



2021 HIYC Summer Sailing COVID Prevention Policy

Table of Contents

Resources Statement	2
Employee Safety	3
Rescue	3
Cleaning and Disinfecting	3
PPE	4
Food / Water	4
Sailor Safety and Protocol	5
Registration	5
Sign-in and Social Distance in the Facility	5
Personal Belongings	5
Bathrooms/Water/Food	5
Equipment Rigging	6
Boat Occupancy	6
PPE requirements	6
Sick Child Protocol and Reporting	6
Return to Camp	6
Weather Provisions	7
Media Response	8
Refund Policy	8
Waivers	8

Resources Statement

This document was developed drawing from the following resources and recommendations. While HIYC Sailing Camp and Nashville Sailing Foundation (NSF) strives to meet all recommendations by OSHA, CDC, US Sailing, and local polices it is important to note that virus transmission is still a possibility. Any employee or sailor that participates in summer programming will have the responsibility to decide if they are willing to take that risk.

The author of this document is the HIYC Summer Sailing Director, reviewed by the NSF Board of Directors. The document will be updated as needed with revision dates noted. The medical administrative point person for all COVID related issues will be the Summer Sailing Director or, on the Director's absence, the Assistant Director.

American Red Cross FAQ - https://cpr.heart.org/-/media/cpr-files/resources/covid-19-resources-for-cpr-training/community-faqs_pediatic-covid19-and-cpr.pdf?la=en

CDC Community, Schools, Workplaces and Events Guidance - <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>

CDC Cleaning and Disinfecting Guidance - <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

Gowrie Group COVID 19 Risk Management Guide - <https://cdn.ussailing.org/wp-content/uploads/2020/05/Gowrie-Risk-Report-COVID-19-Risk-Managment-Best-Practices.pdf>

US Sailing Leadership Guidance Webinars - <https://www.ussailing.org/starboard-portal/>

US Sailing COVID 19 Resources - <https://www.ussailing.org/membership/organizations/resources/>

Employee Safety

All employees and volunteers of HIYC Sailing Camp will first need to sign a medical release waiver (see in the Waivers section).

The following preventative actions will be in place to keep employees safe:

- Employees will be told that they should not come to work if they feel sick or if anyone in their household has tested positive for COVID19 (this will also be stated in their signed waiver).
- If an employee has a fever of 100.4F or greater, they will be isolated and sent home. An incident report will be filled out. Any surfaces they may have touched will be disinfected.
- If an employee begins to feel sick while at work they will immediately tell the Director and isolate themselves until they can leave the facility.
- No medical records will be kept for normal temperature readings, only for fever readings. All fever incident reports fall under HIPPA laws and will not be disclosed except to the employee or guardian.
- An employee can return to work 10 days after the onset of symptoms or with a negative COVID rapid test after day 6 of exposure and no symptoms.
- If an employee has direct contact with a person (less than 6 ft for more than 15 min or live in the household with them) that tests positive for COVID the following applies:
 - o The employee must isolate for 10 days after the contact with the infected person and may return after 10 days if there are no symptoms or;
 - o The employee may take a PCR test and present a negative result
 - o The employee may take a rapid test on day 6 after the initial contact with the positive person and present a negative result
 - o If the employee begins to exhibit symptoms, then the employee will be able to return to work 10 days after symptom onset if no symptoms are present

Rescue

According to recommendations by the Red Cross, if CPR is needed, **Instructors will NOT perform any mouth to mouth procedures, but can perform hands only compressions until professionals arrive.** For any minor medical issues such as scrapes, splinters, etc, Instructors will wear face covering and gloves and will provide first aid provisions to the sailor for them to treat themselves if possible. If assistance is needed, gloves and face covering will be worn by instructor and sailor while treating the issue.

Cleaning and Disinfecting

At the end of each session, all high touch points will be cleaned with an environmentally safe soap and water viralcide. These areas include but are not limited to:

- Coach boat driving mechanisms
 - Radios
 - Tillers
 - Main Sheet / Jib Sheet and other controls
 - Sails and sailbags
 - Sprit poles
 - Hoses and sprayers
 - Tools
 - Classroom chairs
 - Tables and counters
- Employees will use the Yacht Club restrooms and will wash their hands before sessions begin and have time to wash hands throughout the day.
 - Hand sanitizer will be provided for employees and sailors' use.

PPE

- Employees should provide their own face coverings. Buffs will be acceptable. All face covering should be washed each evening. If employees do not have face coverings, HIYC will provide disposable masks.
- Medical gloves will be provided in the first aid kits.

Food / Water

- Employees will be required to bring their own lunch and should not share food.

Sailor Safety and Protocol

The following minimum preventative measures will be taken to provide a safe environment for sailors. Instructors along with the Summer Director will be responsible for enforcing these measures.

