



MINNIS BAY WINDSURFING CLUB



Covid-19 Update 19th May 2020

The Minnis Bay Windsurfing Club's Covid-19 Committee are working hard to try to return the Club as close to normal operation as possible, but there will be some restrictions which will be needed to keep in line with Government guidelines.

This document aims to address issues we face in order to comply with the Government's current phase: *Staying alert and safe (social distancing)*.

Whilst we are a very social club and mix of people, we are fortunate that we do not have many of the overheads which other sailing clubs are having to deal with, such as landlords, water authorities, buildings, toilets and grounds.

With just externally accessible storage units, a beach hut and parking spaces within a public car park, the contact risk areas for our members are somewhat less than that of other clubs.

Government Regulations

The government's announcement that outdoor recreational forms of exercise are now permitted and the RYA's interpretation of that is that it includes social boating, but not organised events such as racing. Most recreational club buildings and internal communal areas still remain closed.

In order to respond to the guidelines from the government, this set of regulations needs to be adhered to in order to protect our members, the public and the services which they may depend upon.

The primary regulations which will affect our members returning to their sport within a club setting are:

- *Maintaining social distancing.*
- *No group gatherings of more than two people of different households.*
- *Conducting your sport alone, with members of your household, or up to one other person at a 2m distance.*
- *Maintaining hygiene levels in any communal areas, or shared equipment.*

The very nature of the sport of windsurfing means that we are normally *alone*. However, safety should not be dismissed and we should still make sure someone knows where we are sailing and when we are expected back. Buddying up with another trusted windsurfer, whilst maintaining social distancing, should still be encouraged.

Whilst it is inevitable that more than 2 people might choose to go windsurfing at the same location and at the same time, it is important that no organised events are taking place and large groups should not be encouraged to turn up at a particular time.

By minimising use of any shared or communal facilities we can hopefully reach the hygiene standards required.

Actions Needed by Members

The following checklist covers a typical windsurfing member's points of contact on their session with the actions needed in order to reduce the risk of Covid-19 transmission as far as practical. Hopefully, members will see each of the items detailed as common sense which will not impact their enjoyment of their time windsurfing.

For all Actions Needed, unless it is an emergency, social distancing guidelines must be followed between club members and between club members and the public at all times.

Area	Actions Needed	Notes
General	<p>Be aware of the symptoms of Covid-19.</p> <p>Anyone diagnosed positive with Covid-19 should remain away from the Club for 7 days after symptoms have stopped.</p>	<p>Any member with signs of Covid-19 or shares a household or comes into contact with anyone with signs of Covid-19, should go home and not return for at least 14 days.</p> <p>The following should not attend club facilities - A Shielding or a Vulnerable person (by virtue of their age, underlying health condition, clinical condition or are pregnant), or those who share a household with someone in self isolation or a Shielding or Vulnerable person.</p>
Parking	<p>Keep wider space between vehicles than normal.</p>	<p>Use other spaces in car park if MBWC bays are full.</p>
Rigging Area - grass next to car park	<p>Rig well clear of any other windsurfer or member of the public.</p> <p>Allow room for members of the public to pass, especially near facilities such as waste bins.</p> <p>Do not engage in large group conversations.</p>	<p>Due to the nature and size of rigs, this is unlikely to be an issue, but the grassy area is big with plenty of room for all.</p> <p>Sensible social distancing judgement will have to be made as it is not practical to put guidance markings on grass which is a public open space, and which does not belong to the Club.</p> <p>There is a need to reduce any public impression of a large group gathering.</p>

