

The Harraseeket Yacht Club Youth Sailing Program Oversight Committee has reviewed all State, local and CDC guidelines and US Sailing recommendations to develop a plan for operating our program with adaptability, flexibility and consideration for the risks of COVID-19 exposure. We expect all families and sailors to partner with us in this plan with your commitment and transparency as we embark on another great summer on and off the water. Here is an outline of our revised practices:

A. Promote healthy hygiene practices

1. We will teach and reinforce hand washing or hand sanitizing, and covering coughs and sneezes among campers and staff.
2. On land, Sailors/Staff will keep physical distance where possible, and use face coverings/buffs.
3. Increased outdoor hand washing and/or sanitizer stations will be in place to support healthy hygiene behaviors, with adequate supplies and regular disinfecting, along with no-touch trash cans and recycling.
4. Signage will be posted at the club reminding of these safety measures and best practices.

B. Ensure social distancing

1. Physical distancing must be maintained onshore and on the dock wherever available.
2. Each class has a limited size of 12 students or less with 1-2 instructors. We will have a maximum of 48 people onsite any given day, separated in 4 specific groups: Mates, ATG, Opti Race Team and 420 Race Team.
3. Staggered arrival, lunch and departure times have been set so these higher-traffic times can be achieved with as much physical distance as possible. A car-line drop-off and pick-up system will be in place.
4. Each group will remain together for the duration of the day, storing their gear in a dedicated spot, gathering at their boats location on the dock, eating at a designated area onshore, or in the tent for shade. Use of the clubhouse will be limited.
5. Mixing between smaller groups will be discouraged, and if a collection of smaller groups requires meeting, physical distancing and face coverings will be used (if age and developmentally appropriate).
6. At this time, sailors and their families from out of state or who travel out of the state are required to quarantine for 14 days prior to camp attendance -or- obtain and receive a negative COVID-19 test no later than 72 hours prior to arrival to forgo the 14-day quarantine upon arrival in Maine. HYC will be communicating with this small number of families in our program.
7. While our program has relied on parent and member volunteering in the past, we will not plan to hold our annual kickoff and season end BBQ, thus minimizing the activity of any non essential visitors or volunteers. Any questions prior to the program please direct them to Taylor Marshall, Program Director.
8. Rain and thunderstorms will cancel sailing activities for the day since we can't safely gather as a large group under shelter or indoors, we will ask parents to pick up their kids early. If the weather looks inclement for sailing, a call will be made the night before to cancel the following days program. No refunds will be given for weather cancellations.

9. All travel regattas have been suspended for the season. We hope to arrange float-in regattas with some nearby clubs and will provide plenty of intra-club racing opportunities.

C. Limit sharing

1. Sailors must, as always, bring their own lunch and enough filled water bottles for the duration of the day. We recommend 2-3 filled water bottles as we cannot guarantee we will be able to provide refilling stations. Food and drink sharing will be prohibited.
2. Sailors must bring their own PFD, whistle, sunscreen, hat and buff or other face covering each day. We will not have sailors share sunscreen, so please have your sailor apply at home and we will remind again at lunch for reapplication. All personal items must be labeled with the owners name.
3. Sailors will be asked to only bring the necessities and clearly mark their belongings. Anyone at HYC should remember to gather ALL their belongings at the end of each day as lost and found items cannot sit at the club due to the pandemic and will be donated to Freeport Community Services on a frequent basis this summer.

D. Intensified cleaning, disinfection, and surface touching minimization

1. Sailors using 420's will be sharing boats, and we will aim to partner up at the beginning of each week and keep the same boat and pair throughout while following US Sailing guidelines for disinfecting and cleaning boats.
2. A detailed cleaning and disinfecting process for frequently touched surfaces onshore will be followed daily and after times of gathering onshore.
3. Increased cleaning and disinfecting of bathrooms will take place daily with a process to increase social distancing around these small frequently used spaces.

E. Monitoring and Managing High Risk Populations

1. We require parents to keep sick sailors home, and inform us if another member of your household is ill or showing signs or symptoms possibly related to COVID-19.
2. We require staff to stay home if they are sick or showing signs or symptoms of COVID-19.
3. If sailors or staff are showing symptoms of COVID-19, have been in contact with someone with COVID-19 in the last 14 days, have been tested and are awaiting results, or are at high risk due to underlying health conditions, they we will not be able to attend or stay at HYC until written proof is provided by a doctor that he/she no longer presents a risk.
4. We will implement screenings safely and respectfully, as well as in accordance with any applicable privacy laws or regulations to check for signs and symptoms of COVID-19 among staff and sailors. This may include a wellness survey, temperature scans or other CDC recommended monitoring methods.
5. We will monitor absenteeism and have accurate weekly rosters of all sailors and staff onsite.
6. Sailors/Staff with any underlying immunocompromised or increased COVID risk medical conditions must disclose and discuss their participation with the Program Director, prior to joining. These conditions include: chronic lung disease, moderate to severe asthma, serious heart conditions, severe obesity (body mass index [BMI] of 40 or higher), diabetes, chronic kidney disease undergoing dialysis, and liver disease

7. Parents and sailors who are high-risk or have high-risk individuals in their household must consider COVID exposure risks if they attend sailing class and work with their primary care provider and the sailing program director to determine if the Youth Sailing Program is a reasonably safe option for them.

Maintain Healthy Operations in the instance of exposure or a positive case:

1. Taylor Marshall, Sailing Program Director will be responsible for responding to COVID-19 concerns.
2. (207) 558-1715: A confidential designated number is available for reporting of symptoms and concerns.
3. Email/Call lists are created for each week as a communication system for staff and families for notification of exposures, closures or weather cancellations.
4. If a sailor begins to feel ill during the day, they will be monitored safely onshore in a dedicated area until a family member or emergency contact can pick them up.
5. If sailors or staff are showing symptoms of COVID-19, have an elevated temperature, have been in contact with someone with COVID-19 in the last 14 days, have been tested and are awaiting results, or are at high risk due to underlying health conditions, they we will not be able to attend or stay at HYC until:
 - a. The person has had 3 full days of no fever without the use of fever-reducing medication
 - b. At least 10 days have passed since symptoms first appeared and all symptoms have improved
 - c. Written proof is provided by a doctor that he/she no longer presents a risk.
6. We will immediately close off areas used by someone who tested positive or shows symptoms of COVID-19 and will only use this area after cleaning and disinfection. We will ensure safe and correct application of disinfectants and will ensure disinfectant products are inaccessible to youth sailors. .
7. We will inform those exposed or potentially exposed to a person with COVID-19 and will require them to stay home and self-monitor for symptoms, and will follow CDC guidance if symptoms develop.
8. We are required to notify local and state health officials immediately of a possible case and work with them regarding appropriate communications with families while maintaining confidentiality as required by the Americans with Disabilities Act (ADA).
9. Sailors with increased COVID risk medical conditions such as heart disease, diabetes, lung disease, underlying immune disorders, compromised immune systems, currently taking immunosuppressant medications must be disclosed with the program director prior to attending and should consult with their doctor before considering attending the program.
10. We will check State and local health department notices daily about transmission in the area and adjust operations accordingly.
11. In the event a person diagnosed with COVID-19 is determined to have been in the program and poses a risk to the community, or if the state requires youth programs to cease operations we may consider closing for a short time (1-2 days) for cleaning and disinfection or for the remainder of the summer.