

### Private Activity Protocol Tier 3 (8 November 2020)

Members are asked both to behave in a responsible way and to be seen to be acting responsibly to prevent the possible spread of COVID 19.

- **Do not participate/ come to beach if you have any of the symptoms of the virus.**
- **Maintain 2 metre social distancing at all times.** Pay particular consideration at the pinch points e.g. car parks, access pathway, railway crossing, boat park, slipway, outside race box. Have particular regard for other beach users.
- **Wash/Sanitise hands** on arrival before entering club premises (e.g. boat park) and **regularly** thereafter, carry alcohol based sanitiser for personal use.
- **Avoid touching surfaces** where possible and avoid touching other than your own boat.
- Use only personal equipment (no gear is available to borrow).
- **Sail/row single-handed or with a crew from the same household.**
- **Sail/row conservatively taking account of conditions, weather/tides, to minimise risk and requirement for outside assistance.**
- Be aware that no club organised safety cover will be provided.
- Carry a paddle and anchor
- Remaining in line-of-sight of the launch area at Grassy Beach
- **Ensure that there is a shore contact who is aware of the time you go afloat and return and ideally take a means of communicating with them when afloat.**
- No changing facilities are available.
- Toilets should be used only one at a time and should be sanitised before and after use.
- Beach Clubhouse should not be accessed except in an emergency eg to get First Aid kit

From November onwards **temperatures are dropping, the water is cold.** Keep safe by dressing for the conditions. Hypothermia strikes quickly if you end up in the water.