

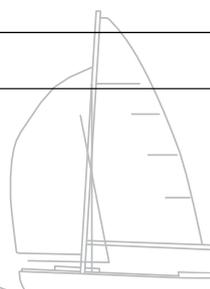
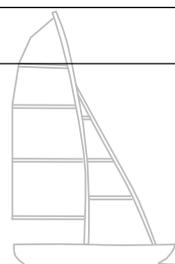
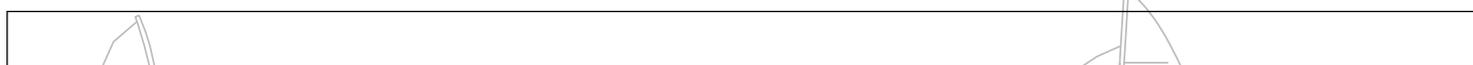


Federazione Italiana Vela



REGULATORY PROTOCOL  
ON MEASURES TO COMBAT AND CONTAIN THE SPREAD OF COVID-  
19  
FOR AFFILIATED SPORTING ASSOCIATIONS

VERSION UPDATED ON 8 OCTOBER, 2020

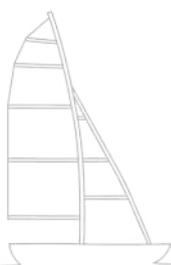




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## Introduction

The purpose of this document is to provide management tools and actions to govern and standardise the practice of the sport of sailing in its various aspects, and as far as possible, to regulate the organisation of sporting activities at the nautical bases of affiliated associations, within the framework of the national plan governing the resumption of activities, according to a structured programme that balances safeguarding health with the requirements of a return to a situation of normality.

In this phase, in which the resumption of sporting activities is taking place at a time when infections are under control, but still ongoing, it is important to be aware that the application of these regulations will take place in conditions of great difficulty for all those involved in the sport.

In view of this the Italian Sailing Federation intends to support affiliated associations with the intention of providing prompt encouragement for all activities in this recovery phase. This document has therefore been drafted to outline the positive conduct that, when communicated with clear indications, will allow athletes and members of technical staff to practice the sport in conditions of minimum risk.

It is important to keep in mind that the viral load of Covid-19, and its tenacity, will continue to pose a major threat in the near future. For this reason, we strongly urge our managers, athletes, instructors, race officers and all members, to strictly apply and responsibly comply with these measures and those adopted by the government in these early stages of a return to normality. Only through actions and conduct characterised by the maximum individual and collective responsibility, will we be able to reduce the risk of infection and facilitate a complete return to normality over time.

**The following shall be subordinate to and complement the measures adopted by the government and/or local authorities in relation to preventive health checks on those members, athletes and members of technical staff who, in relation to COVID-19 infection, are authorised to practice the sport.**

**It should be noted that the sport of sailing is considered an individual sport in all its forms (single-handed, double-handed, offshore and one-design boats).**

**This document has been drawn up in accordance with the Law Decree of October 2020, no .125.**



## A) TRAINING ACTIVITIES - OMISSIS

## B) SAILING SCHOOL ACTIVITIES - OMISSIS

## C) HOLDING SAILING COMPETITIONS

### 1. Information

In order to guarantee maximum safety at the sites used to host sailing competitions, it is obligatory to provide adequate and precise information on the precautions and procedures to be employed when accessing and using these areas, which shall apply to everyone wishing to gain access.

Such communication must be carried out in the most appropriate and effective manner. It is suggested that the Vademecum under **Attachment 1** be displayed at the entrance to the club and in the most heavily frequented areas.

