

# **Ribble Cruising Club**

## **Risk Assessment for restart of sailing at Fairhaven Lake during the Covid-19 pandemic – July 2020**

### **Introduction**

During the Corona Virus pandemic Ribble Cruising Club's priority is to ensure the safety of our members.

At all times, we shall be following the government's latest advice on measures to control the spread of the corona virus. These shall be the paramount consideration in restarting activity at the lake and determining a phased approach to re-commencing sailing.

Sailing will be limited to a restricted number of boats. This is intended for sailors competent to sail independently, (although a back-up, single handed safety boat will be present) sailing solo or together within the same family groups (crew and helm must be from the same household), on a "booked" limited number basis to prevent overcrowding.

Use of Fairhaven Lake shed will be available, although there are no changing facilities.

The following is a risk assessment for this activity, it is a requirement of the RYA restart procedure, to demonstrate the club has considered the current impact of coronavirus and the governments social distancing rules.

The purpose of the risk assessment is to help to identify appropriate restrictions, at this phase of the pandemic. It defines the rules and restrictions to be imposed and gives the risk which necessitates these restrictions.

An officer of the day (OOD) will be appointed for each session at the lake will provide a 'socially distanced' briefing on arrival and before boats are rigged.

The risk assessment will be updated regularly based on threat level, government advice and adherence of members to restrictions imposed. It is hoped going forward that the threat level will reduce leading to further relaxation of social distancing measures so that the lake can safely open facilities to enable some more organised sailing. The Sailing Committee will also have to regularly monitor lake activity to ensure that we conform to government social isolation guidelines. If it's not possible to stay distanced and follow the rules we may unfortunately be forced to withdraw even this limited activity.

Please note: Any guidance from Ribble Cruising Club is in addition to members following HM government guidelines prevailing at the time, common sense and taking their own responsibility for the safety of themselves and others.

### Risk Assessment for Covid-19 at RCC – Fairhaven Lake

<i>Hazard Risk</i>	<i>High/ Med /Low</i>	<i>Control Measure</i>	<i>Comments/Actions</i>	<i>Responsible</i>
<b>Considerations to decide before arriving at RCC Fairhaven Lake</b>				
Infected person visits the lake and transmits the illness	Med	<ul style="list-style-type: none"> <li>• Anyone feeling unwell with symptoms of Covid 19 to avoid attending the lake.</li> <li>• Anyone who has contact with a family or household member who is unwell with the symptoms of Covid-19 to avoid attending the lake for a minimum of 14 days.</li> <li>• Anyone asked to isolate under the government track and trace system to avoid attending the lake.</li> </ul>	If threat level increases, consider asking members to measure their temperature before visiting the lake. <b>RCC Poster</b>	
A person particularly vulnerable to the infection visits the lake and has a higher risk than considered in this risk assessment.	Med	<ul style="list-style-type: none"> <li>• No person categorized in the UK government as in the shielded group shall visit RCC Fairhaven Lake.</li> <li>• People in the higher risk group, over 70 years old or with specified underlying health condition are recommended to await the alert level to reduce before attending.</li> <li>• Any person attending the sailing lake should consider their own vulnerability and are reminded that they do so at their own risk.</li> </ul>		
Too many members congregate at the lake making adherence to current social distancing measures not possible.	High	<ul style="list-style-type: none"> <li>• Request the number of members is limited to 6 family groups at any one time.</li> <li>• Family groups to book their Wednesday afternoon/evening slot using the RCC booking system</li> </ul>	If the lake becomes over-subscribed, then a fair system to allocate and provide time limited spots may need to be developed. Booking System to be set up by Sailing Committee	Sailing Committee

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			<b>Advise via email to members</b>	
Weather creates an unsafe environment to sail without safety cover	Med	<ul style="list-style-type: none"> <li>• All sailors asked to check the RCC weather station and forecast to assess if they are fully confident to sail independently (see later) before travelling to the lake. If in any doubt, please do not travel to the lake and cancel your booking as soon as possible.</li> <li>• Guidance – Only competent sailors and those who have successfully completed RYA Level 2 to consider sailing during this time. New sailors only sail if the wind strength is below 10 Knots. Experienced sailors to consider if it is wise to sail if the wind strength is gusting up to 15 knots. Please note it is the helmsman responsibility to only sail if he is confident with the conditions.</li> <li>• The OOD may review the weather forecast and reserves the right to cancel the days sailing should the weather be deemed to be unsuitable for sailing without rescue cover. In the event sailing goes ahead the sole responsibility for safety is the helm who should only sail if they are sure they can sail safely in the conditions and it is sailors responsibility to check the weather forecast.</li> </ul>	OOD to review conditions on the day and make decision on sailing	OOD
Risks of infection and fall, cuts and bruises	Med	<ul style="list-style-type: none"> <li>• Make sure you have brought hand sanitizer gel with you to RCC Fairhaven Lake and cleaning wipes so you can follow hand washing protocol at the lake. The club will not supply sanitizer and its essential you can wash your hands regularly during your time at RCC Fairhaven Lake.</li> </ul>	<b>Advise members attending via email APB</b>	Sailing Committee

