



**US Sailing**

**Leadership Form**

May 7<sup>th</sup>, 2020

5:30pm EDT / 2:30pm PDT

# Agenda

- **Health and Safety in Sailing 2020** – Dr. Anne Allen, Chair of the US Sailing Medical Committee
- **Return to Play and Racing** – Mark Townsend, International Race Officer/International Judge
- **Proactive Planning through Reactivity** – Brad Read, Executive Director of Sail Newport
- **Adapting Junior Sailing Programs** – Jessica Haverstock, Director at Lake Minnetonka Sailing School, Chair of US Sailing's Instructor & Coaches Committee

# US Sailing Updates

- Online Courses:
  - Level One online – now open to new registrants
  - Safety at Sea online: New Modules 11-15
  - Basic Race Management Seminar
- New COVID-19 Resources:
  - Junior Sailing Program guidance document
  - Gowrie COVID-19 Burgee Program Risk Management Guide
  - Return to Competition guidance document (coming soon)

# Disclaimer

*The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, US Sailing makes no representations and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about when, and under what circumstances, you may resume operations.*



# Health and Safety in Sailing 2020

Dr. Anne Allen

Chair of the US Sailing Medical Committee



# Global Pandemic

- Coronavirus SARS-CoV- 2
- (Severe Acute Respiratory Syndrome CoronaVirus Type 2)
- Causing infectious disease named
- COVID-19 (CoronaVirus Infectious Disease 2019)

# Data Changes Daily

- Johns Hopkins - **1,228,603** US cases
- 203 countries
- Flattening the curve
- Avoid resurgence and second wave
- Preventative measures
- State by state phased guidelines





How do we safely  
return to our sport ?





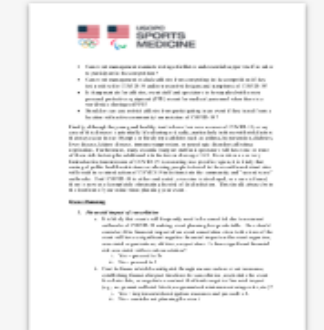
# Return to Sport Guidelines

- USOPC – Guidelines for Event Planning
- NCAA Core Principles of Resocialization in College Sports
- World Sailing Guidance and Advice
- CDC and WHO
- Other NGB's and School/Camp Assoc

USOPC Sports Event Planning...



1



2



# USOPC Sports Event Planning Considerations post-COVID-19

## v0.11

Jonathan Finnoff, DO, FACSM, FAMSSM  
USOPC Chief Medical Officer

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**Preamble:** The USOPC is dedicated to protecting the health and safety of Team USA. The purpose of this document is to provide sports organizations (including National Governing

# Summary of USOPC Guidelines

- Sailing is considered a “low risk” sport if singlehanded and “moderate risk” sport if group sailing
- Use WHO Mass event Guidelines
- Develop Medical Team and Plan  
Education / Screening / Communication

sailing.org

SAILING.ORG TECHNICAL OLYMPIC GAMES WORLDS WORLD CUP SERIES PARA SAILOR LOGIN NEW SAILOR ID

World Sailing AN OFFICIAL WEBSITE OF WORLD SAILING WWW.SAILING.ORG/

Play The Official eSailing World Championship PLAY

EVENT PARTNERS NEILPRYDE SUPPLIERS

HOME WORLD SAILING MEETINGS RANKINGS EVENTS RACE OFFICIALS CLASSES & EQUIPMENT SAILORS TRAINING DOCUMENTS & RULES











David Graham appointed World Sailing Chief Executive Officer\_ NEWS INDEX

Sailors Sailor ID + Anti-doping + Emerging Nations (ENP) + Safety + Medical Safeguarding Para World Sailing + Olympic Solidarity + Disciplinary Types of Sailing + Prohibited Events

## MEDICAL

Following the outbreak of Novel Coronavirus (COVID-19), please find documents below providing guidance and advice to the international sailing community.