It is mandatory to provide the prior information referred to in **Attachment 2** to anyone accessing the facilities, whether external or internal users (race officers, measurers, athletes, collaborators/employees). The information must include the following indications:

- 1 The obligation not to enter the club headquarters or any area of the same, including open-air spaces, and to stay/return home in the case of fever (over 37.5°C) or other flu-like symptoms and to call the relevant GP and the Health Authority (telephone number in Italy 1500 or 112).
- 2 The obligation not to enter or remain in the facility and to give prompt warning should the user become aware of dangerous conditions (flu-like symptoms, or a temperature of over 37.5°C or contact with people who have tested positive for the virus in the previous 14 days), including after entering the facilities.
- 3 The undertaking to comply with all the provisions set out by the Health Authorities (in particular those relating to social distancing and hygiene standards).

### 2. Site of the sporting competition

The competition, in all its phases, must take place outdoors, except as specified below, and **without the presence of the public** until the end of the emergency situation, as set forth by the government and/or local authorities.

Competitions hosted at the nautical bases of affiliated associations must allow the athletes, race officers, measurers and technical staff and accredited support personnel involved to carry out the sporting activity ensuring that social distancing of at least one metre is maintained. Use of masks to protect the airways in outdoor spaces is mandatory, these must be worn correctly so that they cover the nose and mouth.

In the designated areas where the activity is to take place, dispensers with alcohol-based hand sanitising gel must be provided for participants.

### 2.a. Enclosed spaces

The premises required by organisers for logistical activities reserved to technical staff must be adequately ventilated and sanitised periodically. Devices for dispensing alcohol-based detergents for hand sanitising must be placed at the entrance to the premises. Masks must be worn obligatorily in order to access enclosed spaces. Objects, items of clothing and/or personal effects may not be left in the premises, unless it is possible to store them in personal lockers.

### 2.b. External areas

External areas must guarantee sufficient space for social distancing of at least one metre. The public shall not be permitted to enter these identified areas. Equipment present and used in outdoor spaces (tables – chairs – other equipment) should be sanitised periodically with suitable products. In the phases ashore - preceding or following racing - the Organising Committee must set out routes to avoid gatherings of people in specific areas of the club, encouraging distribution of the sailors over the entire available area. It is necessary to use masks to protect the airways in outdoor spaces, these must be worn correctly so that they cover the nose and mouth.

### 3. Changing rooms and toilets

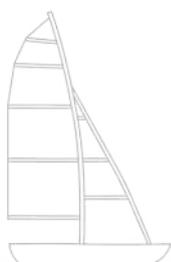
Careful cleaning and sanitising of common areas (changing rooms and toilets) must be carried out. These must be cleaned and sanitised in compliance with any procedures/regulations issued by the authorities. If it is not possible to guarantee the constant and continuous sanitisation of these premises throughout the day, the use of changing areas must be prohibited using special tapes to prevent access, including to furnishings.

**Changing of clothes before embarkation should preferably take place in open spaces.** If it is not possible to do this in outdoor spaces, if carried out in indoor spaces, a flow must be ensured that permits social distancing of one metre, both in the entrance/exit phases and during use, while wearing protective masks. The number of people that can access the toilets must be determined on the basis of their size. Toilets must be adequately ventilated.

Bags, clothing, shoes and personal belongings may not be stored in changing rooms, as they would not allow for proper and periodic cleaning and sanitisation of the premises.

All clothing must be stored inside personal bags. Devices for dispensing disinfectant detergents must be positioned internally and near the entrance.

At events involving a large number of people, toilets must be cleaned and sanitised on a scheduled basis, several times a day.



#### 4. Secretariats, Offices

For any secretarial activities on site, which must be limited to sporadic and exceptional cases, one person will be able to access the premises at a time, in order to maintain social distancing of one metre between members of staff, who will be equipped with masks, and masks covering the nose and mouth must be worn.

#### 5. Registration

In order to avoid gatherings during the event, the registration phases must take place using exclusively electronic means, through the My Federvela app or other IT platforms. Payment must be made exclusively by bank transfer or other system in order to avoid any payment when accessing the organising club. Any other registration document that cannot be managed through the above platforms (measurement certificates, insurance policies, crew lists, receipts for payment of registration fees) must be sent by email to the organising club.