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Hazard Risk	High/ Med /Low	Control Measure	Comments/Actions	Responsible
		<ul style="list-style-type: none"> <li>• A first aid kit will be provided and stored in the lake shed.</li> </ul>		
Infection is passed on travelling to the lake.	Low	<ul style="list-style-type: none"> <li>• Member to travel to the lake either in cars, strictly only with members of their own household, or to travel by cycle or walk.</li> </ul>		
<b>On arrival at RCC Fairhaven Lake and preparing to sail</b>				
An asymptomatic person visits the lake	Med	<ul style="list-style-type: none"> <li>• Ensure strict social distancing and hygiene practises to regularly wash your hands are observed to ensure the virus could not be transmitted. It will be necessary to see this is maintained if sailing is to continue during this stage of the pandemic.</li> </ul>	Set up sanitation station (Hand Gel) within lake shed.	
Infection is passed on by members touching the entry gate/fencing	Med	<p><i>reminder each member shall be required to bring their own hand gel.</i></p> <ul style="list-style-type: none"> <li>• The OOD is responsible for opening the gates to permit launching/accessing the area beside the lake.</li> <li>• After touching the gate/fencing please wash your hands once again with hand sanitiser gel or remove gloves before you return to your car (so as not to contaminate it).</li> </ul>		OOD
The virus is transmitted by touching shared surfaces.  It is far more dangerous inside.	High	<ul style="list-style-type: none"> <li>• The public will still be moving around the lakeside and in the vicinity of the shed and launch areas. Ensure 'social distancing' from the public as well as other members.</li> <li>• The FBC toilet facilities will be open. Please do not enter any other buildings Around the lake, there are no changing facilities. On visiting the FBC toilet please wash your hands before recommencing sailing and touching any handles or surfaces. Please try to limit surfaces touched as far as possible. Please avoid touching your face or eyes to avoid</li> </ul>	OOD to monitor on the day. Arrange booking system for attendees and boats.	OOD  Sailing Committee

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		<p>transmission. Maintain social distancing whilst within the lake shed.</p> <ul style="list-style-type: none"> <li>• A very limited number of club boats are available to use for a sailing session by booking through the booking system. The boats must be thoroughly cleaned down before and after use with soapy water. (Please note any equipment shared by members should be thoroughly cleaned after use).</li> <li>• Members make sure they do not touch other members boats or boat trolleys. Only touch your own boat and trolley.</li> <li>• Club safety equipment or clothing shall not be used: sailors must bring their own equipment including buoyancy aids and it shall not be left at the lake.</li> <li>• A single handed rescue boat will be provided: However all sailors must be competent, self-reliant in the conditions of the day.</li> </ul>		
Unable to meet social distancing guidelines when rigging boats	Med	<ul style="list-style-type: none"> <li>• Members shall move their own boats, before commencing rigging, to ensure they are more than 2 m apart from another boat being rigged, to enable social distancing.</li> </ul>	OOD to monitor on the day	OOD
Rigging Safely and maintaining self-distancing	medium	<ul style="list-style-type: none"> <li>• Before rigging again please check the weather conditions and be sure you are fully confident to sail independently and conforming to social distancing rules ( i.e. you can safely launch , sail and recover your boat, on your own, or only with the assistance from someone from your household).</li> <li>• Please be sure you can rig on your own or within a household group.</li> </ul>	OOD to monitor on the day	OOD

