



COVID-19 FAQs - Questions with “Return to Play” in Mind **Produced in Cooperation with the US Sailing Sports Medicine Committee**

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**Disclaimer: The guidelines and recommendations in this document have been put together with advice from medical and legal experts, but given the extremely fluid environment of COVID-19, they are not a substitute for diligently keeping up to date with local authorities and their recommendations and requirements as the situation changes.*

Q1: Is there a preferred screening method and who should do screening?

A1: According to the CDC, health screenings and temperature checks of employees and any members/guests entering the facility is an optional strategy that businesses may use to manage and mitigate risk. Consult with your local Department of Health for guidelines on health screenings and temperature checks. Any staff member(s) trained by a medical advisor can administer daily screenings upon arrival of staff and students to help prevent the spread of COVID-19. Temperature check and a series of simple questions is easy to administer. Any temperature or medical information must be kept confidential. Check state screening guidelines for further recommendations. A sample list of questions is below – please check with your program medical advisor as to what questions you should ask. Parents of minor participants and any adult student should self-monitor/COVID Symptom screen for a minimum of 14 days prior to entering the class for the start of the session and continue monitoring on a daily basis for symptoms.

Have you had any signs or symptoms of a fever in the past 24 hours such as chills, sweats, felt "feverish" or had a temperature that is elevated for you/100.0F or greater?

Yes No

Do you have any of the following symptoms?

- *Cough*
- *Shortness of Breath or Chest Tightness*
- *Sore Throat*
- *Nasal Congestion/Runny Nose*
- *Myalgia (Body Aches)*
- *Loss of Taste and/or Smell*
- *Diarrhea*
- *Nausea*
- *Vomiting*
- *Fever/Chills/Sweats*

Yes No



Have you traveled internationally or outside of state in the last 14 days? Or, have you had any close contact in the last 14 days with someone with a diagnosis of COVID-19?

Yes No

If the answer to any of these questions is yes, use your program's COVID-19 emergency plan right away. The person who is screening may want to:

- *Send the staff member or participant home*
- *Share where to get medical help*

Additional screening information and templates are available from the Camp Nurse Association:
<https://campnurse.org/education-and-resources/covid-19-considerations-for-camp/>

Q2: Is it appropriate for untrained staff to attempt medical screenings or does that put an organization at higher liability risk in case these are performed incorrectly?

A2: Anyone who has been trained appropriately can conduct the screening. Parents/adults should be responsible for ensuring that participants do not come to class sick. Consult your program's legal advisor and local/state guidelines for advice on liability issues.

Q3: What PPE should we have for staff, volunteers, and participants? Where do we get it?

A3: At minimum, facemasks should be worn when around others. Masks and gloves can be acquired through medical supply houses - you should talk to your program's medical advisor who may be a physician/nurse. Cloth or homemade facemasks are also acceptable, including neck gaiters (similar to Buffs™).

- Screeners should wear mask/face covering, gloves, and eye protection (sunglasses are acceptable) and maintain safe distance of 6 feet or greater when possible
- All staff should wear a face covering over their nose and mouth when on shore.
- Participants should bring their own face coverings and wear them when on shore.

Additional PPE information is available from the Camp Nurse Association:

<https://campnurse.org/education-and-resources/covid-19-considerations-for-camp/>

Q4: What materials should masks be made out of? Are they still effective when wet?

A4: N-95 or medical grade masks may not be practical or available for use in sailing programs especially if availability is in short supply. The priority should be to reserve those for frontline workers – medical and first responders. As long as everyone has a cover for nose and mouth it is better than having no mask or facial protection at all. Cloth facial coverings are adequate to prevent transmission along with social distancing. Multiple layers are better than single layer. Single layer neck gaiters (like Buffs™) are OK, but tend to be more porous. It is difficult to say exactly to what extent various options prevent the spread of the virus. Neck gaiter type masks



are likely the best solution out on the water. Cloth masks of any kind should be washed in warm or hot water and soap between each use. Neck gaiters are commonly used by sailors outdoors and in marine environments already. On the water, surgical masks will fall apart when wet. Cloth masks of tightly woven materials tend to limit breathing when wet. It is important to remember that face masks worn by the public are to prevent you from unknowingly spreading the virus to others rather than preventing you from getting sick. All cloth face coverings/masks should be cleaned after each use which includes but not limited to homemade cloth masks, bandanas, neck gaiters, Buffs™, etc.

