



## PORTLAND YACHT CLUB

### PYC JSP Parent/Sailor Guidelines for COVID-19

PYC is happy to be able to offer sailing lessons this summer but things will be a little different this year. We are expected to follow the state guideline and we ask that parents, sailors, and staff follow these as well.

Per State guidelines all out of state sailors are required to have a 14 day quarantine prior to beginning camp.

#### **Hygiene practices**

- To help ensure proper hygiene, we will ask staff and sailors to wash hands or sanitize upon arrival, frequently throughout the day and before leaving. This includes, prior to and after eating and bathroom breaks.
- We ask staff and sailors to cover their face when social distancing at a minimum of 6' is not possible. PYC will be providing Buffs for sailors and staff to use while at camp to assist with this.
- Staff and sailors will be working with the same small group each day.

#### **Arrival:**

- We are staggering arrival times to reduce the amount of parents and sailors in the parking lot at once.
- We ask parents to avoid carpooling. When possible, please have the same person drop off and pick up your child each day.
- We will have a car line drop off and ask parents to remain in the car during pick-up and drop off. The coach will ask you some brief screening questions.
- We will have a similar procedure of car line up at pick up time. More details to come.

#### **Health Screening:**

When you arrive to the designated drop-off area, the self-screening will involve:  
General overview of family/exposure:

- Has your child, or anyone they've come into contact with, tested positive for Covid-19?
- Has your child or a member of your household experienced or come into contact with anyone with the following known symptoms:
  - Fever of 100.4 or above
  - Cough
  - Shortness of breath or difficulty breathing
  - Chills, repeated shaking with chills
  - Muscle pain
  - Headache
  - Sore throat

- Loss of taste or smell

Children who present with symptoms upon arrival will be sent home immediately.

If prescreening procedures do not show signs of illness or exposure, staff will bring sailors and belongings into the building where the staff and the child will wash their hands immediately, and then put child's belongings away.

### **Health Screening- Throughout the Day**

Any child who presents with symptoms during the day will be separated from the group immediately. Please be aware that if a child becomes ill or presents symptoms during the day, we will require parents to pick up with 30-45 minutes of notification.

We will require that if anyone the child has been exposed to presents with symptoms, that parents notify us immediately so that we can respond appropriately.

\*Note on screening: Staff will also be screened using the same methods as children, prior to entering as well as during the day.

### **Daily Routines**

- We ask all students to bring their own lunches.
- No sharing of food and water bottles.
- They will be eating in their own small groups.
- We ask sailors to limit what they bring each day and keep their items separated from other sailors. We will have designated locations for each group.
- Sailors will use the same boat, sails, and blades each day and these will be cleaned thoroughly at the end of each day.
- We will be limiting travel to away regattas for the time being.
- We ask parents to assist us with being sure sailors are only bringing essential items to sailing avoid bringing and sharing devices, books, and games to sailing.

### **Exposure**

- Communication regarding travel- If children/parents are traveling outside of Maine in an area with community spread, we require parents to inform us of your travel plans so that we are able to respond appropriately.
- Communication regarding exposures- If child or family has been exposed to a person/persons who has symptoms of COVID-19 or confirmed COVID-19, parents should notify LRC immediately so that we can respond appropriately.

- If the family is expecting a household visitor, we ask that you notify us if this person is coming from an area of widespread illness so that we may respond appropriately.

### **Cleaning and Disinfecting Measures**

- Follow all items included in "Cleaning and Disinfecting Protocol" included in the DHHS document "Guidance for Day Camps."
- Follow all cleaning and disinfecting protocols in addition as typically performed by PYC.
- Boats and equipment will be cleaned using soap and water, and disinfected using a 1:10 bleach and water solution.

### **Rain Days:**

We will continue to find a space for each small group to have shelter from the weather around the clubhouse where they can play games and practice sailing skills. This may include staying outside under a tent.

Please know that we are committed to having a very fun and safe sailing season as usual. We will be educating our staff on the safety measures necessary due to the COVID-19 pandemic, and our staff will be working to help reinforce these guidelines with the sailors throughout the day. We will be placing signs for reminders and disinfecting common surfaces, sinks, water fountains, boats throughout the day.

### **High Risk Sailors**

If you have a question if your sailor is at high risk to participate, we ask that you speak to your child's PCP to determine if camp is safe for him/her. Some conditions that may place your child in a higher risk group include asthma, diabetes, or children that are immunocompromised among others.