

Annex 1 - Advice for Sailors & Parents visiting National Sailing Centre



SAFE MANAGEMENT MEASURES FOR THE RESUMPTION OF SAILING ACTIVITIES

A. General measures

1. Ensure TraceTogether app is switched on before commencing travel to NSC.
2. Any individuals entering and exiting NSC must do so via the main gate.
3. Temperature taking, along with SafeEntry submission, will be done at the main gate.
4. Masks are to be worn at all times whilst ashore, unless engaged in strenuous activities during training.
5. High Risk Persons will not be allowed into the premises. A high risk person is defined as having met one or more of the following criteria:
 - a. Shares a household with someone or he/she has been issued and serving a Stay Home Notice or Quarantine Notice;
 - b. Has come into close contact with someone who has tested positive for Covid-19 (unless the 14 day quarantine has been served);
 - c. Someone in their household has tested positive for Covid-19;
 - d. Has been issued and during the duration of medical leave by a medical practitioner;
 - e. Having a temperature of 37.5 degrees Celsius and above;
 - f. Displaying flu symptoms (coughing, sneezing, difficulty in breathing); and/or
 - g. Not wearing a mask or not wearing a mask properly.
6. A Safe Management Officer (SMO) has been appointed. Do cooperate with any instructions given by the SMO.
7. Safe distancing of 1 metre at all times whilst ashore and not exercising.
8. NSC will only be used for sailing and training purposes. Family members who are not involved in any sailing or training should minimise time spent at NSC. Picking up and dropping off of sailors are permitted.
9. Sailors and coaches/specialists to only commute between training venues and their residences, without lingering outside before/after training.
10. Drinking from water coolers will not be permitted. Refilling of personal water bottles is allowed.

B. Measures for training

1. Training groups to be kept compact, with a cap of 5 persons per training session (excluding coaches/specialists).
2. Get in, train, and get out - be prepared for training prior to arrival at NSC. Sailors should get dressed at home ready to sail (minimise need to use/gather in the NSC toilet).
3. Showering in toilets will not be permitted. However, shower cubicles may be used for changing of clothes.
4. Staggered training timings will be implemented to avoid overcrowding in NSC.
5. Briefings and debriefings to be conducted online as much as possible.
6. If classrooms are required due to unsuitable weather conditions, outdoor classrooms shall be preferred. Should indoor classrooms be required, it should be well ventilated with doors and windows kept open. The coach will spray the tables and chairs with disinfectant and the sailors will wipe down with provided disposable towels. Ensure physical distance of at least 1m between seats according to floor markers.
7. Maintain a physical distance of at least 2m between all individuals. Body contact between sailors and/or coaches is prohibited (e.g. hand shaking, high fives, etc...).
8. Masks are to be worn at all times whilst ashore (e.g. during changing, rigging, de-rigging) except when carrying out strenuous activities (e.g. pulling boats up the beach) and should be kept in a personal dry bag as you are about to launch.
9. Launching and recovery of boats are only permitted via the gate in front of the service centre.
10. Minimize socialising before, during and after training.
11. Sailboats and coach boats should not come alongside each other during while on water except during emergencies.
12. Coaches/support staff must wear masks or face shield whilst on water. If there are more than 1 person onboard, masks must be worn.
13. Do not share drink bottles, towels, or any other personal sporting equipment. Where possible, keep the dry bag in your own boat and minimise the need to pass equipment between coach and sailor.
14. A maximum of 10 persons are allowed in the gym at any given time. Ensure physical distancing of 2m between each person.
15. Wipe down gym equipment with the provided cleaning equipment before and after each use.

C. General hygiene

1. Minimise the use of communal facilities (e.g. toilets, changing rooms).
2. Wash your hands with soap regularly or use hand sanitisers if washrooms are not in close proximity.

Updated on 15 August 2020

Note:

If there are any conflicts between the above measures and the latest government advisories, the government advisories will take precedence.

