



NOSA NEWS

North Okanagan Sailing Association

P.O. Box 4, Vernon, British Columbia V1T 6M1

Summer Edition

29 July, 2020

From the Commodore: (We continue to heed the restrictions related to CoVid-19)

Dear sailors, NOSA members!

Sailing season is in full swing. We wouldn't know for the amount of rainy days we had that we're half way through summer!

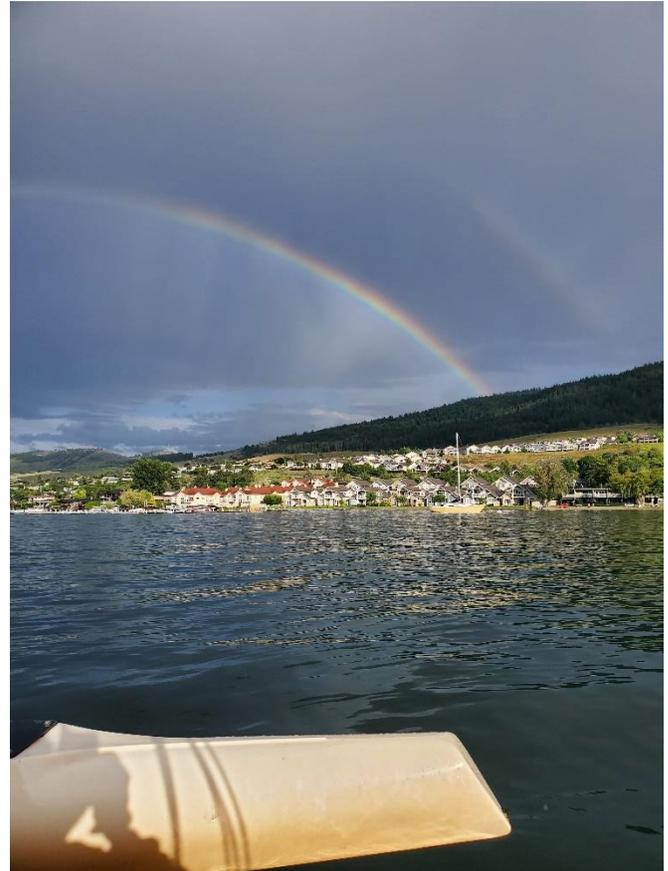
On the up-side, the weather has provided us with plenty of wind. A bit too much to handle at times. These winds resulted in the need for some of us to jump in with one of the NOSA rescue boats to perform a total of 5 rescues on the lake. Either club members got into a bit of trouble, a sailing class was overwhelmed, or the Thursday evening races were accompanied by challenging wind.

The sailing classes are well attended and the club is seeing a lot of sailing activity by its members, all somewhat to a lesser degree due to the pandemic.

We are coping well, though sometimes it is a challenge to deal with the physical distancing. We have masks available for members in the clubhouse on the table.

I look forward to yet getting a decent amount of sailing in, and to see others join me on a sail further down the lake. Watch out for an announcement asking for catamaran sailors to challenge me on a sail from NOSA to Kelowna if the wind seems favorable.

Your Commodore ... and editor,
Marc Reinarz



View of the shower over town after the wind died on July 9 during the Thursday races, as seen from John Holmwood's trimaran. This after a great wind that made for one great race...

Keeping COVID-19 at the door

It is not convenient, and it is not easy! NOSA has posted the COVID-19 measures on the buildings and at the gate. Please respect the keeping distance to each other.

Please use the BC COVID-19 Self Assessment tool using this link before coming to the club:

<https://ca.thrive.health/covid19/en>

this is a tool recommended to be used daily when accessing the NOSA facilities.

I'll post the COVID-19 protocols at the end of this newsletter. Please read.

At NOSA we were somewhat relaxed as there were no active cases reported in the interior for some time. Now that cases have come up in and around Kelowna, as elsewhere, I want to see us be a lot more careful and not be ashamed to wear a mask when on land in the compound.

Responsibilities of owners of boats in the compound.

Please remember that we need to keep weeds from infesting the compound by clearing weeds under our own boat.

We received compliments on how the compound looks, mostly thanks to Glen's continuing efforts in keeping the grounds clean and weed-free.

Lawn mowing and other yard work.

In order to keep the NOSA compound attractive we need members to register for mowing the lawn and assist in helping keep the compound clean.

