

HAWLEY LAKE SAIL TRAINING CENTRE
PROCEDURES FOR ALLOWING SAFE YOUTH COURSES
WHILST MANAGING THE RISKS OF COVID-19

These procedures will apply to all children attending youth courses at HLSTC, some also apply to parents or carers dropping off or collecting children. They are based on the principle of allowing course members to enjoy boating activities in a safe environment that follows Government advice on preventing the spread of Covid-19.

We, as a Training Centre, must take a **considerate** and **conservative** approach:

- **Considerate:** be mindful of the potential impact that we might have on others and not do anything that might place an unnecessary extra strain on the emergency and health services.
- **Conservative:** help to minimise risk by taking an extra conservative approach to our boating.

All of the following will apply until further notice and will be subject to change as the Government advice develops.

A parent or carer will need to sign to say that they have read and accept these procedures. This will be done as part of the consent process at the start of the course. Parents/Carers will be informed if there is a revision to the procedures during the course period.

GENERAL:

- Anyone using the Club facilities or taking part in any activity is doing so at their own risk.
- If you or a family member has Covid-19 symptoms or you have come into contact with someone displaying symptoms, don't attend your course. Follow Government advice on self-isolation. Seek help from NHS 111 if required.
- If you are in a 'vulnerable' group, follow the Government guidance on what you should/should not do.
- If you develop symptoms of Covid-19 within 14 days of the end of the course, please inform us by e-mail.
- The course Senior Instructor will decide if conditions are not suitable for an activity to take place, i.e. too great a risk of participants needing assistance. Course members must accept any such decision.
- Family members, e.g. parents or carers, of course members, are permitted on site to deliver and collect their children. Parents are not permitted to remain on-site at other times except with the permission of the Centre manager. Avoid bringing siblings of course members on-site unless absolutely necessary and in which case they must be supervised at all times. Parents must follow social distancing rules and adhere to any hygiene procedures in place.
- There will be no facilities for food or drink, course members should bring anything they need with them.
- Changing Rooms will not be available, so course members must come prepared and make their own arrangements to deal with changing.

ACCESS:

- Course members arriving by car can park in the usual area.
- There is a much higher number of members of the public walking and cycling on the approach road. Please drive slowly and show consideration to others.
- Observe social distancing of 2m with regard to anyone walking through the Car Park area.
- Maintain social distancing from non-family members whilst moving around the Club site.

TOILET FACILITIES:

- Course members will be briefed on toilet arrangement at the start of the course. Changing rooms are not to be used and there will be no shower facilities. Do not use the toilets in the Clubhouse building.
- The outer door to the changing rooms will open, please don't touch the door.
- In the Gents toilet, one cubicle will have the seat and lid removed from the W.C. so it can be used as a urinal. Flush after use using toilet tissue as a barrier, which can be dropped in the bowl. If you need to use the other cubicle, don't touch the seat or lid. Flush using toilet tissue. After use spray the seat with the disinfectant provided, no need to wipe this afterwards.
- Wash your hands using the hand wash provided and correctly dispose of paper towels.

PERSONAL PROTECTIVE EQUIPMENT:

- All course members must have access to suitable protective equipment and this will be provided by HLSTC if a child does not have their own.
- Wetsuits will be loaned for the duration of the course and will be taken home each day and handed back at the end of the course.
- Buoyancy aids and spray tops will be allocated to each child for the duration of the course.
- Children must come with adequate warm clothing to enable them to be outside at most times.
- Parents of 8-10's will be asked to stay on Monday morning until their child has been kitted out with a wetsuit and buoyancy aid. This won't take long but will ensure that they can be assisted with that initial fit.

PERSONAL BELONGINGS:

- Bring any personal belongings in a holdall or, better still, a plastic storage box with a lid. Make sure it is labelled with your name.
- Bring a plastic bag big enough to put your damp wetsuit in at the end of the day.
- Bring a towel big enough to let you change.

FIRST AID:

- The basic principles of first aid still apply despite the need for protection against Covid-19.
- Where possible we will get the injured person to deal with minor injuries themselves, using first aid supplies provided, e.g. clean cut and apply plaster or apply ice-pack to bruising.
- If the First-Aider has to intervene, they should wear a face mask and gloves (included in first aid kits).
- In the case of an adult casualty unconscious and not breathing, external chest compressions alone can be administered as continuous compressions, having first called 999.

- If the casualty is a child, cardiac arrest is unlikely to be caused by a cardiac problem and is more likely to be a respiratory one (e.g. Drowning), making ventilations crucial to the child's chances of survival. The most important thing is to act quickly to ensure the child gets the treatment they need in the critical situation.
- For out-of-hospital cardiac arrest, the importance of calling an ambulance and taking immediate action cannot be stressed highly enough. If a child is not breathing normally and no actions are taken, their heart will stop and full cardiac arrest will occur. Therefore, if there is any doubt about what to do, give rescue breaths and chest compressions. We accept that doing rescue breaths will increase the risk of transmitting the COVID-19 virus, either to the rescuer or the child. However, this risk is small compared to the risk of taking no action as this will result in certain cardiac arrest and the death of the child.

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