



Bay Area Association of Disabled Sailors
Return to Play Action Plan

We strive to make all aspects of
sailing accessible.

- I. Review State and County Guidelines
 - a. State of California: [COVID-19 homepage](#)
 - b. County of San Francisco: <https://sf.gov/topics/coronavirus-covid-19>
- II. Conduct Risk Assessment
 - a. John Hopkins Operational Toolkit for Businesses Considering or Expanding Operations in Covid-19
 - i. BAADS Risk Assessment, Modification Assessment, and Mitigation
- III. Control Risks
 - a. Eliminate hazards, activities, and exposure
 - b. Preventative actions
 - c. Cleaning Protocols
 - d. PPE
- IV. Monitor Results
 - a. Risks may change over time
- V. Create Return to Play Action Plan
 - a. Create Team
 - i. Team Lead – Charles Wienbar – Responsible for overall action plan
 - ii. Assign Leads
 - 1. Covid-19 Prevention and Protocols Lead – NAME - Recommend and develop protocols to ensure the wellness of all BAADS participating members.
 - 2. Sanitization and Disinfectant Lead – NAME – Manages logistics to sanitation and disinfecting efforts. Ensures routine cleaning are completed and that supplies are readily available.
 - 3. Communication Lead – NAME – Manages all communications. Work with others to ensure training is complete, ensures everyone knows their responsibilities. Provide COVID-19 updates on a frequency? basis as needed.
 - a. Special emails, Website, Facebook, Pirates Log
 - 4. Urgent messages - Text
- VI. Other Responsibilities
 - a. Directors
 - i. Familiarize themselves with the action plan to be able to answer questions from members/volunteers including how we social distance, disinfecting, and hygiene.
 - b. Skippers, Sailors, Crew, Volunteers,
 - i. Practice social distancing, understand symptoms, stay at home if not feeling well, practice good hygiene, hand sanitizer, soap and water, do not touch face, cough and sneeze into arm.
 - ii. Practice Social Distancing
- VII. Modifying the BAADS Environments

- a. Physical spaces modifications
 - i. Mark docks with blue tape six foot intervals
 - ii. Modify high touch surfaces, keep gates open, handrails,
 - iii. Post signage around to remind people to social distance
 - iv. Establish contactless drop zones for equipment sharing
 - v. Ban visitors/guests (except caregivers, family members assisting).
 - b. Protocols
 - i. Crowd controls
 - 1. Limit “number” of small boats per sail
 - 2. Limit people on the docks
 - 3. Limit people going allowed in the cage
 - 4. Prohibit group meetings / gatherings
 - 5. Encourage avoiding sharing boats and equipment
 - a. Assign Keelboats
 - i. Assign boats to skippers (static for phase I, families sheltering in place)
 - ii. Assign Crew (static for phase I)
 - 1. Assign jobs, sheets
 - b. Assign small boats (limit number of boats per sail)
 - c. Assign radios
 - d. Assign tillers, bailers, pins, paddles (Small Boats)
 - c. Schedules
 - i. Permit sailing only on “ days “
 - ii. Stagger sails on Saturdays (limit number of boats and duration).
 - iii. Create groups of people that work together throughout the pandemic
- VIII. Disinfecting
- a. Proper PPE
 - i. Wear PPE while cleaning/disinfecting
 - 1. Gloves, masks
 - 2. Avoid touching eyes, face, and mouth, personal electronics.
 - b. Clean first, then disinfect
 - i. If seven days have passed, only clean as usual, no disinfectant needed.
 - ii. Entryways and exits
 - iii. High touch surfaces, doors, cabinets, stair railings, buttons, switches
 - iv. Electronics
 - v. Tables, chairs
 - vi. Other boat equipment, winch handles, lines, wheel, buttons, etc.
 - c. Use EPA-registered disinfectant
 - i. Disinfect all possible spaces, focus on high traffic and commonly touched surfaces.
 - ii. Use Hudson sprayer and disinfectant

