

Code of Conduct in the context of Covid-19

AT ALL TIMES



Wear a well adjusted mask (face covering) that covers the nose and mouth.



Wash your hands frequently with soap for at least 20 seconds.



Avoid touching your face : eyes, nose and mouth.



Keep a physical distance of 2 m or 6 feet with people; the equivalent of an Optimist mast.*

*An Optimist mast measures 2.26m

BEFORE LEAVING HOME



Stay at home and self isolate if you do not feel well : fever, headache, fatigue, aches, etc.



Bring your own items (Be self-sufficient and do not share) : food, water bottle, equipment, sunscreen, towel, etc...



Arrive wearing your sailing clothing to avoid changing at the club.

STAY SAFE !

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WHEN LAUNCHING AND ON DOCKS



Be courteous at all times (while launching and on the docks) and respect the 2m physical distance.



Restrain to **one boat launching or docking at a time**.



Sanitize all common material before and after use*.



Do not touch someone else's equipment and avoid the common courtesy of helping others with their lines or accepting help unless there is an immediate need to avoid injury or damage.



Respect the marked signage.



Wear your PDF at all times.

*a sanitizing solution of either 75% or higher alcohol-based product or bleach at a concentration of 20ml / 4 teaspoons per litre.

ON BOARD



Keep a 2 m distance of other boats, or the equivalent of an Optimist mast*, at all times.



Sail alone or with people living at the same address if the 2 m between the crew cannot be kept at all times.



In case of emergency :

- The first responder must wear a mask and gloves;
- The person in the water must remove his or her mask (face covering) to facilitate breathing.

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