

Optimist Summer Championships Covid Policy issued September 1st, 2021

For the health, safety, and wellbeing of everyone involved in the event, special protocols are being adopted. Competitors, parents, coaches, and event officials are all requested to fully comply with these special protocols.

These protocols are in addition to all government and public health requirements including, but not limited to, maintaining 2m social distancing, regular handwashing, coughing and sneezing etiquette, use of hand gels, use of face coverings and international travel advice including arrival from non-Green list countries.

It is highly recommended that everyone attending the event, for any reason, completes Sport Ireland's COVID-19 course <https://www.sportireland.ie/covid19/course> . It is also highly recommended that you download the official government COVID Tracker app.

Special Protocols in respect of the event

Ashore & Afloat operations

- Fleets are to remain in designated areas ashore on the Carlisle Pier
- Designated areas will be assigned to each fleet ashore
- Face coverings are highly recommended ashore
- Changing rooms will be closed for the duration of the event and competitors are not allowed in the Senior Changing rooms. Please arrive dressed to go afloat. Non-compliance with this may result in disqualification from the event.
- Face coverings are always required on the changeover RIBS. Sailors need to have these coverings afloat so that they can put them on as the changeover RIB approaches and wear while on the RIB.
- Please consider the impact of wind on your social distancing measures on board

Briefings

- All briefings and registration will be held outside.
- Briefing may also be delivered as a video via WhatsApp

Contact tracing

- The organising authority in conjunction with IODAI will keep contact details for all sailors and parents/ guardians

If you feel unwell

In line with government guidance, if you feel unwell prior to arrival on site, please do not attend the venue and instead notify your 'Person in Charge'. If you become unwell with COVID-like symptoms while ashore at the venue, self-isolate outside and notify another event official. If you become unwell afloat, notify your coordinator, and remain in your boat. It is likely that you and your crew may have to self-isolate.

If another person informs you that they feel unwell

- Don your face covering if not already on
- Encourage them to stay in their boat subject to other safety considerations
- Arrange parent/guardian contact to meet them ashore and remove from site, while maximizing isolation

COVID-19 and resuscitation [MAY BE UPDATED FOR EXACT GUIDANCE AT DATE OF EVENT]

- In the unlikely event of an incident whereby resuscitation is required, this is now a higher risk intervention due to aerosol generation
- There is no expectation on any rescuer to perform mouth to mouth procedures - however rescuers may elect to do so depending on circumstances
- Don PPE including face covering, ideally a clinical face mask if available
- Turn the casualty's face to one side and cover (with a towel, sailing garment or similar)
- Follow any advice given by more qualified medical personnel

For Volunteers

- Masks and gloves will be provided by the RSGYC
- Guidance for unwell participant also applies to volunteers.
- 1 volunteer to be COVID-19 worker of the day in each club. Takes the measures in Appendix 1 below, and checks that protective equipment is in place each day. RSGYC to provide COVID reflective vests.
- NB the COVID worker is not screening guests nor making an evaluation for COVID. They follow the guidance in Appendix 1 for anyone who declares a cough, fever, or shortness of breath.

Appendix 1
Management of a Suspected Case of COVID-19 whilst at a sporting event
(As per Sport Ireland)

1. Ideally the designated COVID-19 compliance officer, staff member or volunteer should take charge of the management of any persons with COVID-19 symptoms.
2. Immediately separate any child or other person displaying or complaining of COVID-19 related symptoms from participants, staff, and spectators.
3. Ask this person to wear a face covering if possible or if available provide them with a facemask.
4. The designated person managing the situation should try to maintain at least 2 metres from the person with symptoms and should wear a face covering and wash their hands regularly.
5. Provide the ill person with tissues and hand sanitizer and ensure that all tissues are disposed of in a waste bag that can be tied and marked as separate from other waste.
6. If not unwell and adult coach / volunteer, advise ring GP (for Irish) / public health 1850 241850 (visitor). If minor, find or ring team contact/ Responsible Adult (available from race office) and tell them to ring GP / public health number.
7. If they are too unwell to go home or advice is required, contact 999 or 112 and inform them that the sick person is a COVID-19 suspect.
8. All persons who have been in close contact with the suspect case will need to be informed to restrict their movement for 14 days or until further information is available (i.e., a negative test result of the suspect case).
9. The person suspected of COVID-19 should have a medical assessment (GP or Hospital) and if the ill person has a positive test for COVID-19, a Public Health medical team will perform a risk assessment to determine the appropriate containment and mitigation measures, which includes the identification of close contacts as per national guidance.
10. Following a suspected case, all equipment should be disinfected and cleaned immediately. This is in addition to normal hygiene procedure.

