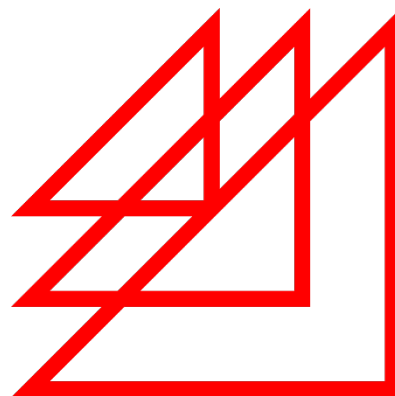


APRIL 2021



Vilamoura<sup>TM</sup>  
Sailing

Designed and Managed by Prow 

COVID-19  
CORONAVIRUS



VILAMOURA SAILING  
MARINA DE VILAMOURA - VILAMOURA  
Portugal

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## Prevention and Contingency plan for Coronavirus (COVID-19)

(Aligned with the guidelines ed by the Portuguese General Health Department, in the context of the prevention and control of infection with the new Coronavirus (COVID-19)

Vilamoura Sailing Center

October 2020

### Introduction

The epidemic caused by Coronavirus 2019 (COVID-19), which began in Wuhan City, China, is already spread across other continents. In view of the WHO declaration of 30 January 2020, the current infection with COVID-19 is an International Public Health Emergency. The Portuguese General Health Department (DGS) in close alignment with the guidelines of the World Health Organisation (WHO) and the European Centre for Disease Prevention and Control (ECDC) has activated its internal contingency plan. (DGS, 2020)

There is a current risk of secondary transmission in the EU/EEA, low to moderate, provided that appropriate infection prevention and control practices are complied with.

The main symptoms are similar to some of the symptoms of seasonal flu:

- Fever;
- Cough;
- Headaches;
- Breathing difficulties.

There is still no vaccine against the virus, although it may exist in the future. General hygiene, personal and environment measures are the most important measures to prevent the spread of the disease. Vilamoura Sailing takes a role in the confinement of the pandemic, preventing contagion and the rapid spread of the disease, among athletes and other professionals. We must therefore be prepared for the adoption of appropriate measures to prevent and contain this disease, in a first articulation with coaches and sailors.

Knowing the manifestations of the disease, as well as its forms of transmission, is the best way, without alarmism, to adopt the most appropriate prevention measures. These measures, if there are no suspected or confirmed cases of illness in Vilamoura Sailing, consist of a set of general rules on personal hygiene and the sports environment, which are presented below.

# 1. Framework

In the current situation related to THE COVID-19, the National Health Authorities and the Portuguese Sailing Federation have determined, to all sports entities, the preparation of contingency and action plans that minimize the risk of contagion and allow the proper functioning of essential activities.

## 1.1. Explanation of Corona Virus - COVID-19

These infections are associated with the respiratory system and may be similar to a common flu or progress to a more serious disease such as pneumonia.

## 1.2. Transmission of the infection

COVID-19 is considered to be transmitted:

- By respiratory droplets (particles greater than 1 micron);
- By direct contact with infectious secretions;
- By aerosols in procedures therapists that produce them (less than 1 micron).

The transmission from person to person has been confirmed and it is thought that this occurs during an exposure close to the person with COVID-19, through the dissemination of respiratory droplets produced when an infected person coughs, sneezes or speaks, which can be inhaled or land on the mouth, nose or eyes, of people who are close and also through the contact of their hands with a surface or object infected with the new coronavirus and then the contact of the hands with the oral, nasal or ocular mucous membranes (mouth, nose or eyes).

## 1.3. Main symptoms

The main symptoms are similar to a seasonal flu, such as:

- Fever;
- Cough;
- Headaches;
- Tiredness;
- Breathing difficulties.

## 1.4. Incubation time and forms of manifestation

The incubation period (until the onset of symptoms) is between 1 and 14 days, according to the latest information published by the Health Authorities. As a precautionary measure, active surveillance of close contacts runs for 14 days from the date of the last confirmed case exposure.

Measures under COVID-19 take into account direct transmission routes (by air and contact) and indirect transmission routes (contaminated surfaces/objects).

## 2. Contingency Plan

### 2.1. Preventive procedures

#### 2.1.1. Return from travel abroad

Employees, sailors and other individuals who have been in close and direct contact with those who have returned from a country or area at risk for COVID-19 infection, identified by DGS, shall, within 14 days thereafter, monitor their health status by measuring body temperature twice a day, recording the values and be aware of cough or breathing difficulties. You should also avoid social greetings with physical contact.

Any changes to the state of health should be reported immediately to **SNS 24 (808 24 24 24)** which will analyse the specific risk and give the appropriate recommendations/guidelines.