During the registration/accreditation stage it will be necessary to provide a telephone contact of the participant and/or member of technical staff and/or owner, which the Organising Committee and/or Race Committee and/or Protest Committee will use to send communications and provide information.

Before the start of the event, it is **OBLIGATORY** for competitors to provide self-certification as per **Attachment 3**.

Registrations must obligatorily close 10 days in advance of the event date for national regattas and 3 days in advance of the event date for regional and club regattas.

Technical staff, race officers and anyone else involved in the organisation of the event must submit self-certification to the Organising Committee as set out in **Attachment 3**.

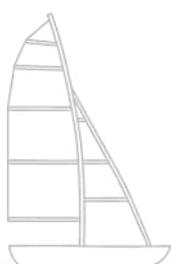
#### 6. Distribution of material

The distribution of any material to sailors/technical staff (promotional gifts, packed lunch, etc.) or to support staff at the event, must take place in an outdoor area, ensuring social distancing of at least one metre. Staff distributing materials must wear masks in the correct manner, covering the nose and mouth.

#### 7. Communications to competitors and technical staff

Communications (official notice board and bulletin boards) must be made exclusively through web platforms (My Federvela app or other applications that can perform this function).

For communications with the Regatta Secretariat, the organising club must provide a telephone number and/or an email address or other applications capable of allowing competitors to communicate with the Organising Committee, Race Committee and Protest Committee and to submit documents.



## 8. Briefing activities

The Organising Committee should avoid briefing activities as much as possible, using other forms of communication with competitors and technicians in order to avoid gatherings.

If the number of competitors is very limited and it is possible to maintain social distancing of at least one metre, it will be possible to carry out briefing activities in outdoor spaces appropriately equipped in advance.

In offshore regattas, one design, double-handed boats and those with multiple crews, only one representative for each boat will be allowed to attend the briefings.

In regattas for youth classes only a coach meeting will be permitted.

During briefing activities masks must be worn in the correct manner, covering the nose and mouth.

Devices for the delivery of alcohol-based solutions for hand sanitising must be set up in the areas where briefings will be held.

It is recommended to limit the duration of meetings to a **maximum of 30 minutes**.

## 9. Room for protest hearings

The Organising Committee must identify a suitable room for protest hearings, which allows social distancing of one metre.

The hearing room shall be adequately ventilated and sanitised daily, using suitable products. Devices for dispensing alcohol-based detergents for hand sanitising must be placed at the entrance to the premises.

Masks must be worn obligatorily in the correct manner, covering the nose and mouth, in order to access the room.

The presence of observers should be limited to hearings involving competitors who are minors.

Use of arbitration should be promoted.

## 10. Competitors

10.1 It is always recommended that athletes maintain a distance of one metre from each other and from the sports staff during onshore activities. If it is not possible to ensure social distancing, it will be necessary to use masks.

10.2 Good hygiene practices should be used. It is necessary to:

- Wash hands frequently, as per the attached health provisions (**Attachment 2**)
- Never touch your eyes, nose or mouth with your hands;

- Sneeze and/or cough into a tissue, avoiding respiratory secretions coming into contact with your hands; if a tissue is not available, sneeze into the bend of your elbow;
- Avoid leaving worn personal clothing in areas shared with others. Store it in personal backpacks or bags and, once you return home, wash it separately from other clothing;
- Always drink from disposable glasses or personal bottles;
- Dispose of paper towels or other used materials such as plasters, bandages, etc. in appropriate (well-sealed) containers immediately.

10.3 The personal protective equipment to be used in the various occasions of interaction, for the purpose of containment of the contagion, is:

- Mask covering nose and mouth.

10.4 Competitors will be obliged to undergo daily temperature checks carried out by the Organising Committee when entering the site of the sports event.

Alternatively, competitors can detect and record their own temperature using Attachment 3, to be handed over upon entering the site of the sports event.

