

Step 2 – Guidelines for Observing COVID-19 Restrictions when visiting East Antrim Boat Club.

***Please note safety boat cover will now be available for Sunday dinghy racing. Safety boats will be manned by one competent crew, or two from the same household, and will wear PPE at all times.**

The COVID-19 preventative measures are vital to protecting health and wellbeing and to minimising pressure on the frontline services. We all have a role to play in adhering to the Government guidelines and therefore we ask you to observe the following:

BEFORE VISITING

1. Are you fit to visit? Please do not attend EABC if you, or anyone in your household, are feeling unwell or experiencing any symptoms of COVID-19.
2. Before travelling: Please check the club website and Facebook for the latest information; if changes in Government guidelines require the Club to be closed again, this will be communicated by these methods. We will also send email notification of any changes.

YOUR VISIT – General Guidance

Be considerate of others. Be conservative in your activity.

1. Park your car in the overflow car park at the end of the lane to allow maximum room for those rigging boats.
2. At all times please show consideration for others by respecting the social distancing requirement of 2 metres.
3. Those coming to the Club may race in single or double handed boats (only if from the same household). There will be a junior start at 1300 and an adult start at 1400 for doublehanders and 1405 for singlehanders. Those taking part in the 1400 starts will be available to provide safety cover for the juniors.
4. Please be aware of inherent risks and minimise contact with shared hard surfaces.
5. Ensure hands are thoroughly washed and bring hand sanitiser for personal use.
6. Please bring your own equipment when working on your boats.
7. Members visiting EABC must not gather in groups of more than 10 (with social distancing maintained). Please take this into consideration when rigging and de-rigging, launching, and recovering.
8. The club house and changing rooms will remain closed, please arrive ready to sail.
9. Please bring your own drinks with you, especially if the weather is warm and do not share water bottles, food, or sun cream.
10. Please give careful consideration to prevailing conditions and the condition of your equipment, when taking the decision to go afloat. Extra care should be taken to check equipment before launching.

ON THE WATER

The following is guidance as we start our return to racing programme:

1. Maintain a 2-metre distance with other boats (including the committee boat and safety boats) before and after the race.
2. Check the weather forecast, tide times and heights. Do not go afloat if you feel like the conditions are beyond your capabilities.

3. Double check your boat's buoyancy, equipment, rigging and fixings.
4. Dress appropriately for the conditions – it is easier to take off a layer than put it on.
5. Ensure you are wearing a personal buoyancy aid or lifejacket when afloat.
6. Dinghies that cannot be self-propelled should carry a length of rope in order to be towed from astern. Safety boats will not come alongside to provide assistance unless absolutely necessary.
7. Dinghies should also consider righting lines and masthead floats if necessary.
8. Realistically (and honestly) assess your, and your boats capability to sail in the conditions. Sail well within your comfort zone and **don't take unnecessary risks**.
9. Do not go out (or return to shore) if you have any doubts!
10. If you capsize and are unable to right the boat, always remain with the boat. Never try to swim to shore. Safety boats will provide assistance in the form of mast tipping.
11. Be vigilant of your surroundings, particularly for other vessels/craft and obstacles.
12. Don't stay out alone after your race has finished. Return as soon as possible to shore.