



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 – Chris Naughton - Recommend and develop protocols to ensure the wellness of all BAADS participating members.
 - 2. Sanitization and Disinfectant Lead – Gary Goldsborough – Manages logistics to sanitation and disinfecting efforts. Ensures routine cleaning are completed and that supplies are readily available.
 - 3. Communication Lead – Kathi Pugh – Manages all communications. Work with others to ensure training is complete, ensures everyone knows their responsibilities. Provide COVID-19 updates on a frequency regular 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.
 - ii. If the Directors get questions they can refer them to the Communications Lead.
 - 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.
- 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, etc.
 - 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 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, etc.
 - 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 before sailing– open all vents, windows, hatches, turn on fans (close while sailing). Consider keeping the hatches open after sailing.
- 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. If a sailor or anybody near is exposed or develops symptoms after sailing, notify the skipper. Skipper notifies everyone on the boat and the Board. Implement procedures from medical and government agencies for quarantine.
 - 2. 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. 14 days have passed since they first experienced symptoms
 - d. Need two negative tests before returning to BAADS.
 - 3. Tested for COVID-19
 - a. They no longer have a fever
 - b. Coughs and other symptoms have resolved
 - c. They have received two negative COVID-19 tests in a row
 - 4. 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 social distancing is not possible 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. Gloves will shred if worn sailing.....
 - ii. Face shields, face masks and eye protection – Viruses can be transmitted through the eyes and mouth via tiny viral particles. Face shields, face masks and eye protection can help protect you from 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 for the PPE.
- c. Personal Hygiene and Etiquette
- i. Respiratory Etiquette and hand hygiene
 1. Provide tissues and no-touch disposable receptacles
 2. Place hand sanitizers in multiple locations on dock and in keelboats to encourage hand hygiene
 3. 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
 1. SIP families
 2. other crew
 - 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>