10.5 All competitors must use masks, including in outdoor areas. Therefore, masks must be worn in the phases on shore, prior to racing (up to setting off on the water), and after racing (upon return to shore). The mask must be worn correctly, covering nose and mouth.

It is not obligatory to wear a mask during the sporting activity on the water.

## 11. Instructors, coaches, support staff and service staff

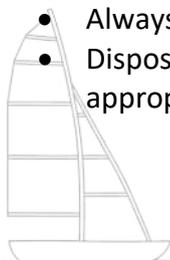
During the regatta it is important to limit attendance with athletes exclusively to instructors/coaches and other technical staff (athletic trainer or physiotherapist, etc.). Social distancing of at least one metre shall in any case be maintained during all activities ashore and masks must be worn in the correct manner, covering the nose and mouth. It will be necessary for such personnel to have personal protective equipment on board RIBs or support boats (stored in dry spaces or waterproof bags to ensure their effectiveness), to be used in the event that it is not possible to respect social distancing.

Instructors, coaches, support staff and service staff will be obliged to undergo daily temperature checks carried out by the Organising Committee upon entry to the site of the sports event.

Alternatively, they can detect and record their own temperature using Attachment 3, to be handed over upon entering the site of the sports event.

Good hygiene practices should be used. It is necessary to:

- Wash hands frequently, as per the attached health provisions (**Attachment 2**)
- Never touch your eyes, nose or mouth with your hands;
- Sneeze and/or cough into a tissue, avoiding respiratory secretions coming into contact with your hands; if a tissue is not available, sneeze into the bend of your elbow;
- Avoid leaving worn personal clothing in areas shared with others. Store it in personal backpacks or bags and, once you return home, wash it separately from other clothing;
- Always drink from disposable glasses or personal bottles;
- Dispose of paper towels or other used materials such as plasters, bandages, etc. in appropriate (well-sealed) containers immediately.



## 12. Race officers - Measurers

12.1 Before the start of the event Race Officers - Measurers must deliver a self-certification to the organising committee as per **Attachment 3**.

12.2 Race Officers - Measurers will be obliged to undergo daily temperature checks carried out by the Organising Committee upon entry to the site of the sports event.

Alternatively, they can detect and record their own temperature using **Attachment 3**, to be handed over upon entering the site of the sports event.

12.3 During activities ashore, social distancing of at least one metre between Race Officers - Measurers and the sports staff must be respected. If it is not possible to ensure social distancing and it is mandatory to use masks.

12.4 Race Officers - Measurers must use personal technical equipment.

12.5 Good hygiene practices should be used. It is necessary to:

- Wash hands frequently, as per the attached health provisions (**Attachment 2**)
- Never touch your eyes, nose or mouth with your hands;
- Sneeze and/or cough into a tissue, avoiding respiratory secretions coming into contact with your hands; if a tissue is not available, sneeze into the bend of your elbow;
- Avoid leaving worn personal clothing in areas shared with others. Store it in personal backpacks or bags and, once you return home, wash it separately from other clothing;
- Always drink from disposable glasses or personal bottles;
- Dispose of paper towels or other used materials such as plasters, bandages, etc. in appropriate (well-sealed) containers immediately.

12.6 When on board committee boats (committee boat - finish boat) protective masks or visors must be used.

12.7 When on board RIBs with several people, social distancing of at least one metre must be maintained and protective masks or visors must be worn.

## 13. Scoring

Scoring personnel must work in separate rooms and if in contact with Race Officers or others for the elaboration of scores, must wear a mask. The Race Committee is invited to use IT tools to communicate finish data (e.g. via chat or sending photos of the finishing order directly from the finish boat).

The publication of scores must take place exclusively through web platforms (My Federvela app or other applications that can perform this function).

## 14. Boat launching/hauling out

During the launch/haul out procedures, if the assistance of support staff and/or race staff is required, such staff must use devices covering the nose and mouth.

