

Balmoral Sailing Club Inc COVID-19 Safety Plan

Purpose

This COVID-19 Safety Plan addresses these matters in various ways

- Points of COVID-19 transmission risk;
- Transmission controls;
- Hygiene and behavior requirements;
- Education and communication
- Review the effectiveness of the COVID-19 Safety Plan for the organisation and amend, update or improve as necessary.
- Advice to the board on the effectiveness of COVID-19 Safety Plan arrangements and seeking assistance where required.

Background - Club Facilities

Balmoral Sailing Club is located at the Eastern end of Balmoral Beach. For members we provide boat storage bays on the ground level and on the first floor there are meeting spaces, food preparation area, a race management office, store room, change rooms and toilets.

On the ground floor Balmoral Water Sports has a reception desk for its sailing school and boat hire service. There is a toilet, hand basin and shower space on the ground floor. The club has a Bosuns locker on the ground floor.

The club has three support boats, Balmoral, Hunter Bay and a rib. These boats are moored and accessed with a tender which is stored in Bay A.

Boats rig in the public park on a grassed area opposite the club house. A majority of boats are stored at the club, a number are brought on road trailers.

Risks and Controls

The club's operations described above give rise to the following potential risks for virus transmission. Controls have been designed to mitigate these risks as far as practicable.

Risk factors for virus transmission	Controls
Gathering of members and guests in the club premises (change rooms, common area, boat storage area)	Limits: 8 people in the change rooms. Showers may be used. 40 people in the common room.
Food	Food may be prepared with gloves and a mask .Only one person using the tongs at the BBQ. One person handing out sausages, one handing bread and one for sauces.
Gathering of members and guests in the club premises (office)	Members of the race management team and officials conducting club business may access the office observing COVIDSAFE procedures.
Gathering of people outdoors (rigging area, launch area)	There is a limit to gatherings of 50 people in the park which must maintain social distancing
Gathering of people on water (powerboats)	Balmoral is the RC start and finish boat. The number of crew is limited to five to maintain social distancing. The Rib and Hunter Bay are support boats The number of crew is limited to three to maintain social distancing.
Gathering of people on water (sailing craft)	Members may come to the club and sail solo, informally with other members or for a race or training event organised by the club On the water the crew on two handed boats observe the 1.5 m distancing rule where possible All sailors, race management and visitors must sign on using the form linked on the club's website

Risk factors for virus transmission	Controls / Procedures
Handling of equipment	Trolleys - each boat at BSC has its own trolley, there is no need to share trolleys
Briefings of sailors and volunteers	Groups including coaches or race officials must not exceed 50 people outside and 40 people in the common room.
Meetings of board and committees	Board and committee meetings may be held on

	site with no more than 40.
Social functions	May be held on site with no more than 40
Hire of club premises	Will be considered.
Use of the premises by licensee	Balmoral Water Sports has a COVID19 risk management policy that covers the use of its equipment. Balmoral Water Sports provides alcohol based hand sanitiser at the entrance to the club and requires all visitors including BSC members to use it before entering. The shower on the ground floor cannot be used. The toilet on the ground floor is supervised by Balmoral Water Sports, shared surfaces must be cleaned regularly. The hand basin must be kept supplied with soap
Attendance at the club by service providers and contractors	BSC relies on all service providers and contractors to adhere to COVID19 regulations, their organisations' policies and good practice generally

General Guidance and Information

Do not come the club if you are unwell.

Hygiene advice

wash your hands often with soap and water. This includes before and after eating and after going to the toilet

use alcohol-based hand sanitisers when you can't use soap and water

avoid touching your eyes, nose and mouth

clean and disinfect surfaces you use often such as benchtops, desks and doorknobs

clean and disinfect objects you use often such as mobile phones, keys, wallets and work passes

Contact Tracing and Sign On

Australian Sailing return to sailing guidelines require clubs to maintain contact tracing records.. Balmoral Sailing Club asks sailors, race management, visitors or members coming here for working bees to sign on whether you are at the club alone or with a group.

The sign on is available from a link on the front page of the Balmoral Sailing Club website.
www.balmoralsc.com.au

The form makes it clear members should not attend if they have

- Any cold or flu symptoms;
- Been in direct contact with a known case of COVID-19 in the previous 14 days;
- Travelled internationally in the previous 14 days; or
- A high risk from a health perspective, including the elderly and those with pre-existing medical health conditions

Information and communication to BSC members

These policies will be communicated to members by email.

