

# OD/AOD Quick Guide to Covid 19 Compliance

## Pre Race

1. Are you and your team well?
  - No = stay Home/ go home
  - Advise Race Team and Sailing Secretary

## Onshore

2. Brief Team for safe ways of working to avoid spreading or catching the virus.
  - Maintain 2m social distancing
  - On Imogen wipe surfaces touched in the cabin, including course boards
3. Check resources:
  - Mark layer available (Idler)?
  - Safety Boat driver available and competent in the conditions?
  - Beach support, decide if required in the conditions prevailing, if so are they available and do they understand the role, (count boats out/in, be on watch, liaise with OD).

## Decision to Race

4. Weather
  - Average wind speed 20kt (max)
  - Good visibility
  - There may be other weather/ environmental factors to take into consideration
5. Consult with team
  - Listen to advice
  - Advise safety team of any sailor who may be more vulnerable (children, inexperienced)
  - Check Comms are working – VHF primarily. Mobile phones may be back up
  - Can you set a reasonable course and in your view is it safe to sail?

## On the Water

6. If conditions change adversely be willing to cancel/ abandon this race without delay.
7. Be aware of whether your safety team is stretched (e.g. more than 1 capsize)
8. Too many capsizes indicate you should not be racing at this time with a depleted safety team. (Or if they are all by one boat you have a sailor who should be sent back to shore)
9. Be aware of fatigue, in yourself, your team and your sailors.
10. End racing in good time for everyone to get ashore before light fades or conditions deteriorate.
11. DO NOT PUSH THE LIMITS