Q5: Should people wear face masks? Under what circumstances?

A5: Face mask are important to use in closer quarters both indoors and outdoors when social distancing may not always be possible. Encourage or mandate use of masks on land, requiring use in close quarters inside. Instructors should have masks or face coverings on the boat for a layer of protection if they come in close proximity to students. If there is another instructor or students on board and they cannot be 6 feet or more away from each other, they should be wearing masks at all time. It is not possible to reduce the risk of contracting COVID 19 to zero, but risk can be minimized as best as possible by students and staff following program guidelines for health and safety. All cloth face coverings/masks should be cleaned after each use which includes but not limited to homemade cloth masks, bandanas, neck gaiters, Buffs™, etc.

Q6: Does wearing a face mask or neck gaiter on the water make doublehanded dinghy or multi- handed sailing acceptable?

A6: Any socialization increases the risk of virus spread. Sailors and families should be made aware of the risk and express willingness to accept the increased risk that comes from more than one sailor being on a boat together. It is recommended that sailors be paired together for the entire length of the session or season of sailing to minimize risk. Use of face coverings and keeping the same skipper/crew groupings help to minimize the risk. All cloth face coverings/masks should be cleaned after each use which includes but not limited to homemade cloth masks, bandanas, neck gaiters, Buffs™, etc.

Q7: Does wearing a face mask/neck gaiter on the water make adult keelboat learn to sail class acceptable? Limit to how many on board?

A7: As above, sailing with more than one person on a boat increases the risk. Participants and instructor should know, understand, and accept that increased risk. Wear, at minimum, a neck gaiter style face covering. It is recommended that sailors be paired together for the entire length of the class or course to minimize risk to participants. Social distancing limits should be adhered to as practical, though there may be instances where sailors are closer for short periods of time. All cloth face coverings/masks should be cleaned after each use which includes but not limited to homemade cloth masks, bandanas, neck gaiters, Buffs™, etc.



Q8: Are there safety concerns about swimming with neck gaiters on? Is there an age recommendation?

A8: Swimming with face coverings on should not be permitted. If sailors capsize or accidentally end up in the water, they should immediately remove their mask/face covering to facilitate easier breathing and swimming. In general, anyone over the age of 2 years should follow recommendations for facial covering.

Q9: If an outdoor on-land activity requires more than one participant in close proximity (closer than 6 feet), is it OK to be closer than 6 ft if everyone is wearing face masks?

A9: If proximity is less than 6 feet and participants are wearing face coverings, it is best to keep the time of close proximity to a minimum (10 minutes or less) to minimize exposure. Less time spent in close contact the better.

Q10: If sailing class is forced inside due to inclement weather, is it OK to be closer than 6 ft if everyone is wearing face masks?

A10: Recommendation is to maintain social distancing guidelines. If weather is bad, it is better to send participants home rather than be in very close proximity to each other for more than a few minutes, even with face coverings.

Q11: What is the proper course of action if a participant becomes sick at the facility/sailing school? Would you recommend the facility shutting down for a period of time? Does an entire class need to quarantine?

A11: It is advisable to have your program set up by having groups of sailors that are small and contained with a designated coach. These groups/pods/sailing units should be kept the same throughout the course/session. Sailors should stay in assigned equipment for the duration of the session if at all possible. Contact tracing for the small group that was in contact with the infected sailor should be done. If a sailor in that group tests positive or becomes sick, he/she should be quarantined at home, and sailors within that group also sent home for 14 days, including the instructor(s) working with that small group. If the infected sailor has only had contact with his/her small contained group, then there should be no need to shut down the entire program/school.

Q12: What is the proper course of action if a recent participant reports that they have subsequently become sick?

A12: Communication to their small sailing group/pod is critical. Notify contacts for tracing. The instructor that was assigned to that group needs to be quarantined as well.