#### 2.1.2. Daily prevention measures - ANNEX 01

- Frequently wash hands with soap and water, rubbing them thoroughly for at least 20 seconds;
- Increase hand washing before and after meals, after the use of the bathroom and whenever hands are dirty;
- Use paper scarves (single-use) to blow (throw the handkerchiefs in the undifferentiated dustbin and wash your hands afterwards);
- Cough or sneeze to the arm with the elbow flexed, and not to the hands;
- Avoid touching the eyes, nose and mouth with dirty hands or contaminated with respiratory secretions.

### 2.2. Preparing to deal with a possible case of Covid-19 infection at Vilamoura Sailing

#### 2.2.1. Insulation measures

Placement in an area of "isolation" aims to prevent others from being exposed and infected. Its main objective is to prevent the spread of communicable disease in the service and in the community.

Each sports institution shall define a properly identified and communicated "isolation" area or room (office or room), which aims to avoid or restrict direct contact with those who present the symptoms described above. Preferably, in this room there should be an emergency kit, consisting of mineral water in bottled, some cookies or biscuits closed, masks, gloves and disinfectant gel. And, it must have means to communicate with the SNS.

When moving the suspected element of infection to the isolation area, the spaces of greater agglomeration of persons should be avoided.

The isolation area defined in Vilamoura Sailing is "in the technical area of Marina de Vilamoura, next to the south changing rooms, contiguous the security control room".

#### 2.2.2. Suspicious case

According to the DGS, it is defined as a suspected case who presents as clinical criteria acute respiratory infection (fever or cough or respiratory difficulty), associated with epidemiological criteria.

#### 2.2.3. Procedures in a suspicious case

Whoever presents criteria compatible with the definition of a suspected case or with signs and symptoms of COVID-19, informs the coordinator of the Sailing Center, immediately relay will be done with DGS (preferably by telephone).

This suspicious individual shall be moved to the "isolation" area defined in this contingency plan. The person in charge of the Sailing Center accompanies the individual to the area of "isolation".

Those who accompany the sailor, coordinator, coach, staff or visitor with symptoms must comply with infection control precautions regarding hand hygiene and the use of a mask/visor, or social distance of 2 meters.

After reaching the "isolation" area, SNS 24 should be contacted immediately and the instructions given are followed.

**After evaluation, SNS 24 usually reports the following:**

- If this is not a suspected case of COVID-19: it defines the appropriate procedures for the clinical situation;
- If this is a suspected case of COVID-19: SNS 24 contacts the Medical Helpline (LAM) of the DGS to validate the suspicion.

**From this validation the result may be:**

- NOT validated Suspect Case:** This case is closed for COVID-19. The SNS24 defines the usual procedures and appropriate to the clinical situation of the sailor, coordinator, coach or visitor.
- Validated Suspicious Case:** DGS activates the National Institute of Medical Emergency (INEM), the National Institute of Health Doctor Ricardo Jorge (INSA) and regional health authority, initiating epidemiological research and contact management. The Director immediately informs the regional health delegate of the respective constituency about the existence of the validated suspect case.

#### 2.2.4. Procedures for a validated suspicious case

The DGS informs the Regional Health Authority of laboratory results, which in turn informs the Local Health Authority.

The Local Health Authority reports on laboratory test results and:

- If the case is unconfirmed: it is closed to COVID-19, and the usual cleaning and disinfection procedures are applied. In this situation, the contingency plan measures are deactivated;
- If the case is confirmed: the "isolation" area should be prohibited until decontamination validation (cleaning and disinfection).

**In the confirmed case situation, the person responsible for Vilamoura Sailing must:**

- Provide cleaning and disinfection (decontamination) of the "isolation" area;
- Strengthen cleaning and disinfection, especially on surfaces often handled and most used by the confirmed patient, most likely to be contaminated;
- Pay special attention to cleaning and disinfection of the confirmed patient's (including materials and equipment used by the patient);
- Store the residues of the confirmed case in a plastic bag which, after being closed (e.g. with clamp), must be segregated and placed in the undifferentiated dustbin.

### 2.3. Close contact surveillance procedures

"Close contact" is considered to be those who do not present symptoms at the time, but who have had or may have had close contact with a confirmed case of COVID-19.

Close contact with a confirmed case of COVID-19 may be:

#### 2.3.1. "High risk of exposure":

- Who shared the same spaces (room, office, section, boat, area up to 2 meters) of the case;
- Who was face-to-face with the confirmed case or in an enclosed space with it;

- Who shared with the confirmed case dishes (plates, glasses, cutlery), towels or other objects or equipment that may be contaminated with expectoration, blood, respiratory droplets

#### 2.3.2. "Low risk of exposure" (casual), is defined as:

- Who had sporadic (momentary) contact with the confirmed case;
- Those who assisted the confirmed case, provided that they have followed preventive measures (e.g. proper use of respiratory containment means; respiratory etiquette; hand hygiene).

