

Lake Minnetonka Sailing School COVID-19 Safety Policy

Effective May 15, 2020

OVERVIEW

This policy applies to all sailors, parents and instructors while on Lighthouse and Bug Islands, pontoon shuttles and the pick-up/drop-off locations at the Carson's Bay Facility (CBF) and the Park Avenue docks.

As always, the safety and well-being of our sailors is our highest priority. This year, COVID-19 presents some challenges, but the Lake Minnetonka Sailing School (LMSS) is committed to striving for a safe environment that enables all sailors to continue to grow their knowledge and love of sailing. As such, the LMSS staff and board of directors have carefully laid out plans for this summer and fall sailing seasons.

To accomplish the safety and well-being of all sailors, their families and the LMSS instructors, it is critical that each sailor and their parent understand and follow this policy. Instructors will be working with sailors to help them understand and follow their responsibilities for creating a safe environment for themselves and their peers. Sailors that disregard their responsibilities will be asked to leave the event with their money refunded on a prorated basis.

LMSS has redesigned all its activities with a focus on structured social distancing, hand hygiene and facial protection. We have partnered with the Minnetonka Yacht Club (MYC) to limit the number of people on Lighthouse Island. Six-foot radius seating arrangements have been developed for the on-island sessions and pontoon shuttles with additional staff present to ensure compliance. Shuttle docks at CBF, Lighthouse, Bug and Park Avenue have been delineated with six-foot boxes as a reminder to those waiting for a pontoon shuttle. On-island instructional approaches have been enhanced to accommodate spread-out chalk talks. Handwashing and hand sanitizing stations have been added at shuttle pick-up and drop-off points as well as through-out the island. Buffs or similar facial protection will be required for indoor common spaces and anytime a sailor is within a six-foot radius of another person. Thermometers will be available to assist instructors in their immediate response to a sailor that isn't feeling well. Finally, LMSS instructors have received additional training on CDC and Minnesota Department of Health guidelines as well LMSS COVID-safe coaching requirements.

With all the above mitigations in place, each sailor, parent and instructor play a critical role.

SAILOR RESPONSIBILITIES AND EXPECTATIONS

- Do not attend sailing events if you have any degree of fever, are feeling sick or have had contact with someone with COVID-19 in the last 14 days. If you begin to feel ill, let your instructor know right away.
- Always maintain a six-foot (at least two arm's length) radius from your fellow sailors and instructors. Be respectful of other sailors' space and help them remember yours. This includes while on the docks waiting for the shuttle.
- A clean boat is a safe boat. Start and end your day by sanitizing your boat and rigging with soap and water. Before you rig your boat, spray and wipe down boat, control and rigging surfaces. Repeat the same cleaning process at the end of the day. Note: LMSS will have an ample supply of sailor-safe cleaning products for both the sailor and their boat.

- Apply hand sanitizer or wash your hands before you get on the pontoon shuttle, before and after you sanitize your boat and before you eat. Hand sanitizer always goes on after taking off sailing gloves and before sunscreen is applied or reapplied. Apply hand sanitizer one last time at the end of the day at CBF or Park Avenue after exiting the pontoon shuttle.
- You will be expected to use a buff or other facial protection and wear it over your nose and mouth anytime you are inside a building or within a six-foot radius of another person.
- Don't share your water bottle, food or sunscreen with another sailor. While it is nice to share with a friend, we want to keep potential germs to ourselves.
- No guests on your boat. Don't be a guest on another sailor's boat. Practice social distancing at all times including when on the water.

PARENT RESPONSIBILITIES AND EXPECTATIONS

- Make sure your child understands the importance of following the above responsibilities and expectations
- Help your child understand that social distancing, hand sanitizing and their facial protection are a critical part of safe sailing this summer (much like the importance of sunscreen and their life jacket)
- Do not send your child to any activity if they have cold or flu symptoms or if a member of the family has cold or flu symptoms. Please err on the side of caution and notify the LMSS Director (Phone number below and on the LMSS Website). Missed sailing school days due to sailor or family member illness will be reimbursed on a prorated basis.
- Contact the LMSS Director if your child develops symptoms within three days after attending an activity. Your diligence in keeping the LMSS Director informed is key to a safe summer and fall for all.
- Don't hesitate to reach out to the LMSS Director or an instructor with any questions or concerns

INSTRUCTOR RESPONSIBILITIES AND EXPECTATIONS

- Lead by example and set the tone for what "good" looks like. Make sure each sailor understands their responsibilities as defined above including expectations for safe distancing, hand hygiene and wearing facial protection. Observe each sailor throughout the day and provide timely feedback on how they are doing.
- Be approachable and get to know your sailors. Make it easy for them to share their concerns and comfortable to tell you if they are not feeling well.
- Ensure all instructional, transitional and downtime activities promote healthy social distancing practices
- Allow extra time for transitional activities (e.g. rigging/derigging, shuttle transportation, etc.) to help avoid long lines on docks
- Provide additional boat sanitizing using a chemical disinfectant at the beginning or the end of each day to supplement cleaning performed by sailors
- Follow LMSS coach requirements for personal illness reporting (see separate document)

SAILORS: I have reviewed, understand and am willing to fully comply with the responsibilities and expectations as described above.

Sailor (Please print name) _____

Signature _____ Date: _____

PARENTS: I have reviewed, understand and am willing to fully comply with the responsibilities and expectations as described above.

Parent (Please print name) _____

Signature _____ Date: _____

LMSS Director: Office: 952-404-1645

Email: director.lmss@gmail.com



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