

Events COVID-19 Safety Plan

Sailing at the 2021 Royal Hobart Regatta

The information contained within this document is to be used for all sailing events at the 2021 Royal Hobart Regatta which will be held from Saturday 6 February – Monday 8 February 2021.

This document has been prepared using details copied from the Australian Sailing Resources web site.

Tasmanian Restrictions – Stage Three – UPDATED: 6th November 2020

Can clubs host events during Stage Three?

YES – From 1st December all events & activities under the **Framework for COVID-19 Safe Events and Activities in Tasmania** require an Events Covid19 Safety Plan. Under the existing guidelines the Royal Hobart Regatta sailing program would be classified as Level One.

Events in Level One can be managed within the Regatta Association's Covid-19 Safety Plan.

- Clubs must have a Covid-19 Safety Plan
- Outdoor gatherings limited to 1,000 people – *prior 1st Dec*
- Indoor gatherings limited to 250 people – *prior 1st Dec*
- Maintain density limit of 1 person per 2 square metres onshore
- Continue good hygiene practise
- Clubs need to abide by Public Health Orders & **WorkSafe Minimum Standards**
- From 1st Dec the **Framework for COVID-19 Safe Events and Activities in Tasmania** will apply.

Sailing in a COVID Safe Environment - Tasmania

BACKGROUND

On 12 January 2020, the World Health Organisation (WHO) reported a cluster of 41 confirmed cases of viral severe acute respiratory syndrome in Wuhan, Hubei Province, People's Republic of China, following a novel coronavirus outbreak in December 2019. Coronaviruses, enveloped Ribonucleic acid (RNA) viruses with surface spikes, are a group of viruses that affect both animals and humans, and several are known to cause the common cold. Two strains of coronavirus namely Severe Acute Respiratory Syndrome (SARS-CoV) and Middle East Respiratory Syndrome coronavirus (MERS-CoV) have been associated with epidemics in 2002-03 and 2012 respectively. The novel coronavirus is formally named SARS-CoV-2. The clinical disease state resulting from an infection with SARS-CoV-2 is known as COVID-19. Full-length genome sequencing has shown that SARS-CoV-2 is closely related to SARS-CoV. SARS-CoV-2 has been shown to enter cells via angiotensin converting enzyme 2 (ACE2) receptors.

TRANSMISSION

COVID-19 is highly transmissible from person-to-person and readily spreads to close contacts of infected individuals.

The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces (fomites), then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19.

The virus can persist in the air for up to three hours and on a variety of surfaces for up to 72 hours. Despite a small minority experiencing gastrointestinal symptoms, 67% of COVID-19 patients tested positive for SARS-CoV-2 RNA in faecal specimens. Viral shedding continues in faeces for 6–10 days after pharyngeal swabs became negative. SARS-CoV-2 has been successfully cultured from faecal samples confirming viable viral particles, indicating the possibility of faecal-oral route transmission.

PREVENTION

Pre-emptive low-cost interventions such as enhanced hygiene and social distancing measures reduce numbers of cases through several mechanisms. Social distancing decreases the risk of transmission by reducing incidence of contact while enhanced hygiene reduces disease transmission, if a contact occurs. Education of the public and enhanced medical resources have also been shown to reduce transmission.

The Australian Governor-General declared a ‘human biosecurity emergency period’ on 18 March 2020 in response to the risks posed by COVID-19. This empowered the Australian Government to make a series of decisions including prohibition of cruise ships, travel bans (domestic and international), limiting gatherings to two persons (with exceptions for people of the same household and other select groups), and closing a range of indoor and outdoor public facilities. After peaking in Australia in mid to late March 2020, the number of daily new cases of COVID-19 began to drop in response to strict containment interventions.

There have been several outbreaks in a number of Australian States since this time and everyone needs to be mindful of continuing to comply with community COVID-19 precautions.

FRAMEWORK FOR RESUMPTION OF COMMUNITY AND INDIVIDUAL SAILING

Sailing plays a vital role in the lives of Australians with 150,000 participants participating in the sport and enjoying the associated improvements in health and well-being. At a population level, there are financial, educational and social benefits. The COVID-19 pandemic has impacted people in varying ways with many experiencing deteriorations in mental health. The resumption of community and individual sport can significantly contribute to the re-establishment of normality in Australian society.