HSE live number 1800 700 700

HSE support line 1850 241850 – Failte Ireland recommend give this to symptomatic guest.

Walk-in testing **if symptomatic** – photo ID & mobile number: **NB NOT FOR TRAVEL PURPOSES**

Shrewsbury Road Community Test Centre,

Hall 8a Simmonscourt Pavilion,

Shrewsbury Road,

Dublin 4

Walk-in testing from 3pm to 4:30pm, every day

Book (day of symptoms or next day) [Book a COVID-19 test - HSE \(healthservice.ie\)](https://www.healthservice.ie)

For public health contact tracing –

RSGYC will have the daily launch and recovery lists for participants

Jamie will have the catering contact details

Stored in race office and given to public health on request.

Checklist for RSGYC

Supplies for existing sanitiser dispensers – staff fill and keep an eye

Supplies for jury rooms Junior & Jury Room (Fri +) – masks, hand sanitiser

Supplies for launch area masks, gloves, spray, sanitiser boxed in RSGYC to go up each

Isolation area white tent, masks, and hand sanitiser in place.

Stocks for renewal of supplies, defib and first aid kit all moved to Jury Room

Appendix 2
Management of an injury by coach or volunteer

Try and assess the injury maintaining social distance.

Ask the player to refrain from spitting or deep clearing of their throat.

Where social distance needs to be encroached the coach / volunteer should sanitise their hands and put on a mask (ordinary surgical mask would suffice) and non-latex gloves. The injured participant should be asked to wear a mask if appropriate.

The coach should try and stay to the side of the injured player and out of the potential danger area i.e., in front of the players face.

Any kit bags/ first aid bags should be placed behind the injured player so they will not be accidentally contaminated by droplets.

First aiders should consider the type of kit bags used. Kit bags that are made of a plastic wipeable type surface are better for decontamination compared to non-wipeable ones. First aiders should also consider how kit bags are laid out, as once a first aider has touched a player with gloved hands, anything else they touch may potentially be contaminated.

Fumbling around in a kit bag for tape or some other item, risks gross contamination of everything else in the bag.¹⁵

Two options to consider are:

1. To have an assistant who places any required dressings, tape etc near the care giver.
2. To have small little zip lock type bags with a few essentials, gauze, tape, wound pads etc, which would be disposed of after any player contact.

If the injury requires immobilisation, try, and use splints or other inanimate objects (e.g., bags), where this is not possible the coach / volunteer should use their gloved hands.

Try and minimise the duration of the interaction with the injured participant and avoid face to face contact with the injured player / athlete.

Consideration for RSGYC

Easy access to masks & gloves for volunteers – top of slip.

Individual packs within first aid bags

Disposal of used materials

? sign on bag re positioning for attendance

Appendix 3

Management of major life-threatening injuries

Lay Rescuer

If you decide you can act as a lay rescuer

1. Keep your hands away from your face and thoroughly clean your hands (soap and water or alcohol hand rubs) as soon as you finish attending to the person.
2. If you have access to a mask and gloves use them (you will still need to wash your hands when you take off the gloves)
3. Avoid any contact of your hands with the airway (for example putting your hands into the mouth). This is expected to reduce the risk to a large degree even if the person has COVID-19
4. If you feel able to give chest compressions and use the defibrillator (AED) but want to avoid contact with the airway covering the mouth and nose with a cloth or a tissue may help to reduce the scatter of droplets from their airway.

Note. Use of an Automated External Defibrillator (AED) and performance of chest compression in the absence of airway management are not considered as an increased risk of transmission of infection

Checklist for club/ IODAI

COVID worker of the day in each club needs to know these

Where is the defib?

Need gloves, mask, eye protection, gown at defib

Check daily in place, replenish if used or absent

Stores of same?