Registration

- During registration, parents are asked for any health issues of the sailor. HIYC/NSF reserves the right to refuse a sailor if they have autoimmune disease or any issues that would not allow them to social distance.

Sign-in and Social Distance in the Facility

- Parents and guardians will receive all pre-session information including this policy one week before their session begins.
- Parents will be asked to stay in their car during drop off and pick. Instructors will meet the sailors in a car drop off line where sailors will be checked in. Pick up will be done in a similar car line fashion.
- Social Distancing and reminders about PPE will be in place on posters around the facility
- Most all activities will take place outside and social distancing will be encouraged.

Personal Belongings

- All personal belongings MUST be taken home after each session. There will be no locker or cubby storage available after sessions
- All sailors must have their own personal life jacket (PFD) and must take it home with them after every session.

Bathrooms/Water/Food

- All arriving sailors will be taken to the restroom at the beginning of each session to wash hands or use the bathroom as needed. Additional restroom breaks will be provided at for hand washing and restroom use as needed. Restrooms are part of the Harbor Island Yacht Club Marina and will be cleaned each day.
- No showers will be available for use
- WATER JUGS will be provided to refill water bottles. If you do not want your child to use the HIYC water jugs, please provide enough water for the full day
- Food cannot be shared and no snacks or food will be provided by HIYC (except on Friday Pizza Lunch awards day)
- All snacks and lunches will be eaten outside with social distancing.

Equipment Rigging

Sailing typically involves group effort to rig and launch boats. HIYC will take extra precautions to make sure that social distancing takes place during rigging.

Boat Occupancy

Sailors are typically paired with at least one other student during camp for sailing. Each sailor guardian will be given a waiver asking 1) can your sailor be in the boat with others? 2) Does your sailor need to sail alone 3) is there a preferred partner that your sailor must sail with?

PPE requirements

- All sailors will be required to wear a buff or cloth face covering when inside the HIYC clubhouse / classroom with a large group (such as during storm events) ONLY. Face coverings are optional all other times.
- Sailors are not required to wear face coverings when on the water
- Sailors will not be required to wear face coverings when outside
- All sailors will be required to have a buff or face covering to enter their session, but paper disposable masks will be available if needed.
- Full exemption of masks can be provided by doctor's note or proof of vaccine
- Medical gloves will be provided by HIYC when needed for first aid or when using high touch equipment

Sick Child Protocol and Reporting

If a child begins to feel sick with any COVID symptoms as described by the CDC, the child will immediately be isolated in an outside space with instructor observation.

- A temperature reading will be taken.
- Guardians will be called immediately to pick up the child.
- The sailor will remain in isolation until picked up.
- An incident report will be filed and subject to HIPPA laws will only be shared with the guardian.
- All employees and sailor families will be informed that there was a sick child at the session.
- If a sailor or anyone in the household of the sailor tests positive for COVID, all employees and participants will be informed of the positive but not the identity of the sailor.

Return to Camp

Wilson County School protocol will be followed for return to camp. If days are missed, HIYC Director will work with families to reschedule those days if needed.



WILSON COUNTY SCHOOLS

SUBJECT TO CHANGE REVISED 3/16/21
IN PARTNERSHIP WITH THE
DEPARTMENT OF HEALTH

COVID-19 Parent Protocols

Does your child have any of these symptoms?

- Fever
- Cough
- Congestion
- Diarrhea
- Fatigue
- Headache
- Shortness of breath
- Loss of taste or smell
- Sore throat
- Body aches
- Nausea
- Vomiting



Has someone in the child's home tested positive for COVID-19?

1 Notify School

Provide documentation to the school from medical provider. Beginning Semester 2, each school will provide work for quarantined students.

2 Isolate 10 days

Child follows medical orders to isolate for the minimum 10-day period from onset of symptoms or positive test date.

3 Quarantine *10 Days

Child then quarantines for an additional period of 10-days following the isolation period /* or receive a negative test result on Day 6 or after and no symptoms.

4 Watch for Symptoms

If symptoms develop, parent should seek medical attention for the child and/or consider testing.



Has your child tested positive for COVID-19?

COVID-19 Positive Students with Symptoms:

1. Follow medical orders & notify the school.
2. Conduct home isolation for a minimum of 10 calendar days from start of symptoms AND have at least 3 days/72 hours of recovery without a fever and improved symptoms.
3. Return to school following isolation if asymptomatic or seek further medical attention.

COVID-19 Positive Students without Symptoms (Asymptomatic):

1. Follow medical orders & notify the school.
2. Conduct home isolation for 10 calendar days from child's positive test date and monitor any symptoms.
3. Should symptoms start to develop, seek medical attention.
4. Return to school following isolation if no symptoms are present.



Has someone at school tested positive for COVID-19?

1

Any confirmed, close contacts will be called and reported to the TN Department of Health. *They will quarantine 10 days from last exposure & monitor symptoms/or receive a negative test result on Day 6 or after and no symptoms.

