

Safe system of work for opening changing rooms and toilets (from 25th July)

Overview

During the coronavirus lockdown the whole of the Sailing Club was closed down, now with the restrictions being lifted, members are attending the club, both for maintenance and sailing, particularly now racing has begun, all in a socially distancing way, conforming to the current guidelines.

- As per RYA recommendations we encourage participants and volunteers to change and shower at home rather than in changing rooms where possible
- If not possible to change at home, here is a guideline how we can offer safe toilet and changing facilities.

Prerequisites

The club house has generally been closed to members by order of the general committee, and government, to facilitate access to the changing rooms and toilets for all, we will need:

- **Access to the Changing rooms with reduced occupancy**

Outline plan

The showers are only to be used in cases of severe cold and emergency assistance

If a person uses the shower, that person is responsible for cleaning it.

There are not frequent cleaning staff operating throughout the day

Female changing room

- To facilitate safe distancing there will be restricted numbers into the changing rooms
- A person will take a Yellow disc from the entrance upon entering the passage way to the changing room, and return it when leaving.
- If there is no yellow disc available, do not enter.
- In the changing rooms maintain the 1 metre plus safe distancing.
- You may use the toilets

- Clean surfaces and discs that have been touched
- Be courteous and aware of others waiting to enter.

Male changing rooms

- To facilitate safe distancing there will be restricted numbers into the changing rooms
- A person will take a Blue disc from the entrance upon entering the passage way to the changing room, and return it when leaving.
- If there is no blue disc available, do not enter.
- In the changing rooms maintain the 1 metre plus safe distancing.
- You may use the toilets, **but not the urinals**
- Clean surfaces and discs that have been touched
- Be courteous and aware of others waiting to enter.

Mitigation plan

Within each changing room there will be soap and running water, please wash your hands as per the Covid guidelines.

There will be paper towels for drying and a bin to dispose of them in.

Within each changing room will be a cleaning station with disinfectant spray and towels for cleaning of any area that the member has touched.

There is hand sanitiser located just inside the doors to the building to use also.

Leave no personal effects in the changing rooms

If the changing room is fully occupied (no discs available) when either male or female enter the main door, please stand at least 1 metre away to allow exiting without breaching the social distancing guidelines.

The changing rooms are cleaned Monday Wednesday and Friday mornings, if they are used by CCSC members, they must be left clean and tidy, leaving behind no personal belongings.

Outline plan prior to opening

- Ensure adequate bins.
- Paper towels in both changing rooms.

- Cleaning stations with disinfectant and towels for each changing room
- Purchase adequate stock of blue towel.
- Purchase adequate stock of soap pumps and refill.
- Establish how many persons may be allowed in each changing room
- Provide shower cleaning equipment