### Advice on Novel Coronavirus (COVID-19)

 Novel Coronavirus (COVID-19) Find and Break Transmission
 Risk Assessment Decision Tree COVID-19 (WHO)
 World Sailing Guidance to Event Organizers for the Protection of the Health of Sailing Communities
 World Sailing - Personal Location Form (PLF)
 Risk Assessment and Checklist for Mass Gatherings in the context of COVID-19 (WHO)
 Risk Assessment Matrix in the context of COVID-19 (WHO) Excel download
 World Health Organisation (WHO) COVID-19 Advice
 Novel Coronavirus (COVID-19) Handwashing (CDC)
 Novel Coronavirus (COVID-19) Share Facts (CDC)
 Novel Coronavirus (COVID-19) Sick with Fact Sheet (CDC)



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## Core Principles of Resocialization of Collegiate Sport

The United States is currently using physical distancing and stay-at-home guidelines as the primary means of preventing the spread of COVID-19 — a highly contagious and virulent disease, especially for the elderly and for individuals with preexisting pulmonary and cardiovascular disease. COVID-19 has penetrated all 50 states, with variable rates of community infection, hospitalization and death. Because of the widespread nature of this disease presently, containment strategies such as testing, identification and isolation are neither practical nor efficacious.

Sport, as a microcosm of society, is similarly using physical distancing and stay-at-home policies as the primary means of preventing COVID-19 disease spread. Group practice and all sport competition have ceased.

Once COVID-19 infection rates diminish for at least two weeks, resocialization of society and sport may be possible. Importantly, there will not be a single day of reemerging into society as normal. Rather, resocialization must be rolled out in a stepwise manner that helps ensure sustained low infection spread coupled with the ability to rapidly diagnose and isolate new cases. Bear in mind that upward spikes in infection spread may cause resocialization efforts to halt or even retreat until infection spikes lower again.

# World Sailing and NCAA Summary

- World Sailing – Follows WHO and adds basic hygiene recommendations, medical monitoring / limiting gatherings for awards / meetings / protest hearings
- NCAA – Core principles follows Phase 1,2,3 reopening guidelines

# Sailing Specific Suggestions

1. Team up with the same person/persons.
2. Maintain social distances when possible including coaches and RC and sailors.
3. Use face mask on shore and consider while sailing – at least in multi-boat.
  - Buffs are more porous so ? helpful

# Sailing Specific Suggestions

4. Gear – Have all of your own gear – or assign a designated boat/sails/life jackets, etc. to individual sailor/team.
5. Clean after each use with disinfectant/alcohol/bleach/soap and water.
6. Do not share gear/water bottles/food.
7. Consider using full finger gloves.



# Sailing Specific Suggestions - Clubs

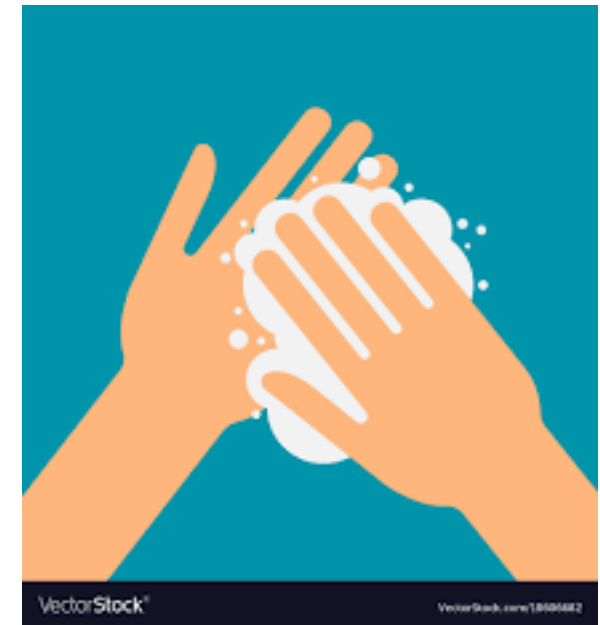
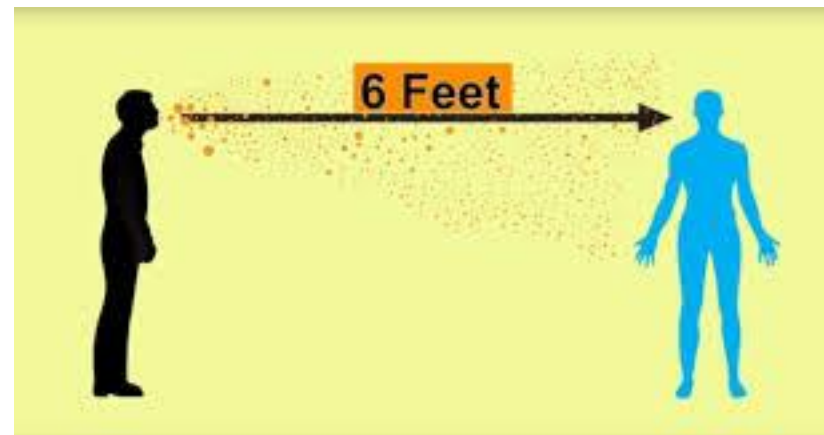
8. Post top guidelines and train staff to follow and teach guidelines to members/students.
9. Develop medical team/plan for reporting.
10. Consider regatta/class medical form.
11. Cleanliness and hygiene at club facilities is key .