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		<ul style="list-style-type: none"> <li>• If you need more than two people to rig, stepping mast etc, please ask members from household groups to complete this for you, do not break social distancing rules to rig.</li> <li>• Should anyone assist to rig your boat please be sure that any areas touched are cleaned with soap or detergent before you touch them to avoid any potential for disease transmission.</li> <li>• Check your boat is safe to sail, check mast, rigging and all controls. Check bungs are closed, rudder and centre board operating properly. Take additional safety equipment on the water, of a whistle to get attention, a tow rope, and a knife/multitool so you can free yourself in the case of entrapment.</li> </ul>		
Exposure and social distancing. Changing for sailing, keeping warm and ensuring social distancing.	low	<ul style="list-style-type: none"> <li>• There are no changing rooms so please either change discreetly in your car or come to the lake in your sailing gear.</li> <li>• Using a buoyancy aid is mandatory in any wind strength.</li> <li>• Please ensure you bring a towel and change of clothes in case you capsize and need to change to keep warm.</li> <li>• No sailing gear should be left at the lake, please take it home after sailing.</li> </ul>	OOD to monitor on the day	OOD
Avoiding close contacts breaking self-distancing rules when launching	med	<ul style="list-style-type: none"> <li>• Ensure tyres on launching trolley are fully inflated to make it easy to move your boat.</li> <li>• Please ensure the launch area is swept to avoid slime, duck pooh and remove the slip hazard. Currently it's vital not to have an accident both for yourself but also to avoid unnecessary call outs for emergency services</li> <li>• Ideally move your boat on your own or only with members of your family group. If this is not possible make sure you are at the bow and the person helping is at the stern of the boat to</li> </ul>	OOD to monitor on the day	OOD

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		ensure social distancing (do not both pull boats out from the bow which is normal practise.) If anyone helps push your boat out be sure that the area they have touched is cleaned before you touch the same surface.		
Catch the virus by touching public area or another communal surface	low	<ul style="list-style-type: none"> <li>• Only one boat should launch from the slipways/lake side at one time.</li> <li>• Take hand gel with you as you launch and wash your hands as soon as you touch any communal surface. You are now safe and isolated to enjoy a great sail.</li> </ul>	OOD to monitor on the day	
<b>When sailing</b>				
Social distancing is not maintained		<ul style="list-style-type: none"> <li>• When sailing a two-handed boat, you must only sail with a member of your household otherwise its breaking social distancing rules.</li> <li>• On the water, avoid close proximity to other boats, maintain a distance of 2m.</li> </ul>		
Drowning being Safe when afloat	med	<ul style="list-style-type: none"> <li>• <b>Sailing is only permitted when there is a safety boat on the water, you then also keep an eye out for each other on the water.</b></li> <li>• Buoyancy aid must be worn in all weather conditions for dinghies.</li> <li>• Check you are fully confident and able to launch, sail and recover your boat in the weather conditions on your own. Sailing is entirely at the risk of the helmsman.</li> </ul>		
Drowning-	low	<ul style="list-style-type: none"> <li>• Only sail if you are sure you are fully able to sail safely in the conditions and should not capsize.</li> </ul>		

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Mast gets stuck in the mud.		<ul style="list-style-type: none"> <li>• Consider – recommended- fitting a mast head float – in the event of a capsize you will not damage your mast and the mast will not get stuck in the mud.</li> <li>• In the event that you do capsize and cannot right the boat, climb on top of your boat and call for assistance, do not spend excessive time in the water, EXPOSURE IS A BIG RISK. Always stay with your boat until help arrives. Ask for assistance in taking you to the shore to get warm, people first not boats, Do not spend excessive time trying to right the boat.</li> </ul>		
Drowning after head struck by boom	low	<ul style="list-style-type: none"> <li>• If it is windy consider wearing a crash helmet to protect from the danger of being struck by the boom.</li> <li>• Consider reefing sails if its windy.</li> <li>• Do not go out unless you are fully confident you are capable in those conditions and will not be struck on the head with a boom.</li> <li>• Greater caution is required.</li> </ul>	OOD to monitor on the day	OOD
Getting cold, sun stroke and fatigued – result in feeling ill and possible drowning	low	<ul style="list-style-type: none"> <li>• Please check the weather, water temperature, possibility of sun stroke and confirm your clothing is correct to sail safely and independently before launching.</li> <li>• Wear appropriate sailing clothing for the weather.</li> <li>• Limit your time on the water to a reasonable period (say 1 hour at any time) and be aware if you start to feel fatigued.</li> <li>• Stay hydrated.</li> </ul>		
Risk of drowning after capsize	low	<ul style="list-style-type: none"> <li>• Only sail if the safety boat is launched and manned.</li> <li>• OOD to have a list of all attendees.</li> </ul>	Safety Boat	OOD