The club website has links on the front page to

- Contact tracing sign on form
- BSC COVID 19 risk assessment

Advice to sailors, volunteers and families on personal hygiene

The club recommends and encourages

- regular and thorough hand washing;
- carrying and use of hand sanitiser;
- covering a sneeze or cough with an elbow or a tissue rather than hands;
- avoiding close contact with people who are unwell;
- no touching of eyes, nose or mouth;
- no spitting or clearing nasal/respiratory secretions in any sport settings
- limiting contact with other participants – avoid handshakes, high fives, huddles and celebrations
- Bins are provided in the park and near the bays where used tissues are to be disposed in the bin straight away;
- clean and disinfect surfaces you use often such as benchtops, desks and doorknobs
- clean and disinfect objects you use often such as mobile phones, keys, wallets and work passes

Signage

The club signage includes

- Notice to sign on before sailing
- Hand hygiene

Sailors who feel ill

- Members who feel unwell or have any COVID 19 symptoms should not come to the club.
- If a member becomes unwell they may stay in the main room of the club or in one of the bays or under shade in the park while resting or waiting for medical attention or emergency contact support. Masks will be provided. Indoor spaces may need to be

thoroughly cleaned afterwards.

- Members are required to provide an emergency contact with their membership details held by the club and Australian Sailing.

Advice from Australian Sailing

- Get in, Sail and get out;
- Outdoor activities only;
- Limit activities to small individual groups with a maximum of 20 participants (inclusive of coaches and support staff);
- Practice good hand hygiene before and after sailing;
- Avoid physical contact;
- Changerooms, canteens and kitchens remain closed – arrive dressed and ready to sail;
- Stay home if you are unwell
- Don't share drinks or towels;
- Sharing of equipment should be avoided and if necessary, should be kept to a minimum;
- Keep a distance of 1.5 metres where reasonably practicable; and
- Follow the one person per 4 square metres rule ashore to ensure sufficient physical distancing between people;
- Sign on to make sure the club has Contact Tracing records
- use of COVIDSafe App whilst at your club.

Physical and fitness preparations before a restart.

Balmoral Sailing Club suspended the sailing season in March 2020. On the return to sailing members need to be aware of their physical fitness, health status and capacity to stay out on the water and accept that sailing is a strenuous activity and understand the risks involved in outdoor and on water activities.

Review the effectiveness of the COVID-19 Safety Plan updating or improving as necessary.

- This safety plan was first prepared in May 2020 and updated on 23 February 2021
- The Board has appointed Nick Collis-George as the COVID-19 SAFETY COORDINATOR. nick.collisgeorge@balmoralsc.com.au mob 0421008485
- The COVID-19 Safety Coordinator is the key resource and central point of contact for all matters COVID-19 for the club.
- The COVID Safety Coordinator will advise the board on the effectiveness of COVID-19 Safety Plan arrangements. The BSC board will seek assistance where required.

Useful Resources

- [Return to Sailing Covid Advice on Hygiene in the Sailing Environment](#)
- Providing education material for club members to promote required behaviours (e.g. regular and thorough handwashing, covering mouth and nose with a tissue or sleeve during coughing/ sneezing). Suggested Australian Government and WHO resources:

- [Good hygiene for coronavirus \(COVID-19\)](#)
- [Hand washing guidance](#)
- [Keep that cough under cover](#)
- [Self-isolation \(self-quarantine\) for coronavirus \(COVID-19\)](#)
- [Advice for people at risk of coronavirus \(COVID-19\)](#)
- [Coronavirus \(COVID-19\) resources](#)
- Displaying appropriate education material within sporting environments and facilities.
Suggested Australian Government and WHO resources:
 - [Good hygiene practices poster for businesses](#)
 - [Good hygiene is in your hands](#)
 - [Hand washing guidance](#)
 - [Keep that cough under cover](#)
- [Safework NSW](#) have released a detailed resource library which might be useful to your club.
- Education of community sailing members on hygiene practices and promote required behaviours relevant to their environment.
 - No sharing of drink bottles, clothing, food and towels etc.
 - No sharing of equipment without an appropriate cleaning protocol, in between sessions – Lifejackets, winch handles, beach trolleys etc
 - Recommend community sport members download the Australian Government COVID-19 contact tracing app (COVIDSafe).