

JBCYC COVIDSafe Declaration

Get in – Sail – Get out

All skippers, crew, volunteers, visitors, and personnel engaged to assist JBCYC are to familiarise themselves with, and comply with, the following guidelines and policies.

- Do not participate in JBCYC events if you are unwell (respiratory symptoms, sore throat, fever, headaches, feeling fatigued or weak, aching or painful muscles, loss of smell or taste)
- Do not participate in club activities if you have had close contact with a known or suspected case of COVID-19 until cleared to return to appropriate social interaction as per NSW Health Department Guidelines
- Do not participate in club activities if you have returned from overseas in the last 14 days
- Do not participate in club activities if you have been in contact with someone returning from overseas in the last 14 days
- Do not participate in club activities if you have attended any of the reported case locations listed on the NSW Health website <https://www.nsw.gov.au/covid-19/latest-news-and-updates> (as is current on the day of the race)
- Do not participate in club activities if you have returned a positive test for COVID-19 until cleared to return to appropriate social interaction as per NSW Health Department Guidelines
- Anyone suspected of having COVID-19 is to refrain from club activities until cleared to return to appropriate social interaction as per NSW Health Department Guidelines
- **Any JBCYC member, skipper, crew member or volunteer who tests positive to COVID-19 within 14 days of attending a JBCYC event is to inform the committee by sending an email to committee@jbcyc.com.au**
- People who are at higher risk of contracting COVID-19 are advised to seek medical advice before participating in JBCYC sailing events. High risk populations include:
 - older people (People 70 years of age and older, those 65 years and older with chronic medical conditions, people with weakened immune systems and Aboriginal and Torres Strait Islander people 50 years or older)
 - people with weakened immune systems;
 - people with diagnosed chronic medical conditions (such as high blood pressure, heart and lung conditions, kidney disease and diabetes)
 - Aboriginal and Torres Strait Islander people, who have higher rates of chronic illness
- Social distancing (1.5metres) is to be adhered to at all times while on shore. Do not gather on the foreshore, boatramp, club house vicinity, or other nearby public areas in contravention of the NSW Public Health Orders.
- Social distancing (1.5metres) is to be adhered to when practical while on the water. Examples are:
 - When not involved in tasks that require close physical cooperation (eg tacking, gybing etc) crew are to be spaced no closer than 1.5m where possible;
 - Limit dinghy numbers to enable 1.5m social distancing where possible;
 - Skipper and crew are to use appropriate face masks in situations where 1.5m social distancing is not able to be complied with.
- COVID-19 Safe hygiene requirements to be practiced

- No unavoidable contact between people. Eg no handshaking, hugs, kisses, high fives, team huddles etc
- No sharing of drink bottles, clothing, food or towels
- No sharing of equipment without appropriate cleaning or other safety measures (eg winch handles, life jackets). For example where equipment such as winch handles are used by different people,
 - clean with a disinfectant wipe between uses, or
 - crew are to use full fingered gloves, or
 - crew can be allocated a winch handle for their sole use, or
 - crew may decide to bring their own winch handle.
- Disinfectant cleaning products are to be maintained at an appropriate strength and used in accordance with the manufacturer's instructions.
- All JBCYC members and participants are encouraged to be familiar with, download and activate the Australian Government COVID-19 contact tracing app (COVIDSafe)
- There is no limit on crew numbers, however JBCYC may reduce the permitted crew numbers in order for our activities to comply with social distancing and COVID-19 Safe hygiene requirements
- Skippers and crew are encouraged to wear full fingered gloves and have access to sanitizer or hand washing facilities and face masks
- Skippers should undertake pre & post-race cleaning of equipment and surfaces that are to be used, or have been used, for a race. This could include winch handles, winches, grab handles, sheets & halyards, hard surfaces, etc where a COVID-19 transmission risk is possible. Skippers are to maintain a simple record of cleaning dates and times. Use disposable gloves when cleaning and wash your hands thoroughly before and after cleaning with soap and water
- Skippers are encouraged to contact the JBCYC COVID-19 Safe Sailing Officer prior to commencement of racing to discuss any concerns or compliance issues. The interim COVID-19 Safe Sailing Officers is the club secretary (David Churchward) or his delegate
- Skippers and crew are to practice responsible waste disposal in a safe and secure manner

Non-compliance with any of these instructions relating to COVID 19 restrictions may lead to a protest against a competing yacht.