# The 3 W's – Wear / Wait / Wash



Aquece Rio – International Sailing Regatta 2015 15-22 August, Rio de Janeiro, Brazil  
©PedroMartinez/SailingEnergy/ISAF

*Wear* a face covering  
*Wait* 6 feet apart  
*Wash* your hands frequently







WIND  
WATER  
WAVES

**Let's Go Sailing !**

# Return to Play

Mark Townsend

International Race Officer/International Judge



# Safe Harbor

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# What You Need to Do

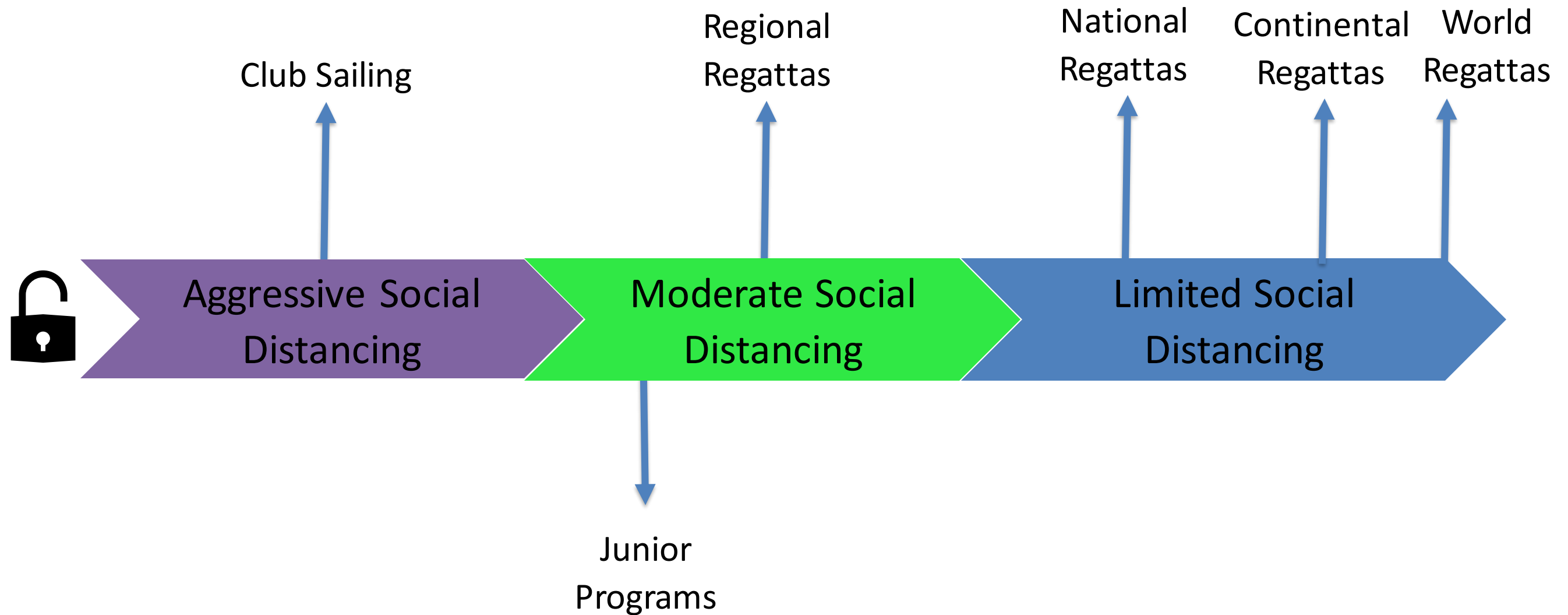
- Follow Local, State and Federal Guidelines
- Provide Environment to Protect All
- Social Distancing At All Phases of the Event
- Communication
- Emergency Response Plan Update

