

# Fédération de Voile du Québec

## Covid-19 Keelboat Sailing Recommendations

- Disinfect the boat if last used within 48 hours and wash your hands before boarding.
- Limit the number of crew on board so that the 2-meter physical distancing is possible.
- Prohibit access to the cabin to anyone who does not live under the same roof as the owner or primary user.
- Modify manoeuvres and movement on the boat to reduce the amount of time the 2-meter physical distance requirement is broken to a minimum.
- Limit the cumulative time of maneuvers that break the physical distance requirement of 2-meters to less than 15minutes.
- As much as possible, avoid being downwind of crewmember.
- Reduce the race course and race time (or sailing time) to ensure that the cumulative period of time the physical distancing requirement if 2 meters is broken is less than 15 minutes.
- If the weather conditions are not conducive to physical distancing, cancel the outing.
- Only board the boat at the last minute and only for the duration of the regatta (or sailing outing).
- Wear a mask before/after boarding and during the preparation of the boat and equipment.
- Make as many of the preparations as possible at the dock, with the least number of people possible and while wearing the mask.
- Remember that a wet mask is ineffective or even dangerous.
- Provide replacement masks if necessary.
- Everyone is responsible for their personal safety: if you don't think you can respect the 2-meter physical distancing requirement and limit the cumulative breaking of the requirement to less than 15 minutes, do not participate in the proposed activity.
- Owner or primary user: keep a log of sailing outings, their duration, the crew members and their telephone numbers.
- As much as possible, keep the same crew, especially if several outings/regattas are in the same week.