

COVID-19 - Risk Mitigation Policy for Adventure Sailing - Customer Information – 28 June 2021

This assessment and policy has been further reviewed and updated on 26 June 2021 in light of our considerable experience of running practical sailing courses and Around Britain Adventure Sailing in under COVID-19 safety measures. We have also noted that the NHS mass vaccination programme is going well and the government is considering lifting of all covid restrictions from 19 July. So we consider that it is feasible to safely operate the vessel on the Around Britain 2 and 3 Adventure Sailing itineraries from 3 July onwards.

We will comply with all applicable government legislation in England, France, Wales, the Irish Republic, Northern Ireland and Scotland. We will follow government guidelines as closely as possible considering safe operation of the vessel and minimize risk of infection for all customers, staff and third parties. No single measure can eliminate all risk of infection. But a systematic combination of measures targeting all possible channels of infection and transmission will minimize overall risk.

We consider that the risk of infection arriving in a small group of maximum 9 people who, typically, have booked well in advance, are isolated on a sailing yacht most of the time and who exercise due discipline aboard and in shore visits will be very low. However, although the government is expected to remove all covid restrictions from 19 July and vaccinations are greatly limiting consequences of infection, it is the case that covid infection rates are still rising so to minimize the risk we intend to continue with some precautions such as health declarations and testing.

Pre-Cruise Requirements and Precautions

A. Customer Health and Covid Safety Declaration: We will ask everyone joining the yacht to make a self-declaration that they are not showing COVID-19 symptoms, have not had any recent contact with infected persons, accept Elite Sailing's safety measures as reasonable and will cooperate in their application. See 'Health Declaration' below. The request will be sent to you by email about 2 days before you join, and we'll ask for a reply to the effect: 'I so declare'.

B. Evidence of Low Covid Infection Risk. We require everyone joining the yacht to supply **ONE** of the following types of evidence of low Covid-19 infection risk:

1. A single negative PCR (Polymerase Chain Reaction) COVID-19 test result not more than 5 days before joining a crew leg.
2. **Two** negative Rapid Lateral Flow (Antigen) COVID-19 test results with the 2 tests taken within a week of each other, at least 3 days apart and with the second not more than 5 days before joining a crew leg.
3. Evidence of completion of the FULL COVID-19 vaccination course i.e. both doses. An image of your completed COVID-19 vaccination record card is acceptable. Or you may be able to access proof of vaccination via the NHS App - this is **separate** to the NHS Test & Trace App. Please click this link to download the NHS App <https://www.nhs.uk/nhs-services/online-services/nhs-app/> and provide an image e.g. screenshot of the relevant immunization details when registered with the service.

Notes on Access to Testing

Private PCR tests may be ordered online as home testing kits or arrangements may be made to have a test in a convenient private clinic. Typically the result of the test will be available as a downloadable document e.g. 'Fit to Fly Certificate' or possibly as a text message. Please forward to Elite Sailing a copy of the document or an image of the text message along with the name of the company through which your test was purchased.

Anyone who does not have symptoms of COVID-19 can now get regular rapid lateral flow tests to check for COVID-19. <https://www.nhs.uk/conditions/coronavirus-covid-19/testing/regular-rapid-coronavirus->

[tests-if-you-do-not-have-symptoms/](#) You can order these tests online to be delivered to your home, collect them from certain local pharmacies (for you to do the test at home) or get tested at a local community rapid lateral flow test site. If you get tested at a test site you'll get a text or email with the result when it's ready (which you could then forward to Elite Sailing). If you do the test at home, it's likely to be more problematic in providing the evidence to Elite Sailing (although it might be possible to provide a satisfactory photo of the negative results from the reading window of the handheld device).

In England, if you do not take a PCR test within the next 2 days of a positive rapid lateral flow test, you must self-isolate for 10 full days even if you get a negative PCR result. So, **if you acted quickly**, a positive lateral flow test result would not necessarily mean you would have to cancel your Adventure Sail with us i.e. the subsequent negative PCR test result would indicate the lateral flow result was a false positive and we would accept the PCR result as suitable evidence.