### 2.4. Communications to be made in infection situations outside Vilamoura Sailing

In case of suspected or confirmed COVID-19 infection, occurred outside the premises of Vilamoura Sailing but with a client, coordinator, coach, staff or visitor, we request that the head of the Training Center (Ivo Ferreira + 351 910 099 217) be informed, preferably by telephone, in order to be taken the most appropriate measures to mitigate hypothetical transmission situations to any student, coordinator, coach, employee or visitor.

As a precautionary measure, as a rule, active surveillance of close contacts should take place for 14 days from the date of the last confirmed case exposure.

NOTE: It is recommended to carefully read the DGS Guidelines, Information and Notes, to be consulted at the link: <https://www.dgs.pt/> which, as mentioned, are updated whenever the situation is evolving.

## 3. Covid-19 Temporary Action Plan (Phase 1)

***From 1<sup>st</sup> February 2021 until 31<sup>st</sup> March 2021***

As indicated by the FPV, we have drawn up our contingency plan and strengthened other prevention measures that we will detail below.

The preparation of this Covid-19 Temporary Action Plan for Phase 3 aims to define a set of essential guidelines that minimize the possible risks of contagion, focusing on operational issues to be taken care of, in order to protect the health of the athletes, coaches and employees, ensuring the proper functioning of sports activities, in an articulated way, in each phase of evolution of the epidemic.

In this action plan, which seeks, in very difficult times, to be concise and objective, it is intended that the plan is a valid contribution so that all members of this training centre can, in a union of efforts have a safe and healthy training, as an active, conscious and critical sailor, contribute to the 1st Phase (1st February 2021 until 31st March 2021) be used as another challenge in the life of a training centre present, thinking of a future, assumedly active!

### 3.1. Preventive Procedures of the Covid-19 Temporary Action Plan

#### 3.1.1. Measures to maintain sports activity in crisis situations

##### *3.1.1.1. Definition of those responsible*

Considering the size of Vilamoura Sailing, a responsible person was defined (Mr. Ivo Ferreira).

**It is up to the defined responsible, among others:**

- Disclose the contingency plan;

- Coordinate the implementation of the plan;
- Ensure contact with health authorities;
- Contact the parents of athletes suspected of infection;
- Ensure the operating conditions of the insulation space(s);
- Ensure the availability of appropriate PPE, especially alcohol-based disinfectant and soap for the various sectors.

#### **3.1.1.2. Opening hours**

Monday to Friday: 9am to 6pm

#### **3.1.1.3. Access to the closed facilities of Vilamoura Sailing**

Before entering the closed facilities of Vilamoura Sailing it is mandatory to wear the protective mask.

#### **3.1.1.4. Changing rooms**

The changing rooms will be closed, with only access to the use of the toilet, one person at a time, and must remain with the doors open, waiting for the others outside.

After sailing, sailors will change clothes at points defined by their coordinator, respecting the minimum distance of 3 meters.

## **3.2. Procedures, during and after sailing sessions**

The practice of sailing should take place at the individual level, i.e. one sailor per boat; except for high-performance athletes, or part of the national teams.

### **3.2.1. Social distancing**

Ashore, boats, when equipped and unrigged side-by-side, must distance each other at least 2 meters, or 4 meters, for queuing activities.

Ashore, sailors and coaches must distance themselves from each other at least 2 meters.

There should be no sharing of material or equipment between the sailors during training.

There will be no meetings indoors. And, in open spaces, the minimum distance of 2 meters between athletes and between them and the coach must be respected.

### **3.2.2. Number of sailors in class/training**

In group classes/training, accompanied by a coach in a motor support boat, a maximum ratio of five sailors must be met by the coach, or the practice of physical and sports activity recreational up to two sailors.

The coach in a motor support boat can take with him a maximum of 1 individual, provided that a minimum distance between them is ensured, of 2 meters.

When giving instruction, the coach should use the visor or protective mask.



### 3.2.3. Access to water and return ashore

At the access to the slipway, boats and sailors must distance from each other at least 2 meters apart. The sailors are required to wait and keep the safe distances.

### 3.2.4. Washing and storage of the equipment

Ashore, when washing the equipment, it should be done with a minimum distance of 2 meters.

Before, and after training, the social activities should be avoided.

## 3.3. Other information

The bar will be working according to Public Health regulations, respecting maximum capacities and timetables.