Q13: What if a sailor is identified to have been in contact with someone with COVID-19? Do you have to cancel the program for 14 days? Or is it possible to identify a smaller group of people who need to self-quarantine?



A13: Same system as above in Q12 - this is the same question that needs to be asked every day. Follow that small contact group. Only the participant that has had contact with the COVID 19 infected person should quarantine. Those that have had contact with the contact do not need to quarantine, but they should monitor their health closely for any symptoms and be permitted to be refunded if they feel they need to remove themselves from the sailing program.

Q14: Under what circumstances should sailors be under lockdown for 14 days before being allowed to participate? Parents of minor participants and any adult student should self-monitor/COVID Symptom screen for a minimum of 14 days prior to entering the class for the start of the session and continue monitoring on a daily basis for symptoms.

A14: Direct COVID 19 contact or if they are sick.

Q15: What if a sailor refuses to follow guidelines and health/safety rules at the sailing program?

A15: If a sailor does not follow established guidelines for participation, it should be considered a dismissible offense, perhaps without refund. We recommend familiarizing all participants and families with the rules and guidelines beforehand and can consider having them sign a statement or waiver stating that they agree to abide by them.

Q16: What are the recommended cleaning protocols for boats, sails, lines, and onboard equipment?

A16: Clean between new users or at the end of each sailing day with approved cleaning solution. Limit the number of people using a single piece of equipment as much as possible. See [CDC guidelines for approved cleansers](#).

Q17: What are the recommended cleaning protocols for outdoor facilities, such as dock railings, hoists, etc. on the grounds?

A17: Same as above - high touch areas need to be cleaned more frequently. Use [CDC guidelines for approved cleansers](#). At minimum, cleaning needs to be done daily.

Q18: What cleaning supplies can we recommend for sails and lines?

A18: Soap and water with mild bleach solution or bleach substitute. Thorough air drying.

Q19: What are the recommended cleaning protocols for indoor facilities, such as meeting rooms, classrooms, etc. within the club or center?

A19: Follow [CDC guidelines](#)

Q20: What about specific to the maritime environment, does fresh water, salt water, sun etc. have an impact on the virus? Can the virus be transmitted by swimming?



A20: Swimming does not appear to transmit the virus. There is no definitive answer to how either fresh water or saltwater affects virus although it is unlikely that it would be transmitted through the water. Wash hands with soap and water frequently. Wash down equipment frequently and between new users - use [CDC recommendations for cleansers](#).

Q21: Any insight on sunlight killing virus on club owned boats and the need to disinfect between use?

A21: Boats and equipment need to be disinfected/cleaned between users and at the end of each session/day. The sunlight that comes through the atmosphere alone is not enough to kill the virus. Assign equipment permanently if possible.

Q22: Is it acceptable to have more than one instructor on a powerboat?

A22: Yes, as long as they can minimize contact through social distancing and wear masks if possible, especially if they are closer than 6 feet.

Q23: What about scenarios where staff need to get close to a student? Rigging help, injuries, coming alongside in the power boat?

A23: Instructors and staff need to use care, keep distance as best they can, use best judgement in the situation at hand, and use PPE if at all possible. Encourage students to rig own boats to minimize outside help and touching of equipment by anyone but the sailors.

Q24: Capsize recovery – is it acceptable for an instructor to be in close contact for a short period, during a capsize recovery or man overboard situation?

A24: Instructors need to use care, keep distance as best they can, use best judgement in emergency situations, and use PPE if at all possible. In an emergency, the first priority is to aid the sailor and get him/her to safety.

Q25: What about cleaning personal sailing gear?

A25: All personal sailing gear (clothing, foul weather gear, spray tops, lifejackets, gloves, hats, face coverings, etc. should be cleaned after each use with at minimum soap and water or other CDC recommended cleaning products that are appropriate for the item(s) being cleaned. Bleach or bleach type products may not be appropriate for certain items like lifejackets or some kinds of foul weather gear. See manufacturers recommendations. If using a washing machine, use water as hot as possible where appropriate for the materials being cleaned.