

KI Sailing LTD Youth Sailing

2021 KI High School Team

P.O. Box 454, Stevensville, MD 21666 www.kisailing.org email: info@kisailing.org

Policies and Procedures

KI Sailing LTD has always focused on getting youths outside and on the water, and teaching the life skill of sailing. Keeping our youth safe and educated about best sailing practices has been a priority. Sailing during the COVID-19 pandemic will require an additional level of diligence by all participants, instructors and volunteers to safely get out on the water and sail. Therefore, we would like to put a plan in place so that we minimize the risk of Covid-19 transmission.

Ensuring the health of our youth sailing club is a responsibility we all share and will require a shared commitment from each of us as we modify the way we sail together.

We are asking every participant, volunteer and instructor to sign this Policies and Procedures Agreement to demonstrate their commitment to their individual health as well as that of the club and community. Taking care of ourselves, each other, and this community requires the full attention and daily dedication of everyone. Our club needs every participant, volunteer and instructor to comply with public health guidance and KIYC rules and regulations. This cooperation is essential to the ability to provide a youth sailing platform in the spring of 2021.

COVID-19

COVID-19 is a respiratory infection caused by a coronavirus called SARS-CoV-2. The virus that causes COVID-19 spreads person to person. At this time, it appears that COVID-19 is spread primarily through respiratory droplets (meaning moisture that comes from talking, yelling, coughing and sneezing). A person can be contagious while sick (exhibiting a dry cough or fever) or even prior to showing symptoms. There is community transmission of COVID-19 across the United States, including in our local community. Some people who contract COVID-19 will have mild symptoms, while others, especially those who may be at higher risk due to underlying medical conditions, may experience serious symptoms. Additional information about COVID-19 can be found at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

KI Sailing LTD cannot eliminate the risk of transmission of COVID-19 while participating in the spring 2021 High School sailing team, but it is taking steps to mitigate the risk. Each participant, volunteer, and instructor can mitigate the chance of getting sick or getting others sick by:

- Practicing excellent personal hygiene – by washing hands several times per day
- Wearing a cloth face covering
- Maintaining physical distance from others
- Testing and monitoring for signs of infection
- Isolating or quarantining ourselves from others if we might be sick

In addition to the specific promises outlined on page 2 of this agreement, every participant, volunteer, and instructor will abide by any policies and/or orders from the Federal Government, Centers for Disease Control, Kent Island High School, as well as the State Government, Local Governments and Kent Island Yacht Club.

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Every participant, volunteer, and instructor is required to abide by these Policies and Procedures. By signing this agreement, you agree to the following:

1. *Before Arrival at the first youth sailing team event*, I agree to:
 - a. Read over all COVID-19 Information provided with this communication.
 - b. I have not knowingly coming into contact with a person who has been diagnosed with the virus or been diagnosed personally within the last 14 days.
 - c. Refrain from coming to any team events or sailing activities if I have a fever with a temperature over 100 degrees or symptoms of COVID19 until I meet the following criteria:
 - i. No fever, defined as less than 100 degrees, for at least 3 days (that is 72 hours of no fever without the use of medicine that reduces fevers, such as Tylenol, motrin, ibuprofen, etc.), AND
 - ii. Other respiratory symptoms have improved (for example, cough or shortness of breath), AND
 - iii. At least 10 days have passed since the symptoms first appeared.
2. *Ongoing Requirements. To continue attending team events or sailing activities*, I agree to:
 - a. Follow all KI Sailing LTD health and safety guidance, protocols, and policies, as modified from time to time, and distributed via email to protect myself and others from contracting the virus.
 - b. Practice physical distancing by staying at least 6 feet away from others at all times while on land or in any building, and wear cloth face covering at all times on land or in any building.
 - c. I will arrive at sailing sessions fully prepared to sail in proper clothing and with all needed accessories, including Face covering, Refillable water bottle (covered mouthpiece preferred), sunscreen pre-applied, clothes to get wet, closed-toed shoes, a Type 3 PFD
 - d. Maintain personal hygiene by using hand sanitizer, coughing or sneezing into an elbow, and keeping hands away from my face. Personal Hand sanitizer will be brought to club events.
 - e. Monitor my temperature and symptoms each day before coming to a club event, and refrain from coming to any club activities if my temperature is above 100 degrees or if I have any symptoms, and allow a temperature check by the Instructor, upon request, at any activity.
 - f. Isolate or quarantine if I am suspected of having or am diagnosed with COVID-19 or am in close contact with someone who is for as long as deemed necessary.
 - g. I will only sail with the other participant(s) who have been specifically identified in writing on the Doublehanded Sailing Waiver.
 - h. Notify Coach/Instructor, Amanda Shepherd, if I receive a positive test result for COVID-19.

I understand the information set forth above and agree to comply with the requirements of these Policies and Procedures. I recognize and support the importance of protecting my personal health and the health of all participants, volunteers, instructors, their families, and the community. I understand there will be zero tolerance for a failure to comply with these conditions/policies which may result in removal from the spring 2021 team.

Participant:
Printed Name _____ Signature _____ Date: _____

Parent/Guardian:
Printed Name _____ Signature _____ Date: _____