

# Return to Sailing Protocols

## Rathmullan Sailing and Watersports Club

### Have you?

- Made yourself aware of the signs and symptoms of COVID-19 and are monitoring your own wellbeing
- Completed a COVID pre return to sailing form for the club
- Familiarised yourself with up-to-date information on the Public Health advice issued by the HSE and Gov.ie
- Familiarised yourself with the club's operating procedures to manage social distancing requirements safely
- Familiarised yourself with instructions to follow if you or others develop signs and symptoms of COVID-19 during sailing activities
- Familiarised yourself with the club's procedures for cleaning and sanitising facilities and equipment
- Familiarised yourself with equipment allocation and sharing procedures

### Remember!

- Inform a safety boat operator if there are any other circumstances relating to COVID-19, not included in the form, which may need to be disclosed to allow your safe return to the water
- Self-isolate at home and contact your GP promptly for further advice should you display any signs or symptoms
- Report to a Club Instructor/Rib Operator immediately if you or another participant develops symptoms during sailing activities



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## Return to Sailing Form

If you answer Yes to any of the questions below, you are strongly advised to follow the medical advice you have received or seek medical advice before returning to sailing:

1 Do you have symptoms of cough, fever, high temperature, sore throat, runny nose, breathlessness or flu like symptoms now or in the past 14 days?

Yes / No

2 Have you been diagnosed with confirmed or suspected COVID-19 infection in the last 14 days?

Yes / No

3 Are you a close contact of a person who is a confirmed or suspected case of COVID-19 in the past 14 days (i.e. less than 2m for more than 15 minutes accumulative in 1 day)?

Yes / No

4 Have you been advised by a doctor to self-isolate at this time?

Yes / No

**Signed** \_\_\_\_\_

**Date** \_\_\_\_\_