



CASTLE COVE SAILING CLUB

Covid-19 Risk Assessments for Dinghies and Keelboats for racing, leisure sailing and boat movement

Information regarding Covid-19

On 31 December 2019, the World Health Organization (WHO) was informed of a cluster of cases of pneumonia of unknown cause detected in Wuhan, Hubei Province, China. A novel coronavirus (SARS coronavirus-2 (SARS-CoV-2)) was subsequently identified from patient samples [4]. As of 10 May 2020 there are 219,183 confirmed cases in the UK and 31,855 Covid-19 associated deaths.

Coronaviruses are a large family of viruses with some causing less-severe disease, such as the common cold, and others causing more severe disease such as Middle East respiratory syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS) coronaviruses. Fever, cough or chest tightness, and dyspnoea are the main Covid-19 symptoms reported. While most patients have a mild illness, severe cases are also being reported, some of whom require intensive care and some cases result in death. The virus is contagious and there is little immunity in the population. On 12 March 2020 the WHO declared the Covid-19 outbreak as a pandemic.

How is coronavirus spread?

"With the current information available, it is suggested that the route of human-to-human transmission of this coronavirus (2019-nCoV) is either via respiratory droplets or contact. Any person who is in close proximity with someone who has respiratory symptoms (e.g., sneezing, coughing, etc.) is at risk of breathing-in potentially infective respiratory droplets [3].

Coronavirus can also be acquired by touching surfaces contaminated with infective respiratory droplets which have come from an infected person. Coronavirus can remain viable on surfaces for several hours up to days. Coronavirus 2 (SARS-CoV-2) was detectable in aerosols for up to three hours, up to four hours on copper, up to 24 hours on cardboard and up to two to three days on plastic and stainless steel [5].

Experiments conducted by the US Department of Homeland Security indicate that the coronavirus can be 'quickly' destroyed by sunlight. "Solar radiation rapidly reduces virus stability on outdoor surfaces. Testing of virus decay in droplets of simulated saliva on a stainless steel surface was

conducted at several different intensities of artificial sunlight. Sunlight intensity ranged from darkness to “full” sunlight, which is equivalent to the intensity and composition of unobstructed sunlight at noon at ground level in the MidAtlantic Region on the first day of summer. The amount of time it takes for infectious virus to be reduced by half (half-life) in a droplet of simulated saliva on stainless steel at full solar intensity was approximately 2 minutes at room temperature. Higher humidity may reduce virus survival. When in saliva droplets, the virus is most stable at lower humidity. Operational Relevance: This indicates that the virus is more likely to be stable and persist in areas of lower humidity. Increasing humidity levels may speed virus decay " [10].

It is very unlikely coronavirus can be spread through things like packages or food [2].

The Chief Medical Officer, England has said that carriers of coronavirus can be infectious for up to 7 days before developing symptoms. Once symptoms develop patients will continue to be infectious for 4 days but the majority of people will no longer be infectious after 7 days.

RYA advice for RYA clubs and RTCs within the UK

The RYA have noted: "Following the Government announcement on Sunday 10 May, we understand that from Wednesday 13 May, unlimited outdoor activity will be permitted in England and this will include all forms of boating" [8].

Assessment of an Individual's Risk of Coronavirus Infection from Activities at CCSC

Prepared by: CASTLE COVE SAILING CLUB COMMITTEE

For: CASTLE COVE SAILING CLUB

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LIKELIHOOD	IMPACT		
	Low (L)	Moderate (M)	High (H)
High (H)			
Moderate (M)			
Low (L)			

Overall Risk

L	Low - Broadly Acceptable Risk Level Monitor, further reduce where practicable, reassess change.
M	Moderate - Tolerable Risk Level Risks must be reduced so far as is practicable but cannot be completely annulled
H	High - Intolerable Risk Level Immediate action required

[Note: A Qualitative Risk Assessment is a formal and systematic risk analysis approach in deciding whether a risk is low, medium or high. This form of risk rating is used to determine which hazard should take priority over another in terms of deciding what to do and when.]

- This Risk Assessment analyses an **INDIVIDUAL'S** risk of infection by coronavirus from activities at Castle Cove Sailing Club. This Risk Assessment does not cover the **WHOLE POPULATION** risks from the spread of coronavirus.
- The UK Government has determined the risk to public health to be High.
- The UK government has identified a group of individuals who are at increased risk of severe illness from coronavirus (COVID-19). As the impact of Covid-19 is higher for this group than the general population, risks have been assessed differently for this group than for the general population. Individuals who are at increased risk of severe illness from coronavirus are identified as **Group A**. Individual who do not fall into this group are identified as **Group B**.
- **Group A** individuals includes those who are:
 - aged 70 or older (regardless of medical conditions)
 - under 70 with an underlying health condition listed below (ie anyone instructed to get a flu jab as an adult each year on medical grounds):
 - chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
 - chronic heart disease, such as heart failure
 - chronic kidney disease
 - chronic liver disease, such as hepatitis
 - chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy
 - diabetes
 - problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
 - a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
 - being seriously overweight (a body mass index (BMI) of 40 or above)
 - those who are pregnant
- **Group B** individuals are those not included in Group A.
- Currently there are no effective anti-viral treatments or vaccines generally available.