All community and individual sailing participants, parents/ guardians of participants, coaches, spectators, officials and volunteers (collectively termed community sport members) and sport organisations must play a role to help slow the spread of COVID-19. The safe reintroduction of community and individual sport requires thorough planning and safe implementation. Community and individual sport activities should be reintroduced in a cautious and methodical manner, based on the best available evidence to optimise both participant and community safety is described below. Federal, State/ Territory and Local Public Health Authorities must be closely consulted in decisions regarding the resumption of community and individual sport activities. All individuals and community sport clubs must follow directions of the Local Public Health Authorities.

PREPARATION FOR COMMUNITY AND INDIVIDUAL SPORT RESUMPTION

Prior to the resumption of community sailing, it is important for sailing clubs/ groups to safely prepare the sporting environment. Clubs must conduct a thorough risk assessment as preparation will be specific to the sporting environment. A resumption of sport activity should not occur until appropriate measures are implemented to ensure safety of community sport members. Clubs must satisfy WorkSafe Tasmania’s **COVID-19 Safe Workplaces Framework** requiring clubs to meet the Minimum Standards, see Preparation of Club Environments.

RISK MANAGEMENT

Education of community sport members about COVID-19 risk mitigation strategies is crucial. Some established norms associated with community sport from sharing drink bottles, hugging and shaking hands to arenas packed with spectators are the antithesis of social distancing. Education will help to promote and set expectations for the required behaviours prior to recommencing activities. Improved health literacy including awareness of self-monitoring of respiratory symptoms (even if mild).

Australian Sailing have conducted a risk assessment in accordance with the requirements of AS/ NZS ISO 31000 (Risk Management Principles and Guidelines). In the context of Sailing, we believe that the CONSEQUENCES of infection from COVID-19 is MINOR to MODERATE. The LIKELIHOOD of infection is RARE. Australian Sailing has reviewed the above activities and is seeking exemptions based on the following rationale:

- Once afloat, boats are generally distanced from other boats in a safe manner more than 1.5m apart.
- Maintaining a cap on the number of boats will reduce the requirements for volunteers and reduce exposure to personnel in an emergency situation.
- Participants will be dressed in wetsuits or waterproof protective clothing and other applicable PPE.
- Physical contact within a boat would only be between two individuals and sharing of equipment would be minimal.
- Individual risk assessment conducted by clubs.

There will be no formal off-water activities associated with sailing events conducted as part of the Royal Hobart Regatta. Accordingly, participants in Royal Hobart Regatta sailing events will be required to comply with the COVID-19 Safety Plans for their respective home clubs pre and post sailing.

PREPARATION OF RACING ENVIRONMENTS

The specific considerations for safe resumption of community sailing will be dependent on the type of sailing and environment. It is the club's responsibility that Worksafe Tasmania's Minimum Standards are satisfied; to comply, clubs must complete a safety plan and/or checklist. Clubs can use the [WorkSafe Tasmania's Minimum Standards templates](#) to ensure the following sailing specific considerations have been managed appropriately:

- Anticipated number of participants
 - What activities can still be adequately be done from home?
 - How can activities be staggered to minimise numbers and reduce contact?
 - How can the numbers at training and competitions be managed to maintain some social distancing?
 - Modifying training and competition times so that there are less people present at one time.
- Cleaning
 - What sporting equipment will participants be sharing?
 - Sheets/ Halyards
 - Winch Handles
 - Beach trolleys
 - Wash down hoses
 - What are the shared facilities?
 - Bathrooms/ change rooms and kitchens
 - Doors, window handles and other hard surfaces
 - What is the protocol and frequency of cleaning shared facilities
 - Suggested Government resources for environmental cleaning and disinfection principles
 - [In a healthcare setting](#)
 - [Routine household cleaning Handwashing facilities](#)
 - Are there any facilities to allow regular washing of hands?

- How many sanitising hand rub dispensers are required in prominent places around the facility/ event?
- How often should they be refilled?
- **Hand Hygiene Australia** can provide guidance
 - 'Get in, sail and get out'. Strategies to limit time and person-to-person contact on site should be implemented
 - Arrive dressed and ready to sail
 - Minimise use of change rooms, bathrooms and communal areas
 - Where possible, sailors should shower at home instead of at the club
 - Participants should eat off site
 - Where possible, participants should maintain at least 1.5m distance apart.
 - Any tasks that can be done at home, should be done at home (e.g. stretching, debriefing, online meetings).
 - Separate spectators from athletes. Spectators should maintain social distancing of at least 1.5m
 - Organisation of community sailing activities
 - What spaces can be used for isolation if a sailor or other personnel becomes unwell?
 - What activities are allowed to continue whilst maintaining a minimum of 1 person per 4m²?
 - What is the strategy to ensure that social distancing where possible of at least 1.5m is maintained by community sailing members attending training or competition?
 - What strategies can be used to communicate/ inform community sport members of preventive actions?
 - What is the strategy to reduce in-person contact between participants and other personnel? (i.e. Electronic sign on/ off, no handling of cash)
 - What is the strategy to manage increased levels of staff/ volunteer absences?
 - What is the strategy to reduce risk to vulnerable groups?
 - What is the strategy to ensure a participant/ contract tracing record is kept by the club in the case of outbreak within the community sailing members?
 - What is the revised strategy in an emergency situation, in particular for marine rescue capabilities?

