

# THE DISABLED SAILING ASSOCIATION (DSA BC)



## COVID-19 SAFE PLAN

The Disabled Sailing Association's highest priority is to the safety of our staff, volunteers, & participants. DSA follows the protocols of the Jericho Sailing Centre as well as requirements from WorkSafeBC, provincial health authorities, and DSA management. Thank you for adhering to our protocols and for your commitment to everyone's well-being.

### **A. WorkSafeBC Safe Plan**

#### **First Level of Protection: Elimination**

- a. The DSA has reduced the number of sails to one every half hour to minimize overcrowding on the compound. A maximum of two bookings may be made at a time. This may be subject to change.
- b. Prior to arriving, all clients are required to complete a COVID-19 pre-screening form (<https://bc.thrive.health/covid19/en>). We ask that the form is completed honestly, and that those who display any symptoms or who have been travelling outside the country within two weeks prior to their sail refrain from entering the compound. A waiting list will be made for those who need to cancel due to any risk of illness.
- c. Clients will not be permitted to enter the main office area. The posted maximum occupancy limit is five (5) individuals, namely the DSA staff. Any equipment necessary prior to sailing will be retrieved by a staff member. Signs will indicate a check-in desk and designated waiting area inside of the compound.

#### **Second Level of Protection: Barriers and Partitions**

The DSA will not be installing any barriers or partitions around the compound. In incidences where social distancing cannot be maintained, personal protective equipment will be worn (see Fourth Level of Protection).

### **Third Level of Protection: Rules and Guidelines**

- a. We would like to minimize the number of individuals coming within 6 feet of one another. Clients are asked to bring someone within their social bubble (e.g. caregiver) to assist with the transfer in and out of boats. If the lift is required, this individual must be trained to operate it, otherwise a staff member will assist. If a client comes alone, staff members will be wearing extensive personal protective equipment for these transfers.
- b. A number of WorkSafeBC and DSA signs will be present around the compound outlining proper procedures and conduct. All visitors must necessarily abide by these guidelines in order to create a safe environment.
- c. Clients are asked to bring their own lifejacket or Personal Flotation Device (PFD) if they have it. This will minimize the number of surfaces contacted by multiple individuals. If they do not, the DSA will provide a sanitized lifejacket.
- d. As part of our updated safety plan, the DSA requires all solo sailors to have a safety whistle with them while on the water. DSA asks those who have their own safety whistle to bring it with them, otherwise the DSA will provide you one that is new (still in packaging).

### **Fourth Level of Protection: Personal Protective Equipment**

- a. In accordance with Jericho Sailing Club Association (JSCA) guidelines, a mask **must** be worn at all times while on the compound and on the water. This must be accompanied by social distancing from all other individuals on the compound when possible. We ask all visitors to please bring a mask with them before entering the compound. If required, the DSA will be providing disposable masks for free. Do **not** purchase one from the JSCA check-in desk.
- b. We recognize that while sailing, social distancing must be broken between the volunteer and the client. For this reason, it is required that both clients and volunteers wear a face mask on the boat.

## **B. DSA Specific Procedures**

### **Before Arriving at the Compound**

1. Fill out the following COVID-19 self-assessment survey before your first sail: <https://bc.thrive.health/covid19/en>. If your result informs you to get a COVID-19 test and self isolate, please call DSA as soon as possible. If your result informs you that you do not appear to have COVID-19, please show our office coordinator a screenshot of your result when you check in the day of your sail.
2. Bring your own reusable or disposable face mask. If needed, the DSA will provide you with a free one when you check in. All persons entering the compound must wear one. Some exceptions may apply, please contact the DSA office if you have concerns about this.
3. If possible, bring an individual in your social bubble (e.g. a caregiver) to assist you with transferring into the boat. If you require the lift, this individual must be trained to operate it, otherwise a staff member will assist.
4. If possible, bring your own lifejacket or PFD with you, preferably equipped with a safety whistle. If you do not have one, the DSA will provide you with a sanitized life jacket and a new whistle.
5. If it is your first time sailing, complete a consent form to bring in the day of.

### **Once Arrived at the Compound**

1. The JSCA has set up a check in point before entering the compound. Please ensure you sign in with them, and obtain a free mask from the DSA if you do not already have one. Do **not** purchase one from the JSCA check-in desk. Wearing a mask is mandatory throughout the duration of your time at Jericho and out on the water. Some exceptions may apply, please contact the DSA office if you have concerns about this.
2. Please sanitize your hands as soon as possible with one of the hand sanitizers provided around the compound, or at a sink.
3. The DSA will be setting up a table outside for clients and volunteers to check in. Please proceed to this area. Be prepared to show us a screenshot of your completed COVID-19 self-assessment survey and give us your consent form if it is your first time sailing.
4. Please wait in the designated waiting area until the boat is ready to be launched. This area will be indicated by a sign. DSA Staff will bring you all necessary equipment and let you know when your boat is ready.

5. The DSA boat will have been fully sanitized prior to your sail. Hand sanitization before entering the boat is mandatory.
6. Refrain from touching your eyes, mouth or face while sailing.

### **Returning from a Sail**

1. As soon as possible after landing, sanitize your hands using the hand washing stations or hand sanitizers provided.
2. Once you have exited the boat and gathered your personal items, exit the compound as soon as possible to avoid overcrowding.
3. Do NOT remove your face mask until you have exited the compound.

### **C. Summary**

1. All clients must complete a COVID-19 self assessment survey prior to their sail, and show a screenshot of their result to a staff member when they arrive (<https://bc.thrive.health/covid19/en>).
2. Masks are mandatory in order to enter the JSCA. Please bring your own. A free disposable mask will be provided by the DSA if you do not have your own. Do **not** purchase one from the JSCA check-in desk.
3. If possible, please bring an individual within your social bubble (e.g. caregiver) to assist with your transfer into the boat. If you require the lift, this individual must be trained to operate it, otherwise a staff member will assist.
4. Please do not bring anyone other than yourself and an individual within your social bubble to help with your transfer. This is to avoid overcrowding the compound.
5. Clients will not be permitted to enter the office area. Signs will indicate a designated waiting area, and any necessary equipment will be collected by staff from the office.
6. If possible, clients are encouraged to bring their own lifejacket, preferably equipped with a safety whistle. If required, DSA will provide a sanitized life jacket and a new (still in packaging) whistle for you before your sail.
7. Hands must be sanitized at the following times:

- a. Upon entering the compound
- b. Prior to entering the boat
- c. After returning from a sail
- d. Before leaving the compound

**\*\*Disclaimer:** Our rules and guidelines are in place to maximize the safety of our clients, volunteers, staff, and members of the Jericho Sailing Centre. Please ensure you cooperate and follow the rules. Staff reserve the right to refuse service to those who don't abide.

Thank you from your DSA staff: Avi Nachmani, Abbey Flintoff, Gurleen Heer, Laura Joyce, Loïc Cruz-Iqbal and Emilie Desrochers.