

CVLSC Coronavirus return to sailing



OOD, Rescue Boat Helm & Crew Guidance (November 2021)

These guidelines offer advice to help ensure duty teams operate in a Covid secure manner and form an addendum to the normal duty book.

Please advise us and do not attend for duty if you are self-isolating or have any of the following symptoms, even if mild: high temperature, new continuous cough, loss of or change to sense of smell or taste

Please read and abide by the Government and RYA guidelines before travelling to the club, they are linked below:

1. Government guidance on covid-19 [here](#)
2. Specific RYA advice in relation to Covid19: [Guidelines on the RYA website](#)

If you feel unable to fulfil your duty after considering the advice, please advise us as soon as possible so we can seek a replacement.

Protection for you:

- There is hand sanitiser and protective gloves available for your use if needed, stored in cardboard boxes under the duty desk.
- The same boxes also contain sandwich bags to put over the radio microphones and single use face coverings should the RIB crew wish to use these
- The yellow first aid PPE grab bags (on the OOD desk) contain PPE if a First Aider or rescue helm require it.

Summary of key member guidelines:

Please take time to read the [member guidelines](#). In summary the key elements are:

- It is no longer mandatory for people to wear a face covering indoors.
- The galley, changing room and bar are open for use as normal.
- **In order to comply with government advise it is important that you open doors and windows to ventilate these areas as much as possible at all times when the clubhouse is in use**
- For some large events we are asking members via the newsletter, and any guests, to undertake a Lateral Flow Test before coming to the club. You should also undertake a test if this applies. Please note that there is however no need or expectation that you check or enforce this

Using the RIBs

- We are continuing to roster two people in each RIB.
 - use your judgement and wear a mask or snood if you feel the situation warrants it, i.e. a rescue situation or if you need to work in close F2F proximity with someone. A supply of masks is available in the OODs box
 - Both RIBs must always be launched and ready to provide assistance. Ideally one RIB should patrol the lake at all times, although you may exercise your judgement and observe from the shore if you wish to reduce the time spent in close proximity on the RIB.
 - RIBs should otherwise operate in accordance with the [club safety policy](#)

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Additional things to do:

- Please put out hand sanitiser and hand washing reminder signs: one at bottom of main stairs, one outside back door of undercover boat store (you will find the signs just inside main door and back door of undercover store)
- Also, please still put out the hand sanitiser automatic dispensers mounted on stands:
 - One outside back door of undercover boat store, one at **top** of main stairs,
 - One hand sanitiser dispenser should already be in undercover boat store by the tractor parking spot and one at the lakeside entrance to the club room.

At the end of each day, in addition to the normal locking up procedure, please:

- Put toilet signs and automatic dispensers away inside main door/ undercover boat store
- Don't forget to close the windows opened for ventilation in the changing galley areas
- Refill automatic dispensers if needed from 5l container in Secretary's office

Emergency Procedure Covid 19

CVLSC emergency procedure as outlined in the OOD duty book (section 5.3) is current and has the following temporary addendum:

Serious incident (e.g. entrapment, serious injury, heart attack, stroke) on the water will most likely require 2 people in one boat: the low risk of virus transmission is balanced by risk to the individual of not responding (You should consider this at the start of your allocated duty)

There are now two grab bags with PPE (masks, gloves, aprons, dry cloths) for First Aid, most likely to be used dealing with first aid on shore. Both are on the OOD desk

If they are used please note this in the duty book at the end of the day

Once ashore if you are concerned about administering first aid, make sure the casualty is comfortable, the on shore OOD should have called the emergency services.

If CPR is required and you are prepared to do it follow these guidelines from St Johns Ambulance:

- Put a dry cloth over the mouth of the casualty.
- Do not give mouth to mouth.
- Administer chest compressions only.
- Club defibrillator is available to the appointed OODs.

Note: Cloths used to cover mouths in CPR must be thrown away.