Any gatherings during the exit and return phase of the boats must be avoided - whether using a pier, slide or beach - and social distancing of at least one metre must be ensured between all those involved in launch and haul out operations in all settings.

## 15. Organiser's vessels - Use and sanitation

All parts of the vessels in frequent contact with the personnel on board must be cleaned daily using suitable products.

### 15.a Committee boat - finish boat

The boat must permit social distancing of one metre between the Race Officers on board. It is mandatory to use masks.

### 15.B RIBs used by umpires, measurers or the Protest Committee

RIBs used by Race Officers - Measurers must be sized so as to ensure social distancing of one metre between the Race Officers on board. It is mandatory to use masks.

### 15.c Start and finish pin boats

The boats must permit social distancing of one metre between the personnel on board who must use masks or protective visors.

### 15.d Support boats/RIBs

Devices covering the nose and mouth must be worn on board the race support boats and RIBs when providing assistance.

The number of personnel on board will be determined on the basis of the capacity of the vessel and the ability to implement social distancing of at least one metre.

## 16. Social events - Opening ceremony - Prize giving

Any social events involving gatherings that do not respect social distancing of one metre are prohibited.

Events with table service are permitted provided that the seating guarantees social distancing of at least one metre between those attending. The prize-giving ceremony must allow participants to respect social distancing of one metre and it is mandatory to use masks worn correctly, covering the nose and mouth.

In offshore regattas, the prize-giving podium must be reserved for two members of each crew. Competitors called to the podium must wear a mask.

## 17. Management of symptomatic cases

In the event that a member of the sports staff or another person present at the training site develops symptoms compatible with Coronavirus infection during sports activities, the procedure is to isolate the person as strictly as possible and to minimise contact with athletes and personnel who are presumed not to be infected.

The symptoms to be considered are:

- fever above 37.5°C
- symptoms of respiratory infection such as a cough

The manager of the facility used for the training session is therefore required to identify an isolation room that should be located near to the entrance to reduce possible contact with personnel

transiting within the facility.

The subject should wear a medical mask to prevent the dispersion of infected droplets within the room. In addition, the subject should not use shared facilities, such as toilets, changing rooms, etc., at the same time as other athletes or people present within the facility.

These common facilities should be cleaned and sanitised before and after use by the person suspected of being infected.

The operational procedures to be followed are:

- The athlete reports the symptoms to a member of his/her technical staff/manager, who will always make sure they are wearing PPE before providing assistance or PPE to the subject, in the event he/she does not have any.
- The member of technical staff/manager takes the subject to the location identified by the manager of the facility, for temporary isolation.
- The member of technical staff/manager must then call the dedicated line for the Emergency Healthcare Service, in order to adopt the procedures indicated, and shall report the case to the Public Health Service of the Local Health Authority.
- The member of technical staff/manager will collaborate with the Healthcare Authorities to identify any contact with a subject who tests positive for COVID-19, in order to allow the authorities to enforce the necessary and appropriate quarantine measures. Persons who have been in contact with the positive subject may be prohibited from continuing training sessions.

## USEFUL NUMBERS

### National information number

1500

### Emergency services number

Contact 112 or 118 only if strictly necessary.

### Regional freephone numbers

- **Basilicata:** 800 99 66 88
- **Calabria:** 800 76 76 76
- **Campania:** 800 90 96 99
- **Emilia-Romagna:** 800 033 033
- **Friuli Venezia Giulia:** 800 500 300
- **Lazio:** 800 11 88 00
- **Liguria:** 800 938 883 Monday to Friday from 9 a.m. to 4 p.m. and Saturday from 9 a.m. until 12 midday
- **Lombardy:** 800 89 45 45
- **Marche:** 800 93 66 77
- **Piedmont:**
  - **800 19 20 20**, 24 hours a day
  - **800 333 444** Monday to Friday, from 8 a.m. to 8 p.m.
- **Autonomous Province of Trento:** 800 867 388
- **Autonomous province of Bolzano:** 800 751 751
- **Puglia:** 800 713 931
- **Sardinia:** 800 311 377 (for health info) or 800 894 530 (civil protection)
- **Sicily:** 800 45 87 87
- **Tuscany:** 800 55 60 60
- **Umbria:** 800 63 63 63
- **Val d'Aosta:** 800 122 121

