



advantage boating

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COVID-19 Code of Conduct & Procedures for Learn-to-Sail (CANSail) Students

During these exceptional times of COVID-19, it's important that we show exceptional discipline to ensure that we all stay healthy and not risk our boating season. Our desire to be on the water must be balanced with our need to protect members of the community; we are all in this together and our priority must be focused on all of us coming through these unusual times safe and healthy. This document may be updated as new information becomes available.

Advantage Boating has been offering a number of learn-to-sail training opportunities for adults on both larger boats (22 – 24 feet) leading to Sail Canada Learn-to-Cruise certification and on smaller (14 foot) 2 person boats leading to Sail Canada CANSail certification in partnership with Nepean Sailing Club (NSC) for over 20 years. As a participant in the CANSail 1&2 program, students also receive a club membership to NSC. Participants can enjoy and join in on the many sailing and social events that take part at the club throughout the year. As a NSC member and Advantage Boating student, it's imperative that you read and sign both the [Code of Conduct for NSC](#) and this Advantage Boating Code of Conduct prior to starting your course.

Advantage Boating's COVID-19 policies are in place to ensure we are able to get you out on the water in a safe and responsible way with the safety of our sailors, fellow club members and staff being of utmost importance. We will also continue to follow official guidelines and recommendations from the [Public Health Agency of Canada](#), the [Province of Ontario](#), [Ottawa Public Health](#) and [Sail Canada](#).

Members of NSC or students of Advantage Boating are not obliged to come to NSC if they do not feel safe for any reason.

We have aligned our cleaning procedures with the guidance of the relevant authorities.

Learn-to-sail (CANSail) programs will proceed in a phased-in process:

Current allowance - Phase 1 & 2: Learn-to-Sail (CANSail) programs for students living in the same family/household.

Those students registered in our learn-to-sail (CANSail) programs who are from the same household may participate in our training programs. Participants must read the Advantage Boating Code of Conduct including sanitization protocols and sign the document.

Future allowance - Phase 3: Learn-to-Sail (CANSail) programs for students living in different households.

As government restrictions ease, we anticipate that those living in different households will be allowed to sail together in our on-water sail training programs.

It is important that you adhere to the following core principles when conducting club or sailing activities.

1. Do not consider sailing or coming to the Club if you:
 - have any symptoms of COVID-19
 - have been in contact with someone who has had the virus in the previous 14 days. If you are under a government mandated self-isolation period, you are required to complete it before coming to the Club.

It is recommended that you complete the provincial self assessment before coming to the club: <https://covid19.ontario.ca/self-assessment/>

2. If you have a condition whereby you are immunosuppressed or have a chronic illness, you should consult your physician or public health resources to help you decide if you should come to the Club.
3. Even if you appear to be healthy and have had no contact with someone who is at-risk, it is still important to follow physical distancing and sanitation practices.

a) Use sanitary practices recommended by the public health authorities.

- Practice proper hygiene as it can help reduce the risk of infection or the spread of infection to others.
- Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer, especially after using the washroom or after touching public surfaces.
- Avoid touching your eyes, nose or mouth.

b) The Coronavirus that causes COVID-19 can spread through droplets that people produce as they breathe, talk, cough and sneeze.

When coughing or sneezing:

- Cough or sneeze into a tissue or the bend of your arm, not into your hand.
- Use a tissue and dispose of any used tissues as soon as possible in a lined waste basket and wash your hands afterwards.

c) It is recommended, that you maintain a distance of at least 2 metres / 6 feet from other people, unless you are from the same household.

d) As recommended by Ottawa Public Health, under conditions where a distance of at least 2 metres / 6 feet from other people cannot be maintained, a mask will be worn.

Sanitization Protocol

- All equipment will be sanitized with bleach and water solution (1/3rd cup of bleach per gallon of water) prior to training vessel being used by those from a different household.
- Ensure all surfaces (including but not limited to high touch surfaces like tiller & extension, cockpit area, sheets, and dolly handles) are sprayed down with bleach and water solution.

Upon arrival at the boat:

1. Wash your hands with soap and water or with hand sanitizer provided prior to touching the boat and rigging up your boat
2. Change into your sailing gear before arriving on the boat since there is currently no access to the club facilities or group changing facilities.
3. Bring your own PFD or you will have one assigned to you for the duration of your course.

Upon arriving back at the dock and de-rigging the boat:

1. Wash your hands with soap and water or with hand sanitizer provided before folding the sails, de-rigging your boat and putting equipment away.
2. Hang the genoa and main sheets from the aft end of the boom so they can be disinfected and have the opportunity to dry.
3. At the end of your class, you will take your PFD home with you.
4. Make sure to take all personal belongings (eg. clothes, sailing gloves, water bottle, garbage, etc.) home with you at the end of your sailing class.

I, _____, hereby have read, understand and accept the above terms of the COVID-19 Code of Conduct. I agree to comply with the terms in good faith and to the best of my abilities.

Participants Name (printed): _____

Participants Signature: _____

Date: _____