Conduct of Adventure Sailing Aboard the Yacht During Around Britain 2 and 3

The principal effects of the safety measures on the conduct of Adventure Sailing from 3 July and until amended by further review will be:

- a. Maximum number of crew aboard the vessel limited to 8 plus the skipper.
- b. No sharing of berths in the double aft cabins unless both occupants agree.
- c. Forward (twin bunk) cabins will generally be shared.
- d. Hired wet weather clothing will only be available for customers on a complete circumnavigation. It would be impractical to sanitise wet weather clothing after use so customers joining for less than a full circumnavigation will need to bring their own wet weather clothing.
- e. There will be a strict regime of daily boat cleaning and frequent hand-washing by skipper and crew. Hand sanitiser will be made available at the yacht boarding point (see below).
- f. Removable berth covers will be washed every time an occupant is changed. (NB this does not remove the requirement for customers to bring and use an undersheet)
- g. Customers will be asked to bring a sleeping bag, lower sheet and pillow case.
- h. We will ask customers to self declare their health status about 3 days prior to joining the yacht and to repeat this on arrival on day 1.
- i. We will take customers' temperatures on arrival at the boat using an infrared thermometer.
- j. Crew will be briefed and supervised so as to maximize social distancing and avoid situations where multiple household groups are collected close together below deck.
- k. Meals will be prepared and taken with care to minimize mutual transmission risk. Meal ingredients and preparation methods will be adjusted to minimize handling and maximize hygiene. Detailed hygiene instructions will be published, made readily available in laminated form and briefed to crew on joining.
- l. Shared facilities such as the galley and the heads (toilets) will be sanitized daily and all surfaces touched (including door and locker handles, door edges, worktops, taps) wiped with disinfectant after each and every use.
- m. Lifejackets and safety lines will be issued to individuals and not mixed. On change of crew lifejackets will be spray disinfected and dried and/or quarantined for at least 48 hours.
- n. Crews and skipper will wear masks in any situation that requires close consultation of charts and navigation equipment. Masks will be provided aboard but customers will be encouraged to bring their own and a spare.

Conduct of Adventure Sailing Ashore

The Skipper and customers will adhere to social distancing rules when ashore. Visits to crowded indoor places should be avoided. On returning to the vessel from any shore visit everyone must wash their hands with hand sanitiser before boarding. All articles purchased ashore including food packaging is to be either discarded before boarding the yacht or if brought aboard disinfected by washing or surface wiping. All items of personal kit are to be kept in personal bags or personal cabin spaces.

Elite Sailing Staff and Facilities

Staff are briefed to maintain highest standards of compliance with social distancing on and off duty, to report any symptoms of infection or possible contact with an infected person and to withdraw from work and self-isolate immediately as required by regulations. Facilities are maintained in a hygienic condition with all areas, surfaces and equipment that customers may contact cleaned regularly.

Customer Health Declarations

A few days before each event or crew change the new instructor and new crew will be sent an email asking for a personal health declaration. You will be asked to declare, by email, that:

‘To the best of my knowledge I (and all members of my party attending with me) do not currently have symptoms of Coronavirus and in the last 14 days have not had contact with an infected person or been asked to self-isolate due to reported contact. If before or during the course I develop symptoms or suspect contact with an infected person I will inform Elite Sailing immediately.’

You will be asked to repeat this declaration on arrival at the yacht.

Contingency Plan - Actions in Case of a COVID-19 Event Occurring after Arrival at the yacht

A COVID-19 Event would be:

- Skipper or crew member becoming symptomatic after arrival at the yacht (including within 7 days of leaving the yacht at the end of a leg).
- Instructor or Crew member becoming aware of a recent contact who may have been infected at that time.

In any of these or a similar event the yacht will be docked and the situation reported to local health authorities or to NHS Test and Trace. The affected person will be asked to get tested immediately. If the test is available and negative the yacht will continue - albeit delayed. If the test is positive all crew may have to return home and self isolate. If no test is available the person with symptoms maybe asked to leave the yacht and return home. The yacht will be cleaned and a replacement skipper and crew will take over and continue.

Clearly this would be a very disruptive event but we consider that with the risk mitigation measures in place the likelihood will be very low.

What to Bring with You

Personal Gear as per the standard packing list plus the following:

A lower berth sheet and a pillow slip.

Masks. (We will supply disposable personal masks but it is always better to bring your own).

Personal hand sanitizer

Personal drink container.

Waterproof clothing.

Policy Review

This policy will be reviewed as government covid regulations evolve. The latest version will be shown on the website and is available from the Elite Sailing Office.