With wedding activities slowly on the uptick at the Community Hall next door, we must keep in mind that the NOSA compound often plays in the background of gatherings and for photographs. It therefore is no more than decent of us to provide a neat background and be good neighbors to the Okanagan Landing and District Community Association (OLDCA), who also happen to be our landlord.

All too often we see Glen or one of the instructors mow the lawn. That means we use paid employees of NOSA to do work that volunteers can do. This will likely mean that membership cost will have to increase to compensate.

It is known that societies and sports clubs everywhere are struggling with a lack of volunteers turning up for activities. At NOSA I hope we soon

will see that trend turn around. It is good to see many turn up for regular sails on the lake.

Thursday Evening Races, every Thursday until 27 August.

Thursday evening racing is on till August 27th! Join us every Thursday evening, or on whichever Thursday you can.

The race starts at 18:15 sharp. For those who wish to have a bite to eat before the races, come early so you can enjoy a NOSA Burger before rigging your boat. Burgers are \$2.50 each and the revenue goes toward paying a high-school student for being the race-timer.

Please do note that these races are a social happening and they serve well for anyone to practice, and that at all levels of sailing.

Feel free to ask questions if you're new to sailing regattas, or are unsure of some rules.

On July 9th we had an interesting race in a decent wind. We had 13 boats on the water and at the end of the race the wind died completely, but we enjoyed the looks of a full, double rainbow across town.



Thursday evening at NOSA. A CANSail 3 class, an adult CANSail 1 class and the weekly races... getting ready

Looking for a NOSA News Editor.

Though I enjoy assembling and writing the NOSA News, I do have a farm to run in the season. I also am in the process of re-building half of my home in Spallumcheen. That leaves a bit of a lull in the appearance of our essential NOSA News.

I ask any interested person to get in touch with me to help compiling the required information and lay out the paper, or to entirely take on the project and ask people to send in stories. I can always help, but just don't have the time to do all.

You may have observed the paper getting quite short toward the middle of the season. Beside that. I do carry a load of responsibility as commodore regarding the sailing school and the handling of COVID-19. This may be a nice opportunity for youth to get involved and develop writing skills.

Don't assume I do everything on my own! We have a very active number of members, and a board consisting of John Holmwood, Doug Young and Dave Weatherill without whose help, dedication and input, we may as well pack it up. This is just an "ask" for additional help.

NOSA compound in days gone by!



Me, Marc, having some fun awaiting the start of Thursday's races

NOSA Agenda

Thursday evening races on until **August 27th**

Sailing classes on till the end of August

NOSA Fall clean-up **October 17th**

NOSA Annual General Meeting (AGM)
October 17th





BC Sailing COVID-19 Guidelines for Dinghy Sailing Programs

(updated June 1)

These sailing specific guidelines to be followed in addition to: [Return to Sport Guidelines For BC.](#)

<p>Personal Health</p>	<ul style="list-style-type: none"> • Wash your hands often with soap and water for at least 20 seconds. Using soap and water is the single most effective and preferred way of reducing the spread of infection. • If a sink is not available, alcohol based hand rubs (ABHR) can be used to clean your hands as long as they are not visibly soiled. If they are visibly soiled, use a wipe and then ABHR to effectively clean them. • Do not touch your face, eyes, nose or mouth with unwashed hands. • Regularly clean and disinfect frequently touched surfaces. • Do not share food, drinks, utensils, etc. • Stay home when you are sick and avoid close contact with others in your home if possible. <p>*Participants and staff, or if someone in their household has the symptoms of a cold, flu, or COVID-19 symptoms - must not be in attendance. Stay at home and keep a safe distance from family when you have cold or flu symptoms including:</p> <ul style="list-style-type: none"> Coughing Sneezing Runny nose Sore throat Fatigue <ul style="list-style-type: none"> • Participants and staff who have traveled outside of Canada within the last 14 days or have household member who have traveled outside Canada within the last 14 days must not be in attendance. • Staff and participants at higher risk of experiencing severe illness should not take part. • Sailors and coaches should be mindful as they “expand their social circles”, of whether they or elderly members of their family will be exposed to higher risk.
<p>Modified Use of Club/Facilities</p>	<ul style="list-style-type: none"> • Electronically record the contact information and time of all people accessing the facility. Contact tracing data to be stored for 4 weeks minimum. • Ensure your club has extensive signage and information regarding precautions for managing COVID-19 • Washroom for sailors should be separate from any washroom that older people use. If no safe, isolated washroom is available a portable toilet should be used if possible. Washroom should be cleaned after the lunch period and at end of day using gloves and disinfectant. • A plan for student drop off/pick up, tailored to each location is required that will maintain social distancing requirements, minimize number of people at facility at one time, and reduce “traffic” • All activities should be outdoors. In the event of inclement weather, classes should be cancelled or alternatively an open air tent should be organized. (Summer Learn To Sail Programs) It will be especially important for sailors to dress appropriately for the weather. • Participants personal belongings – create a new outdoor space for bag storage that meets social distancing requirements

