

19 September 2021

Lindisfarne Sailing Club (LSC)

COVID-19

SAFETY GUIDELINES

2021-22

These guidelines outline actions to be taken at Lindisfarne Sailing Club (LSC) to ensure compliance with Tasmanian Government COVID-19 requirements and to protect members by mitigating the risk of virus spread at the club.

Any future directions from the Tasmanian Government will be implemented and may override these guidelines.

What is COVID-19

COVID-19 is a respiratory illness caused by a corona virus. A major national control program is currently in place for COVID-19.

Symptoms of COVID-19 can range from mild illness to pneumonia. Some people will recover easily, and others may get very sick very quickly. People with coronavirus may experience symptoms such as:

- fever
- respiratory symptoms
 - coughing
 - sore throat
 - shortness of breath

Other symptoms can include runny nose, headache, muscle or joint pains, nausea, diarrhoea, vomiting, loss of sense of smell, altered sense of taste, loss of appetite and fatigue.

The virus can spread from person to person by contact with infected surfaces and by aerosol.

At a community level vaccination against COVID-19 is an important mechanism to control the diseases.

Details of the virus and mandated requirements are available through the Tasmanian Government website: coronavirus.tas.gov.au.

To help stop the spread of COVID-19, to ensure the safety of all club members and to allow continuation of our club activities LSC members must:

- comply with all Tasmanian Government COVID requirements
- take appropriate precautions as outlined below

State Requirements

Currently (September 2021) gatherings of 250 people in undivided indoor spaces or 1,000 people in outdoor spaces are permitted. A maximum density rule of 2 square metres per person applies. Where practicable people are required to maintain 1.5 metres distancing from other people.

LSC activities fall well within these limits

We need to comply with Government check in requirements

There is currently (September 2021) no Government requirement to wear a face mask for LSC type activities, nor to provide evidence of vaccination status.

LSC response to COVID-19

Our prevention strategy is based on enhanced hygiene and social distancing measures. Social distancing decreases the risk of transmission from breathing in droplets, while enhanced hygiene reduces disease transmission from touching infected surfaces.

In practice this means

- Stay home if you are unwell
- Check in on arrival using the *Check in Tas App*, or fill in the attendance record.
- Density limit of 1 person per 2 square metres onshore
- No more than 80 people in the club house at any time
- Avoid physical contact with other people
- Practice good hand hygiene before and after sailing
- Use of changerooms is permitted, keep within the capacity limits as signed
- Don't share drinks or towels
- Sharing of equipment should be avoided and if necessary, should be kept to a minimum

Practice good hygiene

- physical distancing of at least 1.5 metres between people
- hand hygiene
- respiratory hygiene (sneeze or cough into your elbow or tissues, and clean your hands after coughing or sneezing)
- clean and disinfect frequently touched surfaces.
- Ensure any tables and chairs are placed in a manner that maintains appropriate social distancing.

Cleaning and Hygiene

Cleaning

Lindisfarne Sailing Club employs a part time cleaner who performs the following cleaning on a weekly basis. These include:

- Cleaning all toilets
- Cleaning the canteen
- Cleaning door-knobs, fridge handles and hand rails (per attached risk assessment).

It is all our responsibility to assist with the health, cleaning and hygiene of our club and to assist this there are disinfectant wipes and hand sanitizer placed in all areas of the club. Whilst our part time cleaner does his duties we can assist him by doing the following:

- Disinfect with wipes (all members) – your touch points in the canteen and bar.
- Disinfect with wipes (all members) – your touch points on rescue craft
- Maintain a clean and tidy club, clean up any spills or mess you make around the clubrooms and surrounds

Hygiene and Social Distancing

All members at LSC need to take on the responsibility for themselves and their fellow members by following strict hygiene guidelines set out by State and National Health Authorities. These actions include:

- Washing / Sanitising your hands frequently, including at the start of the day and whenever re-entering the club.
 - Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Maintain social distancing in the club rooms and surrounds.
 - maintain at least 1.5 metres distance between yourself and your fellow members wherever possible
- Avoid personal contact, such as sharing cups or food.
- Avoid touching eyes, nose and mouth.

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- hands touch many surfaces and can pick up viruses
 - Practice respiratory hygiene
 - Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
 - Stay home if you feel unwell
 - Do not come to the club if you have any cold or flu like symptoms
 - If you have a fever, cough, sore throat, runny nose, difficulty breathing seek medical attention
 - Stay at home if you have had a COVID -19 test and are still waiting for results.
 - Stay at home if you have been in contact with someone with or possibly with Covid-19.

Sign in

All members and non-members are to sign in on arrival at the club. Please use the Check-in TAS app if possible, otherwise fill in the sign in book placed at the entrance to the club.

