

Session: _____ Date: _____ Time: _____

Timing		Action	Check
Pre session	1	Reminder message sent to all participants;	
		(a) Confirming session times & arrival time prior to session	Y/N
		(b) Arrive prepared to sail i.e. changed into sailing gear etc	Y/N
		(c) Ensuring to bring own personal equipment e.g. water bottles, life jackets (bring own if possible), sailing clothes - NO SHARING ALLOWED!!	Y/N
		(d) If showing any symptoms (runny nose, cough, sneezing, loss of smell... - DO NOT ATTEND and inform coach/ Instructor/ DSC Principal	Y/N
		(e) Wash hands before and after session	Y/N
		(f) Drive to session in own vehicles unless share house with other member of group (i.e. no car-pooling)	Y/N
		(g) Parents to drop off and pick up children from outside the club wherever possible	Y/N
	2	Conduct an instructor/coach briefing to ensure all are of the same understanding on the restrictions and compliance requirements. Ensure instructors/coaches are healthy and well informed of specific COVID symptoms to look at for.	Y/N
	3	Ensure rigging and briefing zones are set up and obvious	
	4	Ensure all key sailing equipment etc has been cleaned after previous sessions	Y/N
Start of session	5	Register participants in attendance to ensure participant numbers are within agreed limits and contact details are correct	Y/N
	6	Parents / visitors are registered with contact details, time in and out if staying to watch sailing	Y/N
	7	Temp checks (if applicable)	Y/N
	8	Reconfirm with participants they are Symptom Free	
	9	Remind participants:	
		(a) Agreed distancing rules	Y/N
		(b) NO SHARING of water bottles, doleys, life jackets etc	Y/N
		(c) Washed hands?	Y/N

Training / Sailing Check List



During Session	10	Maintain distancing rules	Y/N
	11	Monitor athletes are not sharing water bottles/ kit etc	Y/N
	12	Any shared equipment sanitised at appropriate intervals	Y/N
	13	Remind participants to wash hands during session breaks and on leaving venue	Y/N
	14	Record time participants leave session	Y/N
	15	Ensure participants leave venue immediately (no post session 'socialising')	Y/N
Post Session	16	Conduct an instructor/coach de-brief to ensure all compliance requirements have been completed and if there are any issues or learnings that need to be applied to next session	Y/N
	17	Disinfect any shared equipment, boats, life jackets, training room etc	Y/N
	18	Disinfect all instructor / coach / officials support equipment, boats, radios, tablets etc	Y/N

Name: _____ Signature: _____