

Questions to consider and guidance before attending the BYS Welsh Regional Junior Championships. For sailors and parents

Before you leave Home

- You are making an active OPT IN choice to take part in this event, go on the water and understand that you increase your risk and therefore household risk of exposure to COVID 19
- A quick health check:
 - Have you had or been in contact with anyone with a positive Covid-19 test within the last 14 days?
 - Have you shown or suffered from any symptoms of Coronavirus within the past 14 days?
 - Have you had close or physical contact with anyone showing or suffering symptoms of Coronavirus within the past 14 days?
 - Have you returned from abroad in the last 14 days that is subject to quarantine rules.
 - If you have answered YES to any of the questions, please STAY AT HOME and do not attend the event.
- Have I prepared myself due to the lack of changing facility's, reduced (or no) catering facilities, different procedure at the venue?
- Make sure you listen to the online briefing and understand the event information.
- Do you have your hand sanitiser and mask?
- Please do not travel if you live in an area subject to a local lockdown/restrictions

Ashore at the venue

- Have you been given a specific arrival time, please stick to it as this is to reduce congestion?
- All changing rooms are likely to be closed
- Toilet facilities will be limited
- The venue is likely to have one way system for access and moving around the site
- Boat parking will be controlled
- Look to minimise time in the boat park
- Maintain social distancing of 2m + with all outside your bubble
- Avoid sharing touch points, and when you do wash hand straight after: Hose, door handles, flushes.
- Expect to wear a mask when your are indoors – masks will be required indoors unless exempt
- There will be a deliberate procedure for launching and recovery, and it will be managed which observes social distancing and also reduces touch points and cross contamination.
- Parents (non-sailors), have a plan what you will do when your sailors are on the water.
- The Official Notice Board and all communication with the race office will be done electronically, so please bring your mobile device.

While afloat at the event

- Maintain social distancing on the water, avoid rafting with other boats.
- Carry your personal supply of food and drink, you will not be able to deposit your dry bags in the safety boats.

Consideration for people working at the event (race management teams, coaches, volunteers)

- They are in a work environment. Please respect their social distancing of 2m+
- Coaches will be present, please maintain social distancing unless you need help with a breakage or safety issue.
- All sailors' personal kit will need to be carried in their boat, do not expect the coach to carry it in their RIB.