

2020 ILCA NO COAST CHAMPIONSHIPS
COVID-19 Rules & Guidelines
Posted July 29, 2020

It cannot be understated how important these guidelines are to your health, your fellow competitors' health and the members of Crescent Sail Yacht Club. The success of this event depends on you. Please view these rules and guidelines as mandatory.

RULES

- 1) Any person entering any CSYC building must wear a facemask.
 - Even if you're the only person in the room or building.
 - Even if you're only going in for a second.
 - This rule specifically includes the bathroom.
- 2) Each bathroom is limited to a maximum of three occupants at a time.
- 3) Showers in the bathrooms may not be used.
- 4) Please adhere to all occupancy limits posted on the clubhouse doors if you should need to enter the clubhouse.
- 5) Any outdoor contact within six feet of another person requires a face mask.
- 6) COVID-19 screening questionnaires must be completed and turned in by ALL COMPETITORS, PARENTS AND COACHES at registration.

GUIDELINES

- 1) Boats should be spaced on the lawn directly in front of your assigned flag.
- 2) Boats should attempt to maintain space at launch ramps, and wear your buff in the mask position until you are launched.
- 3) Masks are not required while outside and appropriately distanced from others.
- 4) Please maintain distance from your fellow competitors during the daily skipper's meeting and any protest hearing.
- 5) When there is doubt in your mind, please take your penalty on the water to avoid protest hearings on land altogether.

WATER

To avoid the spread of COVID, please be aware that there are no common-use water filling stations for competitors or coaches to utilize. Race management has purchased a significant amount of single-use water bottles -- good to stop the spread, bad for the environment. There is no winning on that front.

If you are coming from your home or a place with a dependably-safe water supply, we ask that you bring the water you will need for the day. If not, there will be cold water bottles for you to consume. Either way, we will ensure that nobody will dehydrate due to COVID precautions.

COVID-19 SCREENING QUESTIONNAIRE

NAME _____

EMAIL _____

BEST CONTACT PHONE _____

Circle **YES** or **NO** to the following questions

1. Have you been diagnosed with COVID-19 in the last 60 days?

YES or **NO**

2. Have you been in contact with anyone who has returned from international travel or been on a cruise within the last 14 days?

YES or **NO**

3. Have you had contact with someone who has OR is under investigation for COVID-19?

YES or **NO**

4. Have you had any domestic or international travel through airports in the last 14 days?

YES or **NO**

5. In the last 10 days, have you experienced signs or symptoms of a respiratory infection such as:

Fever? **YES** or **NO**

Cough? **YES** or **NO**

Shortness of Breath? **YES** or **NO**

Loss of Taste? **YES** or **NO**

Body Aches? **YES** or **NO**