- Everyone must use hand sanitiser before entering the club
- All visitors must report via canteen

A flag officer may request a person who is coughing, sneezing or obviously unwell to leave the sailing club. Such a person should seek appropriate advice or testing.

If there was an instance of Covid-19 at Lindisfarne Sailing Club we would follow the National Guidelines as set out in the Work Safe Australia page attached at the end of this document.

Social distancing

Room capacity and other requirements are set out in the risk assessment below.

Signage will be placed in the club to alert people to these requirements.

Risk Assessment

AREA OF RISK	RISK	ACTION TO ADDRESS RISK
People arriving	Infected person	<ul style="list-style-type: none"> - People with signs consistent with COVID, or who are otherwise at risk of COVID, must not enter the club or club site. - Flag officers are empowered to ask a member or visitor to leave if they are showing signs of COVID or are regarded as a high risk (eg if they should be in self isolation)
	General entry	<ul style="list-style-type: none"> - Everyone (members, visitors etc) to sign in with the Check-in TAS app or in the register. This is separate from the race sign in sheet - All people entering clubhouse to sanitise hands. Hand sanitiser to be placed by the door next to sign in book. - Sailors are encouraged to hand sanitise on arrival prior to handling boats.
Main club room	Capacity	<ul style="list-style-type: none"> - Main hall is 18m x 12m. = 216 m². - LSC Place of Assembly License under section 78 of the <i>Public Health Act 1997</i> specifies a maximum of 80 people. - Maximum of 80 people. - Maintain social distancing of 1.5 m separation
Canteen	Capacity	<ul style="list-style-type: none"> - Canteen is 5.7m x 3.7m = 21m². - Maximum of 6 people. This allows for bench taking up space in the middle and provides working room.
	Social distancing	<ul style="list-style-type: none"> - To protect canteen volunteers and preserve social distancing, place a table in front of canteen counter. - Crosses on the floor in front of canteen to indicate 1.5m spacing.
	Decontamination of canteen surfaces	<ul style="list-style-type: none"> - Wipe down counter and benches regularly. - Wipe down high contact points eg fridge handles, taps, cash register, regularly through day. - Have adequate supply of cleaning materials to wipe down surfaces.
	Cutlery and crockery	<ul style="list-style-type: none"> - All reusable equipment to be washed in soapy water between uses.
Change rooms	Minimize use if possible	<ul style="list-style-type: none"> - Encourage people to shower when they get home

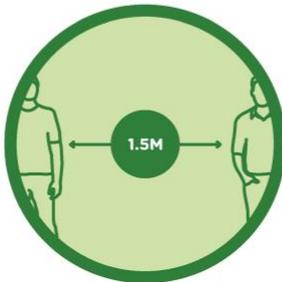
	Men's change room	<ul style="list-style-type: none"> - Change room is 4.8m x 7.5m = 36m² - Maximum of 15 people at a time (includes change area, toilet and shower). This allows for the amount of gear likely to be in the room. - Consider marking benches in change room to encourage separation.
	Men's shower	<ul style="list-style-type: none"> - Shower area is 1.9m x 2.4m = 4.6 m² - Maximum of 2 people - Middle shower head to be taped over - Recommend signage that only one person in showers at a time but a second person can be in the changing/drying area in the shower room. - No washing of sailing gear in the showers. (to speed things up and reduce clutter in the area)
	Women's change room	<ul style="list-style-type: none"> - Change room is 7m x 3.5m = 24.5m². - Maximum of 10 people at a time. - Consider marking benches in change room to encourage separation.
	Women's shower	<ul style="list-style-type: none"> - Shower area is 1.8m x 1m = 1.8m². - Only one person to be in shower area at a time.
	Sanitizing and cleaning	<ul style="list-style-type: none"> - Soap and paper towel to be at all basins in change rooms. - Hand sanitizer to be placed at bottom of stairs leading to change rooms. - .
General Cleaning	Surface contamination	<ul style="list-style-type: none"> - All frequently touched surfaces to be wiped with appropriate disinfectant regularly.
Rigging area and sail boat storage	People	<ul style="list-style-type: none"> - General conditions to attend club apply. - Sailors to try and maintain social distancing (1.5m) in the rigging area. - No need to space boats out more than usual.
	Surface contamination of boats/boat storage area.	<ul style="list-style-type: none"> - Sailors encouraged to sanitise hands before handling boats. - No need to disinfect boats as 6 day period between race days will deactivate the virus.
Rescue boats	Rescue boats	<ul style="list-style-type: none"> - General conditions to attend club apply. - Crew to sanitize hands before boarding rescue boats. - Crew to maintain distancing as much as possible in boats. - Decontaminate steering wheel and controls on boarding and leaving boat. - No need to disinfect boats as 6 day period between race days will deactivate the virus. Normal washdown only

