)

All participants in SCYC racing events must register online at <https://scyc.ca/series-or-bay-race-registration/>. Separate Sailing Divisions will be established for these races if appropriate.

For further information please email Richard Hudson - Fleet_Captain@shaw.ca.

6 – SCYC Regattas

Until further notice, SCYC will stage no Regattas that are inconsistent with direction provided by the BC PHO or that invite participation by competitors from other Yacht Clubs.

Fleet Regatta 2020

Expected crew numbers, race organization requirements, catering and facilities and SCYC Members' attendance at shoreside activities as normally associated with the Fleet Regatta exceed the current guidance of BC's PHO and their expectations for BC's Restart Plan for the coming months.

- The Fleet Regatta 2020, presently scheduled for September 27, will only take place in its conventional format in the unlikely event that BC reaches Phase 4 of its Recovery Plan in time for planning to take place.
- Alternative options for 2020's Annual Fleet Regatta include:
 - A scaled back, "Bang and Back" race for short-crewed cruising and racing boats, without shoreside activities
 - Cancellation of the event for 2020.
- A Notice of Race and Sailing Instructions with links to Registration, or a Cancellation Notice as appropriate, will be published by September 3 2020.
- If there is a celebration event as part of the SCYC Fleet Regatta, the 2019 Awards Ceremony will be incorporated into the event.

BMW Lasqueti Island Regatta 2021

Planning for the June **BMW Lasqueti Island Regatta** normally commences in November or December. Planning decisions concerning the 2021 running of this prestige event will be published by the Fleet Captain in November 2020.

Appendices:

The following pages contain sample logs referred to in the preceding document:

Afterdeck Log

1. A log to record Members accessing the Afterdeck clubhouse.
2. This document is placed in the Afterdeck clubhouse and all Members entering the building are required to use it to record their access.

Covid Sailing Log

1. A log to record crew from outside the household bubble of the skipper sailing on Members' boats
2. It is recommended Members copy and use a log to maintain contact information for those sailing on their boat who are not members of their household bubble.

These logs should be retained for 14 days after the last date recorded and must be provided to health care officials if required for contact tracing.

Covid-19 Sailing Log

Name of Boat

Name of Skipper

Trip Details			Name of crew member (include Skipper)	Crew Member Contact Telephone Number	Certification by crew member: "I have today passed a negative self-assessment for Covid-19 and neither I, nor any person with whom I have been in contact during the past 14 days, has been diagnosed with Covid-19, was otherwise unwell or has recently travelled outside Canada"
<i>Date of sailing</i>		1			
<i>Time leaving moorage</i>		2			
<i>Time returning to moorage</i>		3			
<i>Location of stops en route</i>		4			
Notes:		5			
		6			

Trip Details			Name of crew member (include Skipper)	Crew Member Contact Telephone Number	Certification by crew member: "I have today passed a negative self-assessment for Covid-19 and neither I, nor any person with whom I have been in contact during the past 14 days, has been diagnosed with Covid-19, was otherwise unwell or has recently travelled outside Canada"
<i>Date of sailing</i>		1			
<i>Time leaving moorage</i>		2			
<i>Time returning to moorage</i>		3			
<i>Location of stops en route</i>		4			
Notes:		5			
		6			