



SAILING FOR THE DISABLED

SOP for infection prevention & control on Pride of Mann III during the Covid19 pandemic-

RESTARTING SAILING,

Final update 15th July 2020

As there is no longer a requirement to practice social distancing as the Isle of Man continues to remain Covid19 free, the charity will move to Stage 4 of the risk assessment.

In practice, this means -

*The number of persons on any sail is no longer limited to 6. The number of POB (people on board) will be at the discretion of each skipper.

*However, there may be members who remain uncomfortable sailing without social distancing. For these people, we will still offer the opportunity to sail with a maximum of 4 persons and social distancing of 1 metre.

*Individual members must carefully consider what their own needs are re the above and, importantly, make them known to the Crewmaster and or Skipper when requesting to join a sail.

The following requirements still apply-

-Anyone who is unwell or has Covid-19 symptoms is not allowed to sail. All participants in a sail must not have had any Covid-19 symptoms for the previous 14 days.

Anyone who has had contact with a family or household member who has Covid-19 symptoms is not allowed to sail for the following 14 days.

- Onboard medical emergency. You must wear disposable gloves and a face mask to assist a casualty as you will not be able to socially distance.

For a suspected cardiac arrest:

*do not put your ear or cheek close to the casualty's face to check for breathing. Look for the absence of life & normal breathing. If in doubt, start chest compressions.

*radio/phone for help.

*place a towel over the casualty's face before starting chest compressions. Use the defibrillator (AED) if needed.

*Immediately afterwards, wash/sanitise your hands. Contact 111 for further advice. (Resuscitation Council UK, resus.org.uk)

Sailing.

Good hygiene practices.

-Handwash, paper towels, hand sanitiser, disposable gloves and masks are available on POM III. Use them as prescribed in this document and dispose of immediately on removal into bags provided in the heads. Then wash your hands.

Wash/sanitise your hands after touching common surfaces eg grab rails- and always after coughing or sneezing. Cover your mouth when coughing or sneezing and never touch your face, nose or eyes.

- Cleaning cloths are semi-disposable and are to be disposed of after use. Spillages are to be dealt with as they occur, and deep cleaning of boat carried out at the end of each sail. Each skipper is to sign off the boat cleaning in the ships' log at the end of the sail.

-Wash/sanitise your hands before and after eating/drinking, and when using the heads.

-The heads are to be cleaned by the user immediately after use using the materials provided. Crew to monitor discreetly and assist if required.

Carole Quayle July 15th, 2020.