



During state of emergency (poikkeustila) we will follow these special regulations at HSS:

#### Group size

- Training happens in groups of a maximum of six (6) sailors.
- Training groups remain the same throughout the epidemic.
- **All sailors must confirm** in nimenhuuto at least 24 hs before the training confirmation of participation. Sailors signed "IN" less than 24 hs before training cannot participate on training.
- For groups bigger than 6 sailors: in case to have more than 6 sailors confirmed in Nimenhuuto 24 hs before, the group will be split and a second coach will be on the water too.
- If a sailors feels a little sick, he or she should not practice or meet people outside own family. Those who feel ill should follow the instructions of the authorities.

#### Wind limit

- Wind limit for training for **Violet** groups: 16 Knots (8 m/s), with this wind limit we reduce the possibility for capsize and rescue.
- Wind limit for **Darkblue** groups: 12 Knots (6 m/s), with this wind limit we reduce the possibility for capsize and rescue.
- Each coach will announce the same training day at 10 am, after checking day forecast at <https://en.ilmatieteenlaitos.fi/weather/helsinki/harmaja>, if the training will be water or online/remote training.
- In case of an early training start, the coach will announce no later than 8 pm the day before what is the decision.
- Training is never cancelled, training will be hold online if the wind is too strong. In case of no water training, coach holds an online meeting (zoom/google hangout/etc) covering the theoretic part of the training or any other thing he/she finds necessary.

#### Facilities

- Training follows HSS's general regulations for corona times.
- Changing rooms, meeting rooms and a drying room must not be used.
- Sailors shall keep a distance of three (3) meters to other sailors and their equipment on the land and on water.
- Boats will be launched to the water and off from water so that only one sailor is at the ramp.
- Sailors will have to rig/derig in designated marked areas at the boat park to respect the 3m distance.

- Sailors will launch boats, one at the time, and leave dollies at designated area. Same process for recover boats.



### Briefings

- Exercise groups do not greet with a handshake or any other physical contact.
- Briefings and debriefings: the briefing to explain the exercises for the day will be at the boat park in an specific marked area respecting the 3 m apart. Debriefs will be online, also good tool to use for no water training days.
- Coach will inform of when and how the debriefing will be hold.

### Gear

- Sailors should bring small dry bag with: Hot soup/ hot chocolate, some food, and hand sanitizer that should apply before and after training.
- Sailors are not allow to approach the coachboat so they should keep dry bags on their own boats.
- Sailors should arrive on their sailing clothes or dry suits to avoid the need to change at the club due to changing rooms will be close.
- Sailors can do their toilet needs on water, just like during normal racing day.

**We highly recommend following clothing:**

- Drysuit (kuivapuku)
- Extra hat in dry bag
- Extra gloves in dry bag
- Poncho towel for changing clothes outside
- Everytime warm clothes after training: winter jacket, winter pants, winter boots, hat and gloves

**On water**

- On water coaches should avoid starts and tight rounding mark exercises to respect the 3m safety distance.
- The coach / safety boat does not make close contact with the sailors. Coming next to the coach boat is not allowed.

Normal ground rules do apply also while training during state of emergency.