# Get Creative – Stay Local

- Back to Basics
- Watch State Restrictions on Boating
- Double Handed Keelboat Racing
- Limit people on race committee boats
- Only people who shelter together on the same boat.
- Fixed Marks
- Audible Signal Racing System. Appendix U



# Timeline of Recovery



# Make Sure You Are Comfortable To Proceed



# Proactive Planning through Reactivity!

Communicating with Our Friends in Government

Brad Read

Executive Director, Sail Newport



# Adapting Junior Sailing Programs

Jessica Haverstock

Director at Lake Minnetonka Sailing School, Chair of US Sailing's Instructor & Coaches Committee

# Communication

- Customer and Staff
  - What we know today, how it impacts you
  - What we don't yet know, timeline for future updates
  - What we need from you now and going forward
- Frequency
- All channels... social media, newsletters, web, community – stay positive!

# Sailing and Facility Logistics

- Understand governance (local/state/national)
- Implement health official guidance on safety and sanitization guidelines
- Review fleet, classrooms and public space capacity
- Minimize touch points
- Scenario plan for inclement weather



# Financials

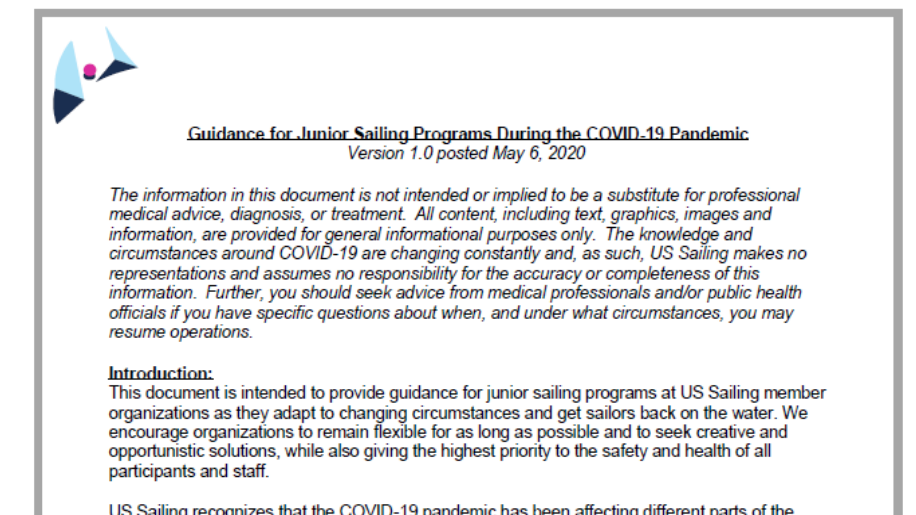
- Budget impact
- Insurance (liability and worker's compensation)
- Funding – PPP, EIDL, local grants, fundraising

# Gather Accurate Information

- Connect with SMEs i.e. lawyers, operations and finance for guidance on liability and proposed waivers
- Align with other local sailing programs, yacht clubs, and US Sailing synergies
- Stay flexible as information is updated and modified
- *Do the best you can to plan with the facts you have today.*

# Junior Sailing Program Resources

- “*COVID-19: Ideas for Adapting Junior Sailing Programs*” presentation is archived on the Starboard Portal
- New “*Guidance for Junior Sailing Programs During the COVID-19 Pandemic*” document is available on the US Sailing website:  
<https://www.ussailing.org/membership/organizations/resources/>





# Q&A Session

# US Sailing Leadership Forum Facebook Group

- **WHAT IS IT:**
  - An online environment for collaboration, ideation and sharing resources
- **WHY IT WAS CREATED:**
  - A central location for sailing organizations to come together, with the ability for dialogue, questions or sharing resource documents that can keep pace with the changing environment.
- **HOW TO JOIN:**
  - In search feature on Facebook type in “US Sailing Leader Forum”
  - Answer two quick questions to verify yourself
  - Start talking and sharing!

Search here!



**Thanks for joining!**