☒ **Veneto:** 800 462 340

Attachment 1:

## Clean hands protect against infection



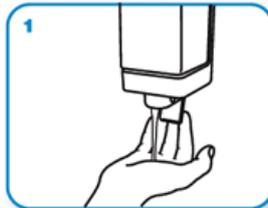
### How to wash your hands with soap and water



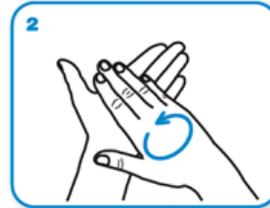
WASH YOUR HANDS WITH SOAP AND WATER. OMI VIE VISIBILI V DIBTVI



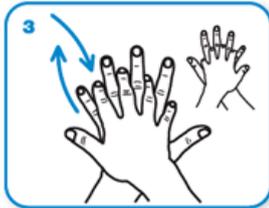
Wet hands with water



apply enough soap to cover all hand surfaces.



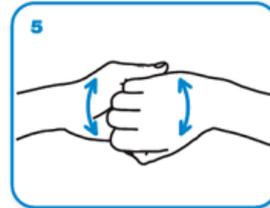
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



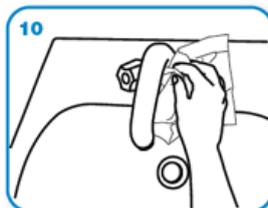
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet

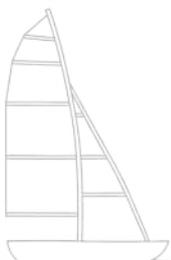


...and your hands are safe.