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		<ul style="list-style-type: none"> <li>• If anyone one on the water observes a capsize, or anyone in difficulty, always sail over to them to check everything is alright.</li> <li>• Only sail within the agreed area and not out of sight of the safety boat.</li> </ul>		
The conditions or gear failure mean you cannot sail back to shore safely		<ul style="list-style-type: none"> <li>• Remain with your boat and attract the attention of the safety boat by blowing your whistle or raising and crossing your arms in the event that you cannot sail the boat in.</li> </ul>		
Start to have a temperature, cough or feel ill with COVID 19 at the sailing lake.		<ul style="list-style-type: none"> <li>• Please sail in as soon as you feel ill and go home.</li> <li>• Strictly maintain your social distancing and 2 m distance from all others, avoid touching anything.</li> <li>• If well enough derig your boat (see below) if not, take sails down and leave as far away from other with note of status.</li> <li>• Tell others, from 2 m distance that you are leaving.</li> <li>• Advise the OOD that you have been unwell and make provision for your boat to be package away (it will be left in the open 72 hours and then put away).</li> </ul>		
<b>Considerations for coming in and packing your boat away</b>				
Recovering to the launch area without breaking social distancing rules	medium	<ul style="list-style-type: none"> <li>• Ensure that you can recover your boat to the launch area, slipway with your family group without breaking social distancing rules.</li> <li>• Take specific care to avoid slipping and trips on the slipway, both for your own safety and because it is important to avoid the need for emergency services to attend.</li> </ul>		

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Moving boat into a slipway without breaking social distancing rules.	medium	<ul style="list-style-type: none"> <li>• To avoid breaking social distancing rules only one boat should come into the slipway at one time. Please use all slipways and wait until the slipway is available.</li> </ul>		
Hauling your boat out of the lake without breaking social distancing rules	low	<ul style="list-style-type: none"> <li>• Ensure tyres are fully inflated on your trolley to make it easier to move your boat.</li> <li>• Where possible remove your boat yourself or with the help of a family member.</li> <li>• If it is not possible to remove the boat yourself it is important for you, (or you family member crew) are at the bow of the boat and your helper pushes from the stern to maintain social distancing. Any surface touched by someone not from your household should be cleaned prior to you touching that surface.</li> </ul>		
Pick up the virus from communal surfaces		<ul style="list-style-type: none"> <li>• Use your hand gel to wash your hand as soon as you can after leaving the launch area or slipway</li> </ul>		
Avoid social distancing problem or infection transmission from your boat.	low	<ul style="list-style-type: none"> <li>• Please de rig you boat at least 2 m away from any other boats to maintain social distancing.</li> <li>• If your boat is to be used by anybody else please be sure to clean all surfaces to remove virus as you pack away – recommend your boat is not used by someone else for 72 hours.</li> <li>• Please secure all items under the boat cover and take all other equipment home.</li> </ul>		
<b>Leaving the lake and going home</b>				
Avoiding breaking any social distancing rules or	low	<ul style="list-style-type: none"> <li>• Either change out of your sailing kit in your car or go home in your sailing kit, there are no changing rooms.</li> </ul>		

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pass on the virus when leaving the lake.		<ul style="list-style-type: none"> <li>• Please ensure all clothing equipment is taken home.</li> <li>• If you are last to leave check the lake and leave locking the gate. Wash your hands and whatever you touched on the gate before leaving.</li> </ul>		
Launching the safety boat				
Social distancing rules are broken when launching the safety boat.	High	<ul style="list-style-type: none"> <li>• The 'Jaffa' is to be launched strictly in line with social distancing, so a 2 m distance is always maintained, between people from different households. Hygiene procedures are followed so hands are washed prior to and after touching any surfaces which may be touched by another volunteers (i.e.) the painter, trolley, back of jaffa.</li> </ul>		
The Safety Boat is a source of contamination.	High	<ul style="list-style-type: none"> <li>• The safety boat (Jaffa) will have completed a 72hour quarantine period since last being used. A system shall be used to record when the boat was last used.</li> <li>• Only the two people, or the single person running who goes out in jaffa shall be involved in preparing the boat. No one else shall go out in that boat or be involved in its preparation.</li> <li>• The usual checks for fuel, the required safety equipment is on board shall be completed.</li> <li>• Additional to normal safety equipment the boat shall have a 'dry bag' containing PPE, sanitiser, particularly a face covering in case an emergency arises and mitigation is required for self distancing.</li> </ul>		
Social distancing rules are broken when bring the	High	<ul style="list-style-type: none"> <li>• The Jaffa is to be recovered strictly in line with social distancing, so a 2 m distance is always maintained, between people from different households. Hygiene procedures are</li> </ul>		

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rescue boats ashore and unpacking		followed so hands are washed prior to and after touching any surfaces which may be touched by another volunteers (i.e.) the painter, trolley back of rib).		