GENERAL CONSIDERATIONS

- Change rooms, safety boat/ coach boat surfaces and objects in other relevant spaces should be cleaned between sessions with disinfectant
- **'Get in, sail and get out'**. Sailors/ participants should prepare at home, to minimise need to congregate in change rooms/ sporting facilities. Participants should get dressed to train/ compete at home and shower at home on completion
- Any tasks that can be done at home, should be done at home (e.g. recovery sessions, online meetings) When practical, participants and other personnel should maintain social distancing of at least 1.5m. (e.g. rigging lawns, marina walkways)
- There should be no unnecessary body contact (e.g. hand shaking, high fives)
- Spectators should be encouraged or directed to spread out and maintain social distance
- Consideration should be given as to whether it is appropriate to serve food and drink at clubs/ events, as this will likely encourage spectators to come into close proximity with each other
- Hand hygiene stations should be placed in high traffic areas and entry/ exit points.

RETURN TO COMMUNITY AND INDIVIDUAL SPORT

Community sailing members and individuals should not return to sport if in the last 14 days they have been unwell or had close contact with a known or suspected case of COVID-19. In an environment of community transmission of COVID-19, any individual with respiratory symptoms (cough, sore throat, fever or shortness of breath), even if mild, should be considered a possible case of COVID-19. All community sport members must be made aware not to attend sport environments if they are unwell and should use a cautious approach. Anyone who is unwell should be referred to a doctor in accordance with local Public Health Authority guidelines. A participant with a possible case of COVID-19 should refrain from training (even at home) until they have been cleared to do so by a doctor, given the potential for worsening illness.

It should also be considered that anyone returning to sport and exercise after a period of social isolation and not exercising regularly may be at an increased risk of injury. Clubs and individuals should apply a graded return to mitigate injury risk, understanding that sudden increase in training load will predispose to injury.

VULNERABLE GROUPS

Vulnerable groups such as para-athletes and others with medical conditions may be at increased risk. Those with concomitant medical conditions need individualised management in consultation with their regular treating doctor(s) prior to return to training environments. Considerations include increased susceptibility to respiratory infections, unique equipment (e.g. wheelchairs) that requires cleaning, accessibility of medical resources, risk of medical sequelae from COVID-19, and access to alternate training options.

Participants/ other personnel with concurrent medical conditions including; respiratory or cardiac disease, hypertension, diabetes, obesity and immunosuppression due to disease or medication may be at increased risk. Other groups that require special consideration include; individuals over 70 years of age, carers for or a household contact of a vulnerable person, athletes with suboptimal access to medical care (e.g. remote) and Aboriginal and Torres Strait Islander Communities.

Potential interventions for vulnerable athletes/ other personnel include:

- Delaying a return to sport
- Training scheduled at designated 'lower risk' times (i.e. with no one else around)
- Staff working off-site where possible
- Maintaining social distancing measures
- Exclusion of 'high risk' participants/ other personnel from the community sport environment.

Using Australian Sailing Interpretation based on AIS and TAS framework – Level 3 permits the following.

1. Return to full competition
2. Use of change rooms and other facilities permitted
3. No physical distancing restrictions on the water
4. Physical distancing on-shore, 1 person per 2 square metres

REVIEW

The Returning to Sailing in a Covid Safe Environment plan has been developed by Australian Sailing with support and approval from Community, Sport and Recreation Tasmania. This plan will undergo periodic review or when federal/ state government make additional announcements or changes on relevant restrictions. Periodic reviews will occur prior each stage commences as currently set out in the Tasmanian Governments Road to Recovery.

NOTE: All skippers racing at the Royal Hobart Regatta should keep a list of their crew and each person's contact details.

This document is current as of 22 November 2020.