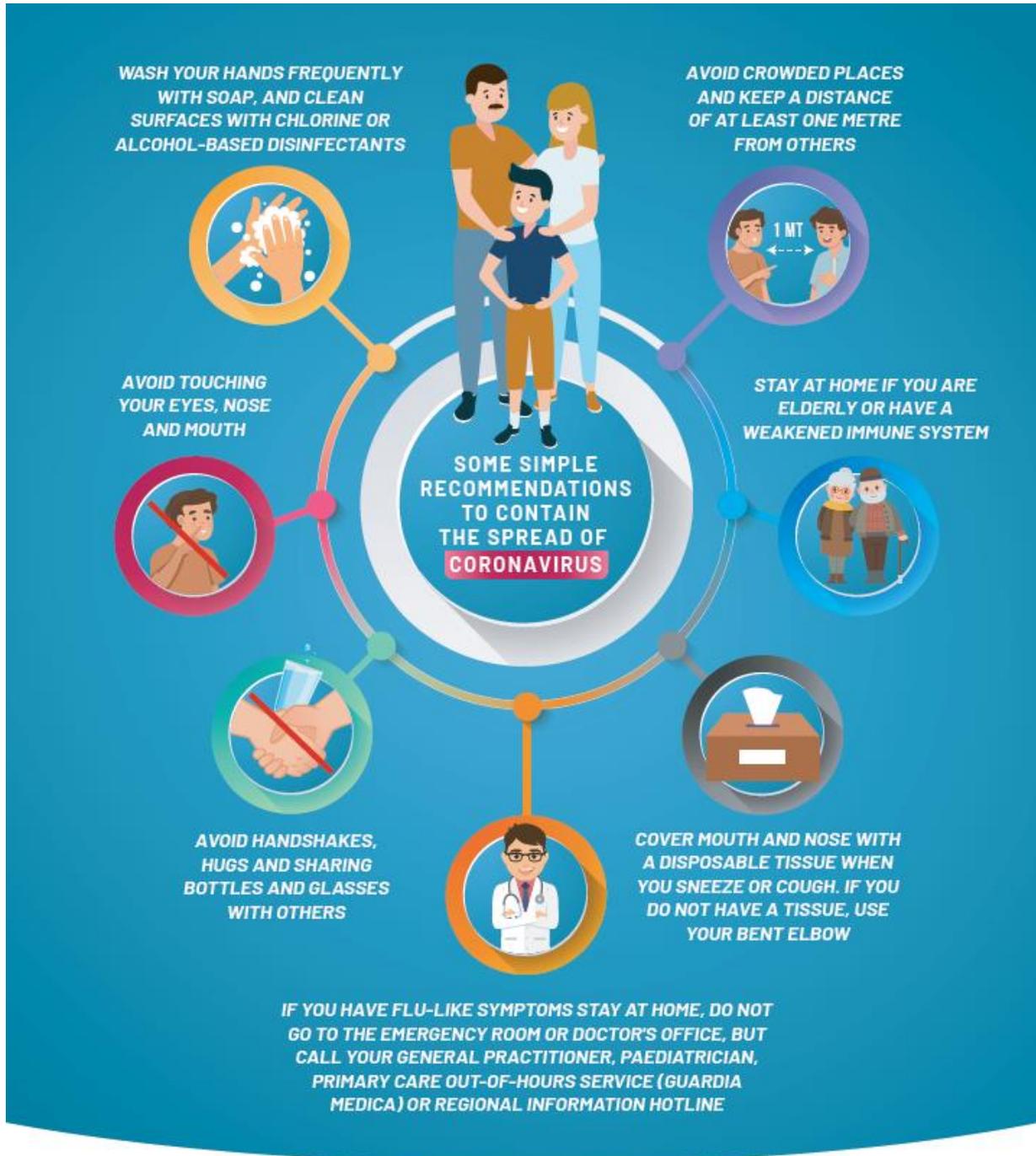
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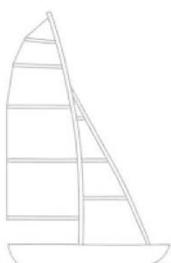
Attachment 2:



[SALUTE.GOV.IT/NUOVOCORONAVIRUS](https://salute.gov.it/nuovocoronavirus)



Ministero della Salute



**Attachment 3:**

	<b>FIV COVID-19 EMERGENCY Safety Protocol</b>
	<b>SELF CERTIFICATION</b> <b>To be sent by email to the Race Office before Check-in</b>

<b>SKIPPER</b>	
<b>SURNAME</b>	<b>NAME</b>
<b>SAILING FEDERATION MEMBERSHIP CARD n°</b>	

The undersigned \_\_\_\_\_

Skipper of the boat \_\_\_\_\_

Entered at the **SAILING CHAMPIONS LEAGUE 2020**

**CERTIFIES**

- o Carrying out daily temperature measurement of himself and the crew, confirming that this is below 37.5°C;
- o Being aware of the obligation to remain at home in case of a temperature above 37.5°C or other flu symptoms;
- o Being aware of the fact that if flu or fever symptoms occur, it is necessary to return home immediately and not to remain in the sports facility and or places where other participants in the regatta and/or technical staff are present at the same time;
- o Not having had direct contact with persons who have tested positive for COVID-19;
- o Not having travelled to or from places that require a period of quarantine;
- o To undertake to comply with all provisions, with social distancing first and foremost, and to observe hygiene rules through frequent hand washing and adopting correct behaviour with regards to hygiene.
- o

Date

\ \ 2020

Signature

\_\_\_\_\_

<b>FINAL PROVISIONS</b>
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It may be necessary to update this protocol as a result of new provisions from the competent authorities entering into force, and as a result of the evolution of the situation.

The provisions of this protocol shall apply from the date of publication on the website [www.federvela.it](http://www.federvela.it) and shall apply until 31 October, unless updated prior to that date.