2

Parents of all students continue to monitor symptoms and seek medical attention, as needed.

3

Schools continue to perform screenings of students & staff. Parents keep students who are ill at home.

*Individuals who have recovered from a confirmed case of COVID-19 within the last 90 days, as documented by a positive diagnostic PCR or antigen test, are not subject to quarantine. Individuals with at least 14 days after final vaccination dose & asymptomatic may also show proof for the quarantine exemption.

CLOSE CONTACT = A PERSON WITHIN 6 FEET FOR AT LEAST 15 MINUTES OF SOMEONE WITH COVID-19

Weather Provisions

Weather will be monitored 24 hrs in advance for possible situations that would keep sailors from being outside and in a more crowded space

- Rainy day activities can safely be conducted on clubhouse porches to wait out short rainstorms or light or too heavy wind.
- The Director may cancel daily sessions if the weather is predicted to be severe or if the chance of rain is 80% or higher for the entirety of the daily session, the session can be canceled by 7pm the night before to avoid a large group of sailors being stuck in indoor classrooms for extended periods. No refunds will be given for severe weather days except as noted in the refund policy.

Media Response

All media and interview requests will be directed ONLY to the Summer Sailing Director or the Chair of the Board for Nashville Sailing Foundation

Refund Policy

- If the session has already started, no refund will be issued for illness or any other reason per the HIYC Refund policy
- If a weekly session has 3 or more days of cancellations due to weather, refunds may be issued on a daily prorate for those days missed.
- If a session is canceled because of government health orders, a full refund will be issued.

Waivers

The following are release statements for:

- Employees and Volunteers
- Permission to sail with others and media release

**HIYC Sailing Camp – Nashville
Sailing Foundation Employee
COVID Waiver**

(Hereinafter referred to as “HIYC/NSF”)

I, _____, do hereby affirm, that I am the legal employee or volunteer of HIYC/NSF and by my signature hereto, I do expressly consent, authorize and agree to the following participation in HIYC Sailing Camp.

PARTICIPATION CONSENT - WAIVER OF LIABILITY - ASSUMPTION OF RISK FOR ILLNESS AND DISEASE:

I have received training on the HIYC/NSF COVID Prevention Policy and understand my responsibilities to carry out the safety policies. I do hereby further consent, authorize and agree as set forth below concerning the COVID pandemic:

- A. **CONSENT:** I understand and consent to having my temperature scanned and that I will need to adhere to policy for personal protective equipment (PPE)
- B. **HEALTH:** I am in good health, and not exhibiting any symptoms as described by the CDC, of the COVID19 virus at this time. I also attest that my household does not have any positive cases of COVID19 at the time of the session.
- C. **ASSUMPTION OF RISK:** I am aware that the activities of camp are group activities. While HIYC/NSF follows a COVID19 prevention policy developed with resources from US Sailing, the CDC and local and state government, no social distancing, PPE and disinfecting regimes are 100% effective in preventing transmission. With the knowledge of the risks involved, I continue as an employee or volunteer.
- D. **WAIVER OF LIABILITY:** I waive and release my rights that I, my heirs, distributees, guardians, legal representatives, and/or assigns may have or acquire to make a claim against, sue, attach the property of or prosecute the HIYC/NSF or any of their members, directors, officers, agents, employees and affiliated organizations (herein referred to as “the releases”) for monetary damages due to illness or disease.

I ACCEPT ANY AND ALL RISKS TO DUE TO ILLNESS OR DISEASE AT THE HARBOR ISLAND YACHT CLUB AND THE NASHVILLE SAILING FOUNDATION, WHETHER OR NOT CAUSED BY NEGLIGENCE OR OTHER ACTION.

This consent and authorization shall remain in effect until the Employee or Volunteer, granting this consent/authorization, notifies HIYC/NSF in writing, that said consent/authorization is revoked.

Signature of Employee or Volunteer

Date _____

Printed Name of Employee

Signature of Parent if the Employee is under 18



Additional Sailor Waivers Summer 2021

Sail Partner Waiver

I agree that my sailor may sail with other sailors in their boat

YES

NO

My sailor can only sail with one partner (name of partner)

Media Release Waiver

By registration of a Sailor, the registered sailor, and the parent(s), grandparent(s), guardian(s), or other family member(s) who may be completing the registration for a sailor in a HIYC program hereby Agree that permission is granted for HIYC Sail Camp / Nashville Sailing Foundation to use the Registered Sailor's name and/or photos and/or videos for various media related publicity or other projects associated with HIYC Sailing Camp, including, but not limited to, the HIYC website, social media accounts, newspapers and magazine articles.

Signature of Parent or Guardian

Date _____

Printed Name of Parent or Guardian

Printed Name of Registered Sailor