

Wellesley HS Sailing Team

Spring 2021

Sailing Protocols Proposal

Basic Introduction

The Wellesley High School Sailing team sails a fleet of 12, two-person boats at Lake Cochituate on the Natick-Wayland border. In the past, the team usually consists of approximately 32 sailors. During practices and meets, some extra sailors would go out in the 2 coach boats and some would wait on land.

Before practice, sailors would rig the boats on land. There would then be a brief team meeting outlining the activities of the day followed by launching the boats. While practicing on the water, sailors might be rotated into boats from the coach boats or from shore, or some might only observe.

During meets, the visiting team would come with 6 sailors to sail varsity and 6 to sail JV. 2-4 alternate sailors may also come. Races would run with 3 boats (6 sailors) from each team. JV races would start after the Varsity boats were far down the course. In races boats must maintain a safe distance from all other boats as prescribed in the *Racing Rules of Sailing*. Alternate sailors from both teams might come out in the coach boats or stay on shore.

We feel sailing is, by its nature, generally safe in terms of social distancing. While 2 sailors in a boat may be considered in *close contact*, sailors are never within 6 feet of sailors in other boats for more than a second or two. There is never any physical contact between sailors.

Still, we will adapt our practice and meet routines, and our numbers, to comply with best practices of health and safety during the pandemic. We will follow all rules set by the athletics department for traveling to other teams.

Special Requirements:

1. Contact between sailors/coaches shall be minimized as much as possible.
2. Masks shall be worn at all times: on land and on boats.
3. All state and local requirements shall be followed.
4. Sailors will be sorted into “Pods.” Sailors will sail in boats ONLY with other sailors in their pod. A detailed record of close contacts will be maintained.
5. There will be no rotations of boats in events.
6. Hand sanitizer and disinfecting wipes will be used regularly.

Protocols for Hosting Visiting teams

- Visiting coaches will use a separate boat.
 - Visiting substitutes will be left on shore with adult supervision. If the visiting team is not able to bring an additional adult, one will be provided.
- Host team will place equipment in boats before visitors arrive and the host team will put equipment away after visitors have left.
- The host will confirm the names of visiting attendees upon arrival at the venue.
- Hand sanitizer and disinfecting wipes will be available to all participants

(Adapted from the *Draft of Protocols of the Mass Bay Sailing League*. See below)
(Also see NESSA rules changes for regattas)

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MBL Spring 2021 Sailing Protocols Proposal for Team Racing

General Requirements:

1. Contact between people from different schools shall be minimized as much as possible.
2. Masks shall be worn at all times: on land and on boats.
3. All state and local requirements shall be followed.
4. There will be no rotations of boats in events. Boats will be assigned by chance.
5. Hand sanitizer and disinfecting wipes will be used regularly.

Protocols for Hosting Visiting teams

- Visiting coaches will use a separate boat.
 - Visiting substitutes will be left on shore with adult supervision. If the visiting team is not able to bring an additional adult, one will be provided.
- Host team will place sails and rudders in boats before visitors arrive and the host team will put equipment away after visitors have left.
- The host will confirm the names of visiting attendees upon arrival at the venue.
- Hand sanitizer and disinfecting wipes will be available to all participants
- The host team will place boats to be used by different teams at least 10 feet apart.
- Both teams will rig and derig their own boats and may do so at the same time.
- When launching, landing, or derigging, boats used by different teams shall be kept 10 feet apart.
- Host team will move boats and equipment back into their storage positions after visitors have left.

Assemblies of Competitors

- In lieu of pre-sailing competitors' meetings, the host shall issue written sailing instructions at least 2 days before the event. The visiting coach and visiting competitors may ask for clarifications on an as needed basis.
- Protest hearings shall be conducted with all participants masked and appropriately social distanced.
- Traditional handshakes and other demonstrations of good sportsmanship shall be subject to the constraints of social distancing.

From the NESSA meetings regarding sailing during the Covid crisis.

(During the season, the Wellesley HS Sailing team also attends regattas governed by NESSA (New England School Sailing Association) and/or the Mass Bay Sailing League. Regattas are often attended by numerous schools. During these, each team is given one boat to sail against all other teams. These regattas usually happen on weekends and last a full day.

During the Fall season (in which Wellesley does not sail) these regattas were cancelled due to state regulations. It is expected most if not all of the regattas scheduled for the spring will also be cancelled.

In the event they are held, NESSA and the ISSA (National governing body) have set up the following safety protocols.)

Passed two District Rule changes that apply to all High School Regatta to be sailed in NESSA (New England School Sailing Association.)

A. Team Size Limit for Regattas:

- For A/B division event: 4 sailors + one alternate + one responsible adult = 6 people total)
- For single division racing: 2 sailors + one alternate + responsible adult = 4 people total
- Singlehanded racing: One responsible adult/ school.
- Requests for a reasonable exception may be e-mailed to a NESSA Officer for consideration at least 24 hours prior to the report time of the regatta.

B. Crew Substitution rule change: PR 4.2(b) who has competed as a crew, but not as a skipper, may shift to another division as skipper or crew but thereafter sail only in that division.

Passed a set of Regatta Organizer (Host) Responsibilities. In order to host a regatta within NESSA during the season, any host MUST do the following:

- A. Obtain from each competing school a copy of permission to compete form signed by the Principal/Head of School or their designate that specifies the event, venue, and event date.
- B. Monitor and abide by all state, local, and school athletic event requirements. To also include any specific venue requirements including but not limited to ability to provide face coverings, hand disinfecting ability such as bathrooms with soap and water and/or hand sanitizer, social distancing between groups ability.
- C. Boat preparation: Clean and disinfect boats & equipment per state, local, and school athletic requirements.
- D. No boat rotations.
- E. Only allow coaches that are actively involved in Race Management on the water.
- F. Maintain NESSA team size requirement.
- G. Handle all Race Management electronically.
- H. Organize protests to be heard online at a later, mutually agreed upon time.
- I. Ensure that their regatta is a one-day event with a report time of 1000 and a stop time of 1600.