- Our knowledge of covid-19 is at present derived from a more general knowledge of how other coronaviruses behave. Specific knowledge of Covid-19 is developing meaning that any plan to control risk will of necessity be generalised.
- Infected persons may pass on infection for several days before feeling unwell.
- Government advice is continually updating.

The basic infection control measures for the individual to control the risks are:

1. Wash your hand frequently [3]:
 - a. hand hygiene includes either cleansing hands with an alcohol-based hand rub (ABHR) or with soap and water;
 - b. alcohol-based hand rubs are preferred if hands are not visibly soiled;
 - c. wash hands with soap and water when they are visibly soiled.
2. Clean sheltered surfaces regularly. A household detergent is effective against Coronavirus. Pay particular attention to cleaning handles, locks and switches before and after use.
3. Surfaces exposed to high levels of direct sunlight will benefit from the attenuating properties of UVC. High humidity and the effect of salt will further reduce the viability of coronavirus [10]. External surfaces present a low risk of transmission and require reduced cleaning.
4. If you or anyone in your household has a new and continuous cough or high temperature then follow the government guidance and self-isolate at home.

The social distancing and PPE measures for the individual to control the risks include:

1. WHO guidance on social distancing is "*to allow social distance of at least 1 m to be maintained between patients*" [3].
2. Scottish Government guidance is that 1m social distancing is acceptable for essential workplace tasks where 2m separation is not possible [7]. As coronavirus is spread by the respiratory route the distance between two people is measured between their faces.
3. UK Government guidance recommends 2m separation between people but where that is not feasible the distance can be reduced and there is no minimum distance. Working Safely During Covid-19 in construction and other outdoor work states: "Where the social distancing guidelines cannot be followed in full, in relation to a particular activity, businesses should consider whether that activity needs to continue for the business to operate, and if so, take all the mitigating actions possible to reduce the risk of transmission between their staff." There is also no recommendation to use additional PPE stating "When managing the risk of COVID-19, additional PPE beyond what you usually wear is not beneficial. This is because COVID-19 is a different type of risk to the risks you normally face in a workplace, and needs to be managed through social distancing, hygiene and fixed teams or partnering, not through the use of PPE." [9]
4. There is no absolute numerical risk that can be assigned to the distance between people. For the purposes of this risk assessment a distance of 2m is considered to be a low risk and a distance of 1m to be a moderate risk. Both distances are preferable to actual contact which is considered to be high risk.
5. All members to follow the NHS Test and Trace procedure. Voluntary and optional tracing policy in place for organised CCSC tasks.

No	IDENTIFIED HAZARD	People at risk and how	Group A - Increased Risk			Group B - Not Increased Risk				
			Mitigation actions	Likelihood	Impact	Risk	Mitigation actions	Likelihood	Impact	Risk
1	Use of car park, balcony, garden & boat park.	People at risk of contact during parking, loading, unloading and moving around the site.	Basic infection control measures. 2m social distancing.	L	H	M	Basic infection control measures. 2m social distancing.	L	M	L
2	Use of Clubhouse for gatherings	1. Large or small gatherings for the specific purpose of socialising exposes members and visitors to the risk of contamination and transmission. 2. Contamination from unclean surfaces and other items. 3. Social interaction in Toilet and wash areas.	Basic infection control measures. 1m social distancing.	M	H	H	Basic infection control measures. 1m social distancing.	M	M	M

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			Mitigation actions	Likelihood	Impact	Risk	Mitigation actions	Likelihood	Impact	Risk
3	Individual use of Clubhouse	1. Casual interaction between members or visitors in the club house. 2. Contamination from unclean surfaces and other items. 3. Social interaction in Toilet and wash areas.	Basic infection control measures. 2m social distancing.	L	H	M	Basic infection control measures. 2m social distancing.	L	M	L
4	Use of galley	Preparation and serving of food.	Close the galley for all use. Basic infection control measures. 2m social distancing.	L	H	M	Close the galley for all use. Basic infection control measures. 2m social distancing.	L	M	L
5	Use of bar	Serving of drinks. Collection and cleaning of glasses. Management of stock.	Close the bar for organised events. Limit use to individuals only. Basic infection control measures. 1m social distancing.	M	H	H	Close the bar for organised events. Limit use to individuals only. Basic infection control measures. 1m social distancing.	M	M	M
6	Use of changing rooms	1. Sailors at risk of contamination when in close proximity with others while changing and showering.	Basic infection control measures. 2m social distancing.	L	H	M	Basic infection control measures. 2m social distancing.	L	M	L