Drifter	Drifter	<ul style="list-style-type: none"> - General conditions to attend club apply. - Crew to sanitize hands before boarding rescue boats. - Hand sanitizer to be available on board and used as necessary. - Crew to maintain social distancing as much as possible on board. - To facilitate social distancing only essential crew should be on board, ie no passengers. - Steering wheel, controls and frequently touched surfaces should be disinfected between operators and at the end of the day.
Function hire	Social distancing	- As for LSC use
	Canteen	- As for LSC use
	Cleaning	- Done weekly by part time cleaner and as required by members in attendance.



Australian Government

We are making
some simple steps to
help stop the spread.



PHYSICAL DISTANCING



SAFE HYGIENE



INDUSTRY CLEAN



CONTACTLESS PAY



CAPACITY LIMITS



COVIDSAFE APP

BE COVIDSAFE

For more information about Coronavirus (COVID-19),
please visit [health.gov.au](https://www.health.gov.au)



Protecting yourself and others from coronavirus



Hand Washing Procedure



1 Wash with water and soap, ensuring the entire back and front hand surface is covered



2 Lather palms together



3 Lather between fingers



4 Focus on both front and back of thumbs

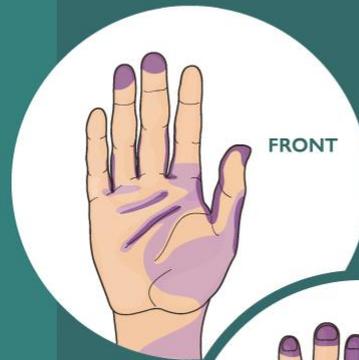


5 Make sure to reach the back of your hands



6 Lather wrists and rotate

Frequently missed spots when washing hands



- MOST FREQUENTLY MISSED
- FREQUENTLY MISSED

For more information visit
www.coronavirus.tas.gov.au



**Please always
wash your hands
regularly for 20
seconds.**



BE COVIDSAFE

COVID-19 at the workplace

You are not expected, and should not try, to diagnose people. However, you have a work health and safety duty to minimise the risk of workers and others in the workplace being exposed to COVID-19, so far as reasonably practicable.

If you reasonably suspect someone could have the virus, or has been exposed, this creates a health risk at your workplace, and you will need to follow the steps below.

The person you are concerned about is at the workplace



1. ISOLATE

Prevent the spread. Isolate the person from others and provide a disposable surgical mask, if available, for the person to wear.



2. SEEK ADVICE

Call your state or territory helpline. Follow advice of public health officials.



3. TRANSPORT

Ensure the person has transport to their home or to a medical facility.



4. CLEAN

Clean and disinfect the areas where the person and close contacts have been. Do not use those areas until this process is complete. Use PPE when cleaning.



5. IDENTIFY & INFORM

Consider who the person has had close contact with. If instructed by public health officials, tell close contacts they may have been exposed and follow advice on quarantine requirements.



6. REVIEW

Review risk management controls relating to COVID-19 and review whether work may need to change. Consult workers on WHS issues.

The person you are concerned about was recently at the workplace



1. SEEK ADVICE

Call your state or territory helpline. Follow advice of public health officials.



2. IDENTIFY & INFORM

Identify who at the workplace had close contact with the affected person. If instructed by public health officials, tell close contacts they may have been exposed and follow advice on quarantine requirements.



3. CLEAN

Clean and disinfect the areas where the person and their close contacts have been. Do not use those areas until this process is complete. Use PPE when cleaning.



4. REVIEW

Review risk management controls relating to COVID-19 and review whether work may need to change. Consult workers on WHS issues.

If anything is unclear, see detailed guidance on the Safe Work Australia Website

Remember:

- > There is not an automatic WHS requirement to close down an entire workplace, particularly if the person infected, or suspected to be infected, has only visited parts of the workplace.
- > Workers assisting a potentially infectious person should have appropriate PPE and follow hand hygiene procedures.
- > Consult with workers and allow them to raise concerns.
- > Do you need to notify your [WHS regulator](#)? See our [Incident Notification fact sheet](#).
- > Comply with privacy obligations. See [guidance from the OAIC](#).
- > Follow the advice of health officials at all times.

State and territory health department helplines:

New South Wales
1300 066 055

Queensland
13 432 584

Victoria
1800 675 398

South Australia
1300 232 272

Western Australia
(08) 6373 2222

Tasmania
1800 671 738

Australian Capital Territory
(02) 5124 9213

Northern Territory
(08) 8922 8044