Vilamoura  
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## 4. Executive Summary

Among the main preventive measures are:

- Maintain social distance at least 2 meters;
- Frequently wash hands with soap and water or use an alcohol-based hand sanitizer;
- Disinfect hands before stirring (remove, place or readjust) the mask;
- Use disposable handkerchief for nasal hygiene and immediately dispose it in undifferentiated garbage;
- Cover nose and mouth when sneezing or coughing;
- Avoid touching mucous membranes of eyes, nose and mouth;
- Sanitize hands after coughing or sneezing;
- Do not share objects of personal use or sailing gear;
- Mandatory use of protection – mask indoors;
- Obligation to report any suspected cases;
- Clean and sanitize frequently touched objects and surfaces.

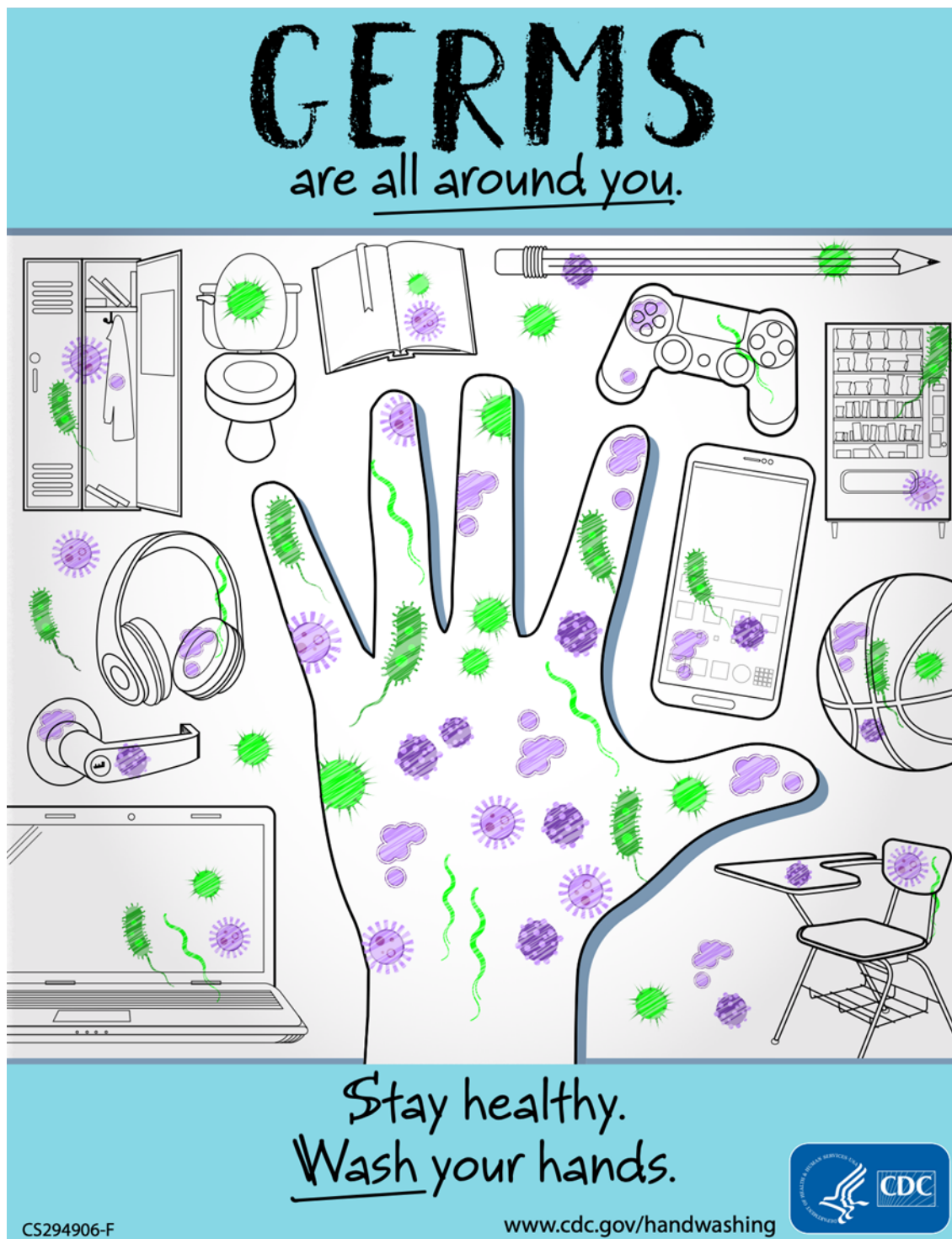
Given the volatility of the moment we live in, we will continue to update this information where necessary.

**Vilamoura, 1st April 2021**

# Annexes



## Annex 01



## Annex 02

