



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

Group size

- 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.
- If a sailor 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.

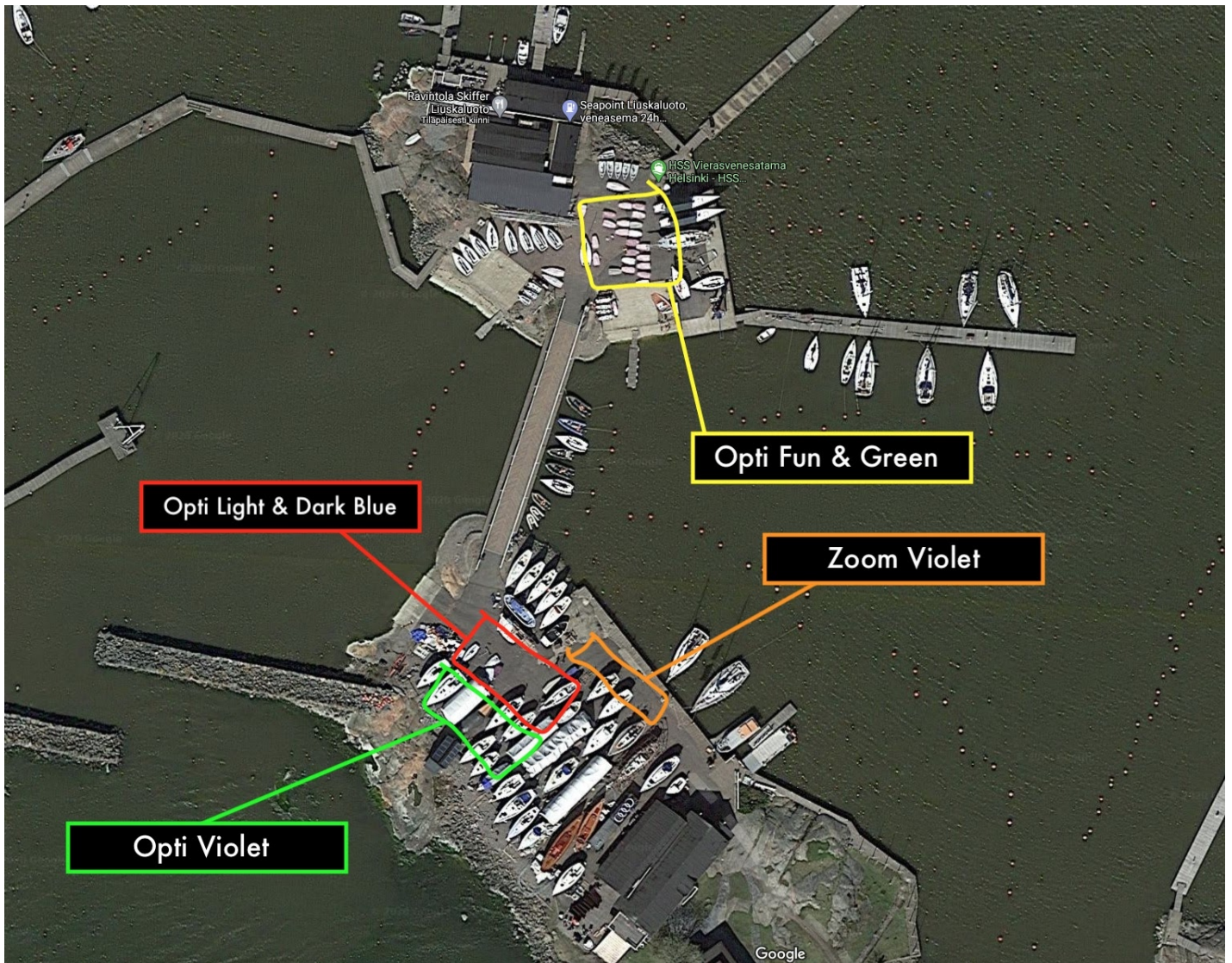
Wind limit

- Wind limit:
 - for **Violet groups**: 20 Knots (10 m/s), with this wind limit we reduce the possibility for capsizing and rescue.
 - for **Dark Blue groups**: 12 Knots (6 m/s), with this wind limit we reduce the possibility for capsizing and rescue.
 - for **Light Blue groups**: 12 Knots (6 m/s), with this wind limit we reduce the possibility for capsizing and rescue.
 - for **Green groups**: 12 Knots (6 m/s), with this wind limit we reduce the possibility for capsizing and rescue.
 - for **Fun groups**: 10 knots (5m/s), with this wind limit we reduce the possibility for capsizing 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, theory on Liuskasaari 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, boatwork, theory or any other thing will be done if wind is too strong.

Facilities

- Training follows HSS's general regulations for corona times.
- Changing rooms, meeting rooms and a drying room are open from 14.5 forward.
- 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.

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.

We highly recommend following clothing

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

On water

- The coach / safety boat does not make close contact with the sailors.

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