Area	Actions Needed	Notes
Club Hut	<p>Access should only be made for the following reasons:</p> <ul style="list-style-type: none"> • obtaining or returning keys. • obtaining or returning radios. • access to first aid. • access to binoculars in event of missing person. • use of water hose. <p>Or by a Club official on Club business.</p>	<p>Only one person at a time allowed in the hut.</p> <p>Clean hands before and after handling any Club items with sanitiser, including keys.</p> <p>No catering equipment to be used, gas, kettles, etc.</p> <p>Any use of first aid equipment must be reported to a Club Committee member, or to the Club's general email address: info@minnisbaywindsurfingclub.org.uk.</p> <p>No loitering inside for any period of time.</p> <p>Get changed by your car/van or arrive ready dressed for the activity.</p>
Garage Access	<p>Access should only be for the following reasons:</p> <ul style="list-style-type: none"> • obtaining or returning Club boards or sails. • obtaining or returning Club life jackets. <p>Only one person to enter the garage for kit at a time, unless too heavy for one person to lift. In such instance, likely for a large board, then two people may remove the equipment but only if maintaining 2 metres from each other, or are from the same household.</p> <p>Access may also be permitted for launch and return of Club safety boat by those experienced to use it.</p>	<p>Club to review most used boards and locate those in hut storage unit.</p> <p>See later notes regarding safety boat.</p>

Area	Actions Needed	Notes
Club kit	<p>Any Club equipment must be washed after use and returned.</p> <p>Boom handles to be cleaned using detergent after use.</p>	<p>Hands must be washed/ cleaned with hand sanitiser before collecting and after returning Club kit.</p>
On the Beach	<p>Leave plenty of room when carrying kit to the beach or leaving kit on the beach from other beach users.</p>	<p>Due to the nature and size of rigs, this is unlikely to be an issue. The beach area is big with plenty of room for all except at higher tides.</p> <p>If the beach is crowded, additional barriers or cones may be needed to keep areas clear for access.</p>
On the Water	<p>Keep a good distance from other water users and windsurfers to reduce risk of any accident.</p> <p>Sail well within your own capabilities to reduce risk of accident or rescue.</p> <p>Check tides and wind to ensure the session is at least risk.</p> <p>Self rescue techniques should be used to reduce unnecessary launching of the Club boat or RNLI.</p> <p>Prior to launching ensure kit is in good state of repair and fit for the current water conditions and your ability.</p>	<p>Social distancing is unlikely to be an issue, but reducing likelihood of accidents is critical.</p> <p>See chart to explain risk levels at different wind direction and tides.</p> <p>Perhaps do shorter runs than usual to keep within visible distance.</p> <p>Buddy up with one other so that someone always knows where you are.</p> <p>There are lots of videos on YouTube, search for 'windsurf self rescue'.</p> <p>RNLI current guidance includes: <i>If boating, ensure your equipment is functioning and maintained... our volunteer lifeboat crews are fully operational if needed.</i></p>

Area	Actions Needed	Notes
De-rigging	<p>If washing kit, ensure there is only one piece of kit being washed at one time, by one person.</p> <p>Once cleaned, remove kit immediately from the washing area.</p> <p>De-rig at a distance from others.</p>	<p>Form a sensible queue for washing kit.</p> <p>Make sure the hose is returned after use.</p> <p>Wash hands with hand sanitiser before and after using or carrying/connecting hose.</p>
Decking Area	<p>Always maintain 2 metres from any other member who is not from your household.</p>	<p>Sensible judgement will have to be made as it is not practical to put guidance markings on the wooden decking.</p>
Food & Drink	<p>Bring your own refreshments, water bottles, flask of coffee, snacks, etc.</p> <p>Do not share water bottles, etc. with others.</p>	<p>All Club food and drink items to be stored until further notice.</p>
Safety Boat	<p>The boat should only be taken out by those experienced enough to do so in the conditions present.</p> <p>The boat should only be used if there is risk to life.</p> <p>Thorough pre-launch checks should be made.</p>	<p>The boat should only be launched when safe to do so with the minimum people required, keeping 2m apart from each other.</p> <p>If more people are required, face coverings should be used.</p> <p>This may not be possible on occasions.</p>
Training	<p>All training of new beginners has been postponed until further notice.</p>	<p>Any enquiries should be passed to a committee member.</p>
Sailing Club facilities	<p>The Minnis Bay Sailing Club's facilities are closed at this time.</p>	<p>Normally available showers, changing facilities and toilets are not currently available.</p>

Area	Actions Needed	Notes
Toilets	<p>At the time of writing, there are no public toilets open at Minnis Bay.</p> <p>Personal facilities will need to be provided by each member.</p> <p>Members should not urinate/defecate in public, or in a public place.</p>	<p>It is expected that TDC may update their status on public toilets in the near future and any guidelines issued by them will need to be followed with respect of public toilet usage.</p>

Implications

In a state of national emergency, these (temporary) Club regulations have been brought in outside of the Club's normal AGM review in order to comply with the Governments new Covid-19 laws.

