

# COVID-19

*Informations pour les membres de  
la Fédération de voile du Québec*



**Press release dated June 26th 2020.**

**To all Quebec Sailing Federation's members and sailing enthusiasts.**

Three months after the start of confinement, we are now at a turning point. We have started to reopen and have started sailing again.

On June 17th, the government announced the third phase of the reopening for sports and recreation, effective June 22nd. It took a little time before finalizing this release, because we first had to clear up several points. Just as we were about to publish it, came the announcement of June 25<sup>th</sup> from the Health Authorities about the new reopening phase. We are currently analysing if this has an impact on our current instructions and will make some adjustments if applicable.

As has been the case since the beginning of the pandemic, our first priority is to inform and support sailing clubs and schools' managers so that they can make a good risk assessment, determine the activities and services they can offer and define the framework and the directives to put in place. As such, if you sometimes have the impression that nothing is happening, tell yourself that several people are working hard to make your summer as normal as possible. I would like to take this opportunity to congratulate and thank the club and school managers and their teams, as well as the Federation's employees, the trainers and volunteers who have made every effort to ensure that everything is in place so that you enjoy a sailing season in 2020.

You may not be aware of this, but during the confinement, online trainings for future instructors and race officials were offered, as well as fitness and development activities for athletes.

Although it seems to have considerably decreased, the risk of contamination with COVID-19 is still present: caution is to be maintained and Public Health instructions still must be followed.

Since there are a variety of activities related to sailing, the risk level and health guidelines also vary from one activity to the next and the reopening level is not the same for all contexts. Here is an overview to help you find your way in the different situations:

## **General guidelines**

- Respect the Public Health guidelines.
- Respect the sailing enthusiasts instructions set out in the Code of Conduct during COVID-19 ([link](#)).
- Respect the instructions of the club or school where the activity is practiced.

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- For group or site managers, comply with the specific supervised activity's guidelines and keep a participant attendance registry including a sorting grid ([link](#)).
- On land and between boats, once on the water: respect the 2 m distance.
- A mask is recommended on land. It is mandatory when the activity carried out presents a risk of breaking the minimal distance requirement (e.g. boat and equipment preparation, boat launching, etc.).
- Wearing a mask is not recommended once on the water in a dinghy or on a sailboard.

## ***Sailing on your own***

*It is your responsibility to minimize the risk to you and your guests. You can choose to adopt stricter behaviors than those suggested by the guideline, all depending on your state of health and that of the people around you, etc.*

## ***[Instructions doc link](#)***

- Free sailing is allowed on any type of boat which permits compliance with the physical distance rules.
- You can have guests on board, if your club or marina allows them access and if your boat is big enough to comply with the health regulations in force.  
When you do, you must keep a log of your visitors.
- During a sailing outing, if a maneuver involve briefly breaking the 2 m distancing, the risk of contracting the COVID-19 is considered low, as long as the cumulative time of these close contacts is less than 10-15 minutes per outing.
- For sailboats with living quarters, considering the proximity inside the cabin, we recommend that you limit access to only the people in your household (not including the use of the head(s) which should be disinfected regularly).
- Local navigation is to be preferred.

## ***Supervised practice***

Each Site Manager must assess the risks and determine the rules for their members and clients. Managers or Owners have the right to decide whether an activity or service will be offered and under which conditions. It is then your responsibility to minimize the risks to you. You can choose to adopt more stringent behaviors than those required.

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## **Sailing lessons**

Teaching is now allowed in affiliated dinghy and cruising schools, under certain conditions. Refer to the guidelines implemented by your school.

## **Day camps**

Day camp activities are permitted. Sailing schools which offer day camps must comply with directives specific to sailing as well as those issued by the Quebec Camp Association. Refer to the guidelines implemented by your camp.

## **Supervision of racing teams**

The racing teams have started training on the water, both in double and single handed dinghies. Clubs offering racing programs must adhere to specific sailing guidelines. Refer to the guidelines put in place by your club.

Athletes sailing in double handed boats must however also follow specific instructions ([link](#)).

## **Regattas**

The organization of regattas is now permitted, but travel between regions is not recommended. Regattas must therefore be limited to local or regional events. Host clubs must follow the specific instructions issued by Sail Canada and the FVQ.

When necessary, travel between regions should be limited from your place of residence to your destination, with no non-essential stops on the way.

For now, major events are prohibited until August 31, 2020 by the authorities.

## **Para sailing**

Adapted sailing activities are possible. Refer to your sailing school for more details.

## ***Sailing outside of Quebec***

### **Are you thinking about travelling to another province to go sailing?**

Please make sure you are well informed before you do so!

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Public Health regulations are different from one province to another and rules are changing on a regular basis.

Many provinces are currently not accepting visitors, others ask that you self-isolate for 14 days. In all cases it is expected that you will only travel if it is essential and that you are going to respect the directives of the host province.

Except for CST athletes who are usually training out of their home province, the Provincial Sailing Associations and Sail Canada recommend that you sail in your home province for the time being.

To find out about the restrictions specific to sailing, we recommend that you contact the provincial sailing association concerned.

Regarding general restrictions by province, here is an article produced by CBC dated June 22:  
<https://www.cbc.ca/news/canada/travel-restrictions-province-1.5618853>

## **Emergency situations**

You have first aid training and could potentially find yourself in an emergency? Check with the organization that trained you what the specific guidelines are in the context of COVID-19. You can also read the specific instructions that we have given to sailing instructors and coaches.

[\(Protocol link\)](#)

## **Have a good sailing season and good winds !!**

*Natalie Matthon*

General Manager of the Quebec Sailing Federation

***Stay on course: Respect the instructions!***