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7	Use of sail store	1. Sailors at risk of contamination when in close proximity with others while collecting / returning equipment. 2. Contamination from unclean surfaces and other items.	Basic infection control measures. 2m social distancing.	L	H	M	Basic infection control measures. 2m social distancing.	L	M	L
8	Interaction on boat park	1. Sailors at risk of contamination when in close proximity with others	Basic infection control measures. 2m social distancing.	L	H	M	Basic infection control measures. 2m social distancing.	L	M	L
9	Interaction on beach/ slip at launch/recovery	1. Sailors at risk of contamination when in close proximity with others	Basic infection control measures. 2m social distancing.	L	H	M	Basic infection control measures. 2m social distancing.	L	M	L
10	Interaction on Pier/ pontoon (between members)	1. People at risk of contamination when in close proximity with others	Basic infection control measures. 2m social distancing.	L	H	M	Basic infection control measures. 2m social distancing.	L	M	L
11	Interaction on Pier/ pontoon (between members and the public)	1. People at risk of contamination when in close proximity with others	Basic infection control measures. 2m social distancing.	L	H	M	Basic infection control measures. 2m social distancing.	L	M	L

No	IDENTIFIED HAZARD	People at risk and how	Group A - Increased Risk			Group B - Not Increased Risk				
			Mitigation actions	Likelihood	Impact	Risk	Mitigation actions	Likelihood	Impact	Risk
12	Interaction of passengers on the ferry boat	1. Cross contamination between passengers in close proximity	<p>Basic infection control measures. 2m social distancing.</p> <p>Reduce the number of passengers on the ferry from 12 to 6.</p> <p>Only carry the crew from one boat at a time to avoid crews mixing.</p> <p>Clean radio with disinfectant before and after use.</p>	L	H	M	<p>Basic infection control measures. 1m social distancing.</p> <p>Reduce the number of passengers on the ferry from 12 to 6.</p> <p>Only carry the crew from one boat at a time to avoid crews mixing.</p> <p>Clean radio with disinfectant before and after use.</p>	L	M	M
13	Driving the ferry boat	1. Cross contamination between driver and passengers in close proximity	<p>Basic infection control measures. 1m social distancing.</p> <p>Reduce the number of passengers on the ferry from 12 to 6.</p> <p>Clean radio with disinfectant before and after use.</p>	M	H	H	<p>Basic infection control measures. 1m social distancing.</p> <p>Reduce the number of passengers on the ferry from 12 to 6.</p> <p>Clean radio with disinfectant before and after use.</p>	M	M	M

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			Mitigation actions	Likelihood	Impact	Risk	Mitigation actions	Likelihood	Impact	Risk
14	Interaction on safety boats	<p>1. Cross contamination between crew in close proximity</p> <p>2. Contamination by use of handheld VHF</p> <p>3. Contamination by use of Rib controls</p>	<p>Basic infection control measures. 1m social distancing.</p> <p>Clean radio with disinfectant before and after use.</p>	M	H	H	<p>Basic infection control measures. 1m social distancing.</p> <p>Clean radio with disinfectant before and after use.</p>	M	M	M
15	Interaction between Race Team members (on Imogen)	<p>1. Cross contamination between crew in close proximity</p> <p>2. Contamination by use of handheld VHF/ fixed VHF</p> <p>3. Contamination by contact with surfaces / controls on board Imogen</p> <p>4. Contamination by contact with race equipment, boards, flags, horn.</p>	<p>Basic infection control measures.</p> <p>1m social distancing.</p> <p>Clean radio with disinfectant before and after use.</p>	M	H	H	<p>Basic infection control measures.</p> <p>1m social distancing.</p> <p>Clean radio with disinfectant before and after use.</p>	M	M	M
16	On-water crew interaction (competing boats)	<p>1. Cross contamination between crew in close proximity</p>	<p>Basic infection control measures.</p> <p>1m social distancing.</p> <p>Clean radio with disinfectant before and after use.</p>	M	H	H	<p>Basic infection control measures.</p> <p>1m social distancing.</p> <p>Clean radio with disinfectant before and after use.</p>	M	M	M