<p>Group Gathering Size</p>	<ul style="list-style-type: none"> The maximum number of combined participants and coaches in a program is 50
<p>Physical Distancing</p>	<ul style="list-style-type: none"> Keep at least 2 meters from others. Coaches must wear masks if in close contact (within 2 meters) with others. Surgical procedure or cloth mask is sufficient, N-95 mask not required – however it is not recommended to wear a mask while sailing. Each class will be assigned an area; all class activity, sailboats and motorboats will be in that area of beach or dock. Classes should eat lunch separated in their own outdoor area Maintain 2 meter physical distancing while rigging. Staggered rigging times between classes may be needed Only 1 coach per coach boat unless needed for rescue. No sailors will ride along in coach boats. Novice sailors (Summer Learn To Sail Programs) that need to go ashore will require supervision on shore. Sailors should arrive dressed or change outdoors by their boat. Avoid indoor environments. Use changing towel (Race Teams) or change at home. Only use or touch your own boat, equipment, and clothing. Each class will use the same boats every day that they are on the water. For 2 person boats the sailors either need to be from the same household or the parents need to agree that the sailors are from the same “social bubble”.
<p>Sanitation</p>	<ul style="list-style-type: none"> Provide outdoor handwashing stations and/or hand sanitizer. Anyone entering the club grounds must wash their hands before entering and upon leaving. Ensure your club has an up-to-date cleaning schedule and adequate provisions to facilitate good hygiene practices. Each coach will use the same motorboat every day or disinfect it at end of day <p>Summer LTS Program specific sanitation measures</p> <ul style="list-style-type: none"> Wash common contact surfaces after/before use. Sanitation practices should follow the Canadian Government guidelines for cleaning hard surfaces https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html Every day after the class has come off of the water, the sailboats and equipment will be put away and disinfected. Use soap and water, ensuring a lather is applied to all surfaces and thoroughly scrubbed. Harnesses and PFD’s also disinfected if supplied or PFD’s can be taken home with student for the duration of program Before and after use the dolly tongue must be disinfected. Equipment – leave sails, rudders and other equipment in the boats. If the coach must move equipment or rig boats, disinfect prior to students arrival.
<p>Safety Contingencies</p>	<ul style="list-style-type: none"> In the event of an outbreak or case, follow the Outbreak Plan on page 20 of the Return to Sport Guidelines For BC. Manage risk of the likelihood of rescue by coach being required. (weigh conditions and ability).
<p>Communication</p>	<ul style="list-style-type: none"> All participants must be screened daily. The government self-assessment screening tool can be found at: https://ca.thrive.health/covid19/en. Screening needs to be done for household illness not just participants. Additions to waivers: Each participant and their family must assess their own individual risk of exposure to COVID-19 acknowledging that engaging in any activity outside of one’s home at this time exposes a person to the risk of contracting COVID-19 even if all precautions and protocols are adhered to. If a participant is a member of a family or lives with a person who has underlying medical condition(s) they must not participate. If any participant’s family member has any of the above-noted COVID-19 symptoms, they must remain home, self-quarantine and not participate in sailing activities. As part of your overall Covid-19 planning it is important that you also understand how your Club’s insurance may or may not respond to liability losses that could arise from an outbreak

	that is traced to your operations. We would recommend you review this with your Insurance Broker to ensure you have a clear understanding.
Regattas	<ul style="list-style-type: none">• Dinghy regattas or any official competitions are not sanctioned at this time• Return to Sport Guidelines For BC state that during <i>“Transition Measures”</i> Approx. May 19th to Sept, Competition: <i>“In club play or modified games may be slowly introduced”</i>