

North East River Yacht Club Junior Program Covid-19 Mitigation Measures and Protocols

June 2021 Update

With our best defense being immunity, we have required all our program staff be vaccinated for Covid-19, unless they can provide a valid reason. For the same reason we would like strongly, encourage all eligible participants and their families get vaccinated in advance of attendance.

1. Participants and staff should not attend if they:

- Have a fever
- Are feeling sick
- Exhibit any Covid-19 symptoms
- Have been in contact with someone who may have COVID-19
- Have displayed any Covid-19 illness symptoms within the last 7 days.

2. Health Screening:

If a participant or staff member exhibits a temperature of 100.4 degrees or higher, they will be removed from the group and administered a second temperature test after 10 minutes. If the temperature is 100.4 degrees or higher the participant sent home for the day and asked to quarantine.

Participants may only return if no symptoms have been reported AND:

- After day 7 after receiving a negative test result (test must occur on day 5 or later)
- After day 10 without testing

After stopping quarantine, you should continue to:

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
- Wear a mask, take and take extra care stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

3. Participants and staff should thoroughly wash hands with soap and water multiple times a day and avoid touching their face. Hand washing stations will be available to avoid crowded bathrooms.

4. Per latest revised CDC guidelines:

- All fully vaccinated participants and staff will not be required to wear masks. Proof of vaccination required.
- All unvaccinated participants and staff must use an appropriate face covering when indoors. Unvaccinated participants should keep to their cohort groups.
- All participants and staff, regardless of vaccination status may remove masks when adequately distanced outdoors and whilst on the water sailing, and if they end up in the water to facilitate easier breathing and swimming.
- Any participant or staff member may elect to continue to wear a mask if they so wish.

5. Participants, their families and staff should maintain social distancing guidelines when on the premises – 6 feet, or 3 feet among group cohorts unless eating or drinking, or as far apart as practical recognizing that common sailing safety procedures, such as capsizing recovery, man overboard, equipment breakdowns, etc. may require sailors and/or instructors to come in close contact with for short periods of time.
6. Participants should not share lifejackets, harnesses, water bottles, sunscreen, food, or any other personal items.
7. Participants and staff should use caution, be courteous, and practice safe social distancing when passing by others on docks, ramps, slips, bridges and other tight locations.
8. Activities will be conducted outdoors as much as possible.
9. Grouping numbers will reflect state guidelines for gathered groups and will not exceed the US Sailing safe boating ratio.

Any individual who does not abide or has blatant disregard for best practices may be asked to leave the program.

Parent/Guardian Acknowledgement

Date