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			Mitigation actions	Likelihood	Impact	Risk	Mitigation actions	Likelihood	Impact	Risk
17	On-water single handed sailing	Contamination from other sailors	Basic infection control measures. 2m social distancing.	L	H	M	Basic infection control measures. 2m social distancing.	L	M	L
18	First Aid/ resuscitation	1. Contamination between first aider and casualty	Basic infection control measures.	H	H	H	Basic infection control measures.	H	M	H
19	Entering race results (Hals/ use of club computer/ Chart Room)	1. Race team entering results in the confines of the chart room - risk of cross infection 2. Contamination from use of keyboard or mouse. 3. Paper/ pen/ notepad contamination	Basic infection control measures. 1m social distancing. Clean surfaces before and after using the computer.	M	H	H	Basic infection control measures. 1m social distancing. Clean surfaces before and after using the computer.	M	M	M
20	Interactions during Protest hearings, race briefings or tally activities	Contamination from other sailors	Basic infection control measures. 2m social distancing.	L	H	M	Basic infection control measures. 2m social distancing.	L	M	L
21	Instruction/ coaching	Contamination from other sailors during on-water or on-land, indoor or outdoor instruction of adult and child sailors.	Basic infection control measures. 2m social distancing.	L	H	M	Basic infection control measures. 2m social distancing.	L	M	L

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			Mitigation actions	Likelihood	Impact	Risk	Mitigation actions	Likelihood	Impact	Risk
22	Boat Lift	<ol style="list-style-type: none"> 1. Handling of barrows for carrying strops. 2. Handling strops. 3. Passing strop ends from one person to another. 4. Releasing sticking props on cradles – including passing tools from one person to another. 5. When chains from crane are lowered down onto boat, held by one person who passes one or more hooks to each of the other three - close proximity of persons to safely hand heavy hooks from one person to another. 6. Passing guidelines from one person to another during boat movement. 7. Climbing onto and moving on boats, particularly in the water, but also on cradles. 8. Making boat safe on mooring, travelling back to shore, particularly when climbing into and out of the ferry if weather anything but flat calm. 9. Lifting anything which needs more than one person. 	<p>Basic infection control measures.</p> <p>1m social distancing.</p>	M	H	H	<p>Basic infection control measures.</p> <p>1m social distancing.</p>	M	M	M

No	IDENTIFIED HAZARD	People at risk and how	Group A - Increased Risk			Group B - Not Increased Risk				
			Mitigation actions	Likelihood	Impact	Risk	Mitigation actions	Likelihood	Impact	Risk
23	Moorings work	<ol style="list-style-type: none"> 1. De-winterising moorings. 2. Closeness of persons working together to lift mooring chain, buoys etc. on to the boat. 3. Any mooring work from Grafter where 2 people are pulling together to get lines, chains etc. on board. 4. Simple holding of chains et by one person while another works on it, e.g. to shackle a marker or pickup buoy on to the chain. 5. Handling of chains on to, or onboard Grafter – closeness of persons, and also transfer of virus which remains on metal. 6. Simple passing of items from the grafter store to persons on deck. 	<p>Basic infection control measures.</p> <p>2m social distancing where feasible.</p> <p>Updated actions in Moorings, Celtic Lady and Grafter method statements.</p>	L	H	M	<p>Basic infection control measures.</p> <p>2m social distancing where feasible.</p> <p>Updated actions in Moorings, Celtic Lady and Grafter method statements.</p>	L	M	L
24	Maintenance work.	Club volunteers or paid professionals working on club maintenance tasks including; boats, engines, clubhouse, boat park, workshops, garden and slips.	<p>Basic infection control measures.</p> <p>2m social distancing.</p> <p>Updated method statements for garden and slipway cleaning work.</p>	L	H	M	<p>Basic infection control measures.</p> <p>2m social distancing.</p> <p>Updated method statements for garden and slipway cleaning work.</p>	L	M	L

No	IDENTIFIED HAZARD	People at risk and how	Group A - Increased Risk			Group B - Not Increased Risk				
			Mitigation actions	Likelihood	Impact	Risk	Mitigation actions	Likelihood	Impact	Risk
25	Routine inspection of club facilities to ensure safety of property during lockdown	Up to two club officials attending for authorised purpose of ensuring the safe operation of the club facilities.	Basic infection control measures. 2m social distancing.	L	H	M	Basic infection control measures. 2m social distancing.	L	M	L
26	On site response to an urgent incident such as; fire, flood or damage to property	Club officials attending for authorised purpose of responding to an incident affecting the safe operation of the club facilities. Contractors attending the club to perform work to ensure the safe operation of the club facilities.	Basic infection control measures. 1m social distancing.	M	H	H	Basic infection control measures. 1m social distancing.	M	M	M
27	Pontoons maintenance and preparation	Club officials and volunteers working outdoors on the pontoons and club crane.	Basic infection control measures. 2m social distancing where feasible. Pontoons method statement.	L	H	M	Basic infection control measures. 2m social distancing where feasible. Pontoons method statement.	L	M	L
28	Use of clubhouse toilets	Members using the individual toilets upstairs and downstairs one person at a time.	Basic infection control measures. 2m social distancing. Toilet usage method statement	L	H	M	Basic infection control measures. 2m social distancing. Toilet usage method statement	L	M	L

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