- iii. Spray boats down, rinse if required (Read label) before and after sailing
 - d. Increase ventilation – open all vents, windows, hatches.
 - IX. Human Screening Protocols
 - a. Implement formalized screening
 - i. Notify members/volunteers that they will be screened
 - ii. Measure body temperature before entering docks – keep results confidential
 - X. Exposure and Confirmed Cases
 - a. Members/volunteers who test positive or believe they have been infected should not come to the dock
 - i. Stay away from others. Follow self-quarantine guidelines from government.
 - ii. Return to plan considerations
 - 1. Symptomatic, but not tested
 - a. No fever for at least 72 hours, and have not used fever reducing medication during that time.
 - b. Coughs and other symptoms have improved
 - c. Seven days have passed since they first experienced symptoms
 - 2. Tested for COVID-19
 - a. They no longer have a fever
 - b. Coughs and other symptoms have improved
 - c. They have received two negative COVID-19 tests in a row
 - 3. Others who may have interacted with a positive for COVID-19 will be instructed to self-quarantine, following government guidelines.
- XI. Create Training Materials
 - a. Social Distancing Guidelines
 - i. Language for waiver
 - ii. Sign waiver for every time you sail or volunteer
 - iii. Stay 6 feet away from others
 - iv. Avoid tasks that require face-to-face work with others
 - 1. If unavoidable wear face masks, face shields, physical barriers and other controls to ensure safety
 - v. Avoid contact with others (handshakes, etc.)
 - 1. If you can't get in the boat yourself, bring your family or caregiver to help
 - 2. Investigate floating ramp to get small boats in and out of the water. And a Handy Bully.
 - vi. Avoid touching surfaces that may have been touched by others whenever possible
 - vii. Distance themselves from anyone who appears to be sick

- viii. Avoid gatherings when entering or exiting. Only enter and exit from designated areas.
 - ix. Follow posted signage regarding social distancing
 - x. Disinfect your area/equipment often
 - xi. Avoid touching your face
 - xii. Avoid non-essential gatherings
 - b. Use PPE
 - i. Gloves – COVID-19 may be contracted by touching contaminated surfaces and then touching their face. Gloves are an effective way to prevent COVID-19 from getting on skin. They are also a good reminder to not touch your face.
 - ii. Face shields, face masks and eye protection – Viruses can be transmitted through the eyes and mouth via tiny viral particles known as aerosols. Face shields, face masks and eye protection can help protect you for these particles
 - iii. How to put on, take off, and care for any PPE.
 - iv. PPE for loading sailors (masks, shields, gloves, etc.) Volunteer assignments only, those who don't want to volunteer for this job don't volunteer.)
 - v. Provide non-touch disposal containers
 - c. Personal Hygiene and Etiquette
 - i. Respiratory Etiquette and hand hygiene
 - 1. Provide tissues and no-touch disposable receptacles
 - 2. Provide soap and water
 - 3. Place hand sanitizers in multiple locations on dock and in keelboats to encourage hand hygiene
 - 4. Remind people to not touch their eyes, nose or mouth
 - ii. Stay home when sick
 - d. Cleaning Responsibilities
 - i. Everyone should be responsible for ensuring that they do their part in cleanliness.
 - 1. Discourage sailors/crew from using others' phones, radios, tools, equipment. Clean and disinfect before and after use.
 - 2. Provide disposable wipes so commonly used surfaces can be wiped down.
 - 3. Use boat soap if it's been over 7 days since last use
 - 4. Use boat soap and disinfectant if less than 7 days since last use
 - e. Include industry specific safety training, OSHA, US Sailing, ASA, etc.
- XII. Reopening Phases (See attached)
- a. Training
 - i. Directors

- ii. Skippers
 - iii. Volunteers
 - b. Review state and local guidelines
 - c. Phases
 - i. Keelboat
 - ii. Small Boat
 - d. Get feedback from sailors, crew, volunteers, etc., to improve plan
- XIII. Remain flexible and adaptive throughout the reopening.

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-disabilities.html>

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