

## COVID-19 NSYC Club & Boating Guidelines for all Members

Observe the following practices while recreating and boating outdoors to protect yourself and others and slow the spread of COVID-19 while federal, state, and local COVID-19 related orders or guidelines are in place.

### **General Social Distancing Guidelines:**

1. Follow State of Illinois Executive orders and *Restore Illinois* plan regarding COVID-19.
2. Maintain social distancing of at least six feet from any other person, at all times. If this distance is not possible to maintain, wear a face covering.
3. Wash hands with soap and water for at least twenty seconds as frequently as possible or use hand sanitizer. Bring your own alcohol-based hand sanitizer (containing at least 60% alcohol).
4. Cover coughs or sneezes (into the sleeve or elbow, not hands).
5. Regularly clean high-touch surfaces and do not shake hands.
6. Anyone with symptoms consistent with COVID-19 (including fever, cough, or difficulty breathing) should stay home and not engage in outdoor activities.
7. If you have a medical emergency call 9-1-1. Put on a mask or face covering before medical help arrives.

### **Specific Boating Guidelines for Park Avenue Boating Beach:**

1. **Do not carpool** to outdoor recreational sites with people other than those in your immediate household.
2. **Avoid congregating in common areas** like parking area, lake wall, beach or boat launch. If necessary, form a line and wait your turn. Pack your gear and supplies ahead of time and don't spend extra time at the beach or near your car.
3. Only **two persons** may enter the locker room at a time.
4. When launching or loading and unloading your boat, **give those ahead of you plenty of time and space (6 feet minimum)** to finish launching or loading and unloading before you approach.
5. **Face coverings must be worn** in indoor spaces, as well as outdoors when a six foot distance from others cannot be maintained. On the water and for safety, face coverings should be removed and stowed in a dry bag for safety purposes.
6. After touching an item someone else may have touched, like a lock, door handle, railing, picnic table, or marina gate, **wash your hands or use hand sanitizer** as soon as possible (**supplies are limited, please bring your own**).
7. When on the water, **do not "raft up"** with other boats, kayaks, or paddleboards or pull up onto a beach close to other people, as that could put you in close proximity with others.
8. It is best to use your own equipment, but if you are sharing equipment –before use - you need to **wipe down the boat and any accessories with disinfectant** before you touch them. NSYC provided disinfectant will be located in the locker room.

**NOTE:** NSYC life jackets (personal flotation devices) and wetsuits will NOT be available for shared use at this time. Members are required to wear their own life jacket and are encouraged to bring as much of your own equipment as possible including life jackets, marine radio, paddle, water supply, etc.