



## 2021 RORC COVID-19 Guidance for Racing

### Terms and Introduction

This document provides guidance for competitors when racing in RORC events. This guidance should be read alongside the latest Government regulations (UK), guidance appropriate to the location of any start or finish of a race (e.g. France, Antigua, Channel Islands) and the sport's governing bodies including the RYA and other local MNA prescriptions.

This guidance acts as means of reducing and mitigating the risks associated with the coronavirus that causes COVID-19 and the associated impacts on participants and their contacts. It is important that all participants take personal responsibility for evaluating any potential risks to themselves or others. It is especially important that skippers or those with responsibility for multiple crew from different households consider any COVID-19 related risks and associated mitigations as outlined.

All participants should also be aware that this guidance is subject to change, possibly at short notice or without warning, as regulations and laws change within countries.

### Principles

As per the RYA's guiding principles it is appropriate to remind all participants of the need to be **Conservative** and help to minimise risk by taking an extra conservative approach to their sailing,

Also, to be **Considerate**: be mindful of the potential impact that you could have on other water users and do not place unnecessary extra strain on emergency services.

As we know, the sport of offshore sailing provides great fun while also being an immense privilege for so many of us within the sport, it is therefore prudent to remind all competitors in the value of following the principles and being mindful of the impact their behaviour may have on other competitors, the club, the sailing community or its perception with the broader community.

### Guidance and Risk Mitigation

After consultation with medical professionals and guidance provide by government the club highlights what it considers as 'best practice' in mitigating the risks association with COVID-19 in offshore sailing:

- Should any crew member display any symptoms of COVID-19 (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste) they should **NOT** participate, avoid contact with other people and self-isolate. Should any crew member be exposed to a proven or suspected COVID-19 infection they should **NOT** participate.
- All crews should, whenever possible, remain as crew bubbles and minimise their contact with other crews.
- When available in your area, it is strongly recommended that all crew undertake COVID-19 vaccination. COVID-19 vaccination has been shown to both reduce transmissibility as well as dramatically reducing the chance of developing the disease.

- It is strongly recommended that all crews undertake pre-race testing, including those who may have been vaccinated. Rapid lateral flow testing (LFT) is now available free of charge in the UK and widely available internationally. International crews are strongly advised to undertake PCR testing prior to departure, which may also be required when crossing international borders.
- Below Decks – below deck areas of a boat during a race are highlighted as an area of increased risk to crews. Crews should therefore:
  - Minimise the use of below deck areas as much as possible.
  - Ventilate below deck areas where safe to do so.
  - Utilise face coverings below deck when crews from different households are mixing.
  - Do not share drinking or eating utensils.
  - Minimise ‘hot-bunking’ and the sharing of bedding whenever possible.
  - Follow current regulations applicable to the area in which you are sailing (UK regulations from the 17<sup>th</sup> May allow a maximum of 6 people from different households or larger numbers if just members of two households to be below deck at any one time)
- If a crew member develops COVID symptoms during a race, then the whole crew must follow the guidance for self-isolation and quarantine until cleared by testing on return. Overall, this means that if any crew member tests positive the rest of the crew must quarantine at home for 10 days.
- Therefore, the fundamental precaution is **NOT** to get on a boat if you suspect you either have Covid or have had recent contact with an infected person.

#### **Further Guidance and Advice**

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

<https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person>