

SAILING FOR THE DISABLED

Standard Operating Procedure for infection prevention & control on Pride of Mann III during the Covid 19 pandemic-

RESTARTING SAILING

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Review date- 23rd June 2020

Update- 15th June 2020

*All legal restrictions on social gatherings inside and outside of the home are lifted.

*Social distancing measures lifted.

<https://covid19.gov.im>

It is no longer a requirement to stay 2 metres away from other people. It is up to the individual to decide where they are comfortable in relation to others and this may be keeping others at a distance for a while longer. All members of SFTD must be responsible towards their fellow members decisions, and it *essential* that everyone continues to adhere to good hygiene practices.

It is recommended that SFTD moves to stage 3 of the Coronavirus risk assessment until the end of June, thereby enabling training/ refresher sails for crew and enabled sailors (maximum 4 people) with 1m distancing on board.

Following this period, if the IOM Covid19 status remains the same or improves, numbers on board can increase to 6 people whilst maintaining excellent hygiene/cleaning practices. Social distancing by definition is eliminated.

Further update 18th June 2020

Following a SFTD committee meeting on 17th June 2020 and input from some of our skippers, please see further information following [the green text](#).

Introduction.

The Covid-19 outbreak continues to be a rapidly evolving situation that presents a number of complex challenges and decisions for all service-based organisations. The health & safety of the charity's members is the priority at all times. All necessary measures will be taken to reduce the risk of infection from Covid-19 to members in accordance with IOM government guidance. Likewise, SFTD needs to ensure that the risk of an incident leading to support from the emergency services is minimised.

The effective control of covid-19 relies on people taking individual & collective responsibility. It is the role of the charity to facilitate safe activity when sailing and to remind members of their individual responsibility so they can make informed choices.

Numbers on sails will be strictly limited to allow for social distancing.

Actions for stages 1,2 & 3 of the risk assessment.

General.

-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.

-Social distancing must be maintained at all times according to IOM Government guidelines ([covid-19.gov.uk](https://www.gov.uk/covid-19)) on arrival at the harbour, on the pontoon and on the boat. This includes embarking and disembarking.

-Foul weather gear belonging to SFTD will not be available. Members are asked to dress appropriately for the sail prior to arrival. **Update 15th June 2020** Unrestricted use of foul weather gear belonging to SFTD but must be cleaned after use.

-Life jackets. If you are fitting an enabled sailor with a life jacket, you must wear a face mask as you will be unable to socially distance. After use, life jackets should be washed using gloved hands and hot soapy water and left to dry in a warm, dry area

for 72 hrs before the next use (lifejacketsassociation.org, 2020).

<https://covid19.gov.im/general-information/guidance-on-face-masks/> Update 15th June 2020 No requirement to wash/ leave before next use.

- 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.

-all briefings are to take place outside or in a well-ventilated area.

-Update 18th June 2020 It is at the skippers' discretion to allocate one person to use the radio throughout the entire sail. The handset and panel will be included in the end of sail deep clean.

-the full names of all those on board are to be entered into the ships' log. This will assist with contact tracing should the need arise.

-only one person at a time to be below in the saloon, unless use of the heads is required. Check with you skipper before moving. Do not have face to face contact for more than 15 minutes. Update 15th June 2020 Only 2 people to be in saloon at same time.

-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.

-wear a face mask in enclosed spaces where social distancing is not possible.

- crew are to clean common surfaces hourly with the materials provided on board. Cleaning cloths are single-use and will be disposed of into waste bags provided.

Update 15th June 2020 Spillages dealt with as they occur, deep cleaning of boat at the end of each sail. **Update 18th June 2020** 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. **Update 18th June 2020** Crew to monitor discreetly and assist if required.

-The galley is out of bounds to all sailors. Each must bring their own drinks (and food if essential). Do not share any food or drinks. **Update 15th June 2020** Only one assigned person to use the galley until stage 4 reached. **Update 18th June 2020** Use of the galley during a sail is at the discretion of the skipper. Only one person to use the galley throughout the sail.

-when leaving/arriving at the berth, plan the procedure to incorporate social distancing. Consider using disposable gloves when handling lines, fenders etc.

Any member who does not follow the rules & guidance provided by Sailing for the Disabled will not be allowed to sail.

<https://covid19.gov.im/media/1269/outdoor-activity-attraction-guidance.pdf>

https://www.rya.org.uk/SiteCollectionDocuments/clubs/Club_Guidance_Covid19_v1.2.pdf