The Club's committee, or Club members, may be prosecuted for any breaches in Government regulations and as such all members are expected to comply with the rules outlined herein.

Any Club member not wishing to follow these rules is requested to remain away from the Minnis Bay Windsurfing Club's facilities during this period of pandemic.

It should be made clear that the Club will not be held responsible if any Club member catches Covid-19 and members must accept that there is always a risk wherever they go. These guidelines mitigate this as far as practically possible.

Failure to comply with the Club's regulations may result in immediate and indefinite expulsion from the Club and any car parking permit must be returned forthwith with no recompense.

Appendix A

Guidance images.



Garage



Hut



Rear Decking



Decking

Appendix B

Windsurfing Risk Chart - Minnis Bay Area

Risk 1-5

1 = Lowest risk

5 = Highest risk

		Tide state				
		LOW Rising tide	MID Rising tide	HIGH	MID Falling tide	LOW
Wind direction	NORTH	1	1	2	2	1
	NE	1	2	4	3	2
	EAST	2	3	4	3	2
	SE	2	4	5	5	3
	SOUTH	2	4	5	5	3
	SW	2	3	4	5	3
	WEST	2	3	4	4	2
	NW	1	2	4	4	2

Other factors to consider:

- Wind Strength
- Capability
- Spring or Neap tide

NOTE: Whilst not quite true to North, for simplicity in this chart, North is assumed dead onshore, South dead offshore, with East and West cross shore.

Appendix C

Activities based on Government Covid-19 Alert Levels.

Level	From	Windsurfing	Facilities	Social
5		None. Stay at home.	All closed	None
4A	1/3/20	For exercise only. Stay local. Maintain social distancing.	Car park.	None
4B	13/5/20	For exercise only, as often as needed. Travel any distance needed for exercise. Maintain social distancing. No groups.	Car park. Hut for keys and emergency use. Kit available with cleaning measures.	None
3	≈31/5/20	For exercise only, as often as needed. Travel any distance needed for exercise. Maintain social distancing. No groups.	Car park. Hut for keys and emergency use. Kit available with cleaning measures.	None
2	≈1/7/20	Normal windsurfing. Groups allowed. Training permitted with safety measures in place.	Hut fully open, with some safety measures in place. Kit available with cleaning measures.	Yes, with some control measures in place.
1	???	Normal Club resumed.	All open	Yes



HM Government

COVID Alert Levels

Level	Description	Action
5	As level 4 and there is a material risk of healthcare services being overwhelmed	Social distancing measures increase from today's level
4	A COVID-19 epidemic is in general circulation; transmission is high or rising exponentially	Current social distancing measures and restrictions
3	A COVID-19 epidemic is in general circulation	Gradual relaxing of restrictions and social distancing measures
2	COVID-19 is present in the UK, but the number of cases and transmission is low	No or minimal social distancing measures; enhanced testing, tracing, monitoring and screening
1	COVID-19 is not known to be present in the UK	Routine international monitoring

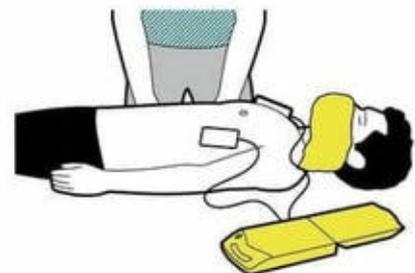


Appendix D

CPR guidance for First Aid.

How to do CPR on an adult COVID-19 update

1. If someone is unconscious and not breathing normally, do not put your face near to theirs
2. Call for an ambulance
3. Use a towel or piece of clothing and lay it over the mouth and nose
4. Do not do mouth to mouth
5. Start chest compressions to the tempo of "Staying Alive"
6. Use a Public Access Defibrillator if available.



Source: Resuscitation Council UK

Find out how St John are supporting the NHS with the COVID-19 outbreak at [sja.org.uk/COVID-19](https://www.sja.org.uk/COVID-19)

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