



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 windsurfer 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: **There is no wind limit.**
- 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.
- 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.
- windsurfers shall keep a distance of three (3) meters to other sailors and their equipment on the land and on water.
- Windsurfers will have to rig/derig in designated marked areas at the boat park to respect the 3m distance.
- Windsurfers will launch, one at the time. Same process for recover.



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 a 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.

We highly recommend following clothing

- Wetsuit
- Extra hat in dry bag
- Extra gloves in dry bag
- Everytime warm clothes after training: winter jacket, winter pants, winter boots, hat and gloves

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



In HSS windsurfing, we commit to following jointly agreed practices:

Exercises

- The sailing sessions organized by the club take place mainly in training groups.
- The sailor is invited to the training group based on his/her age, own motivation and the level of competence.
- Group selection is made by the club's coaching organisation, after which group transfers are agreed with the sailor.
- The coach is responsible for the practical trainings.
- The group exercises are regularly attended. Justified absences are agreed with the coach in advance.
- It is requested to always register for the trainings in advance via the Nimenhuuto. Absences and cancellations must be recorded on Nimenhuuto **at least 24 hours before the trainings or competition**. Cancellations and absences later than this must be notified separately to the coach by means of a message.
- Respect your team and coach: the sessions will be held on time and we will leave at the scheduled time. **The beginning of the training session starts at a time when the sailor has changed to wear a wetsuit and other equipment and after rigging its own windsurfing gear has been completed.**
- The group training should not be delayed by the late ones. Unfortunately, in case of delay, the sailor won't be allowed to go out on his/her own. The late ones can only participate to the training from the coach's safety boat. Only exception can be made if the coach considers that the sailor is competent to independently prepare its own equipment and if it can be agreed that the sailor can reach the sailing area on his/her own. This will be subjected to the coach decision only.

Safety

- Safety is the most important aspect of the trainings.
- The life jacket should always be worn on the water.
- In trainings and competitions, the club's color/labelled vest shall always be used.
- Do not leave on the water until the coach or the instructor has given you permission.
- Stay together on the sailing area and always follow the instructions given by the coach or the instructor.

Equipment

- Sailors can use club equipment – please treat it like yours according to the coaches' instructions.
- Each sailor is responsible for the equipment they use and their condition.
- All broken parts should always be notified to the coach immediately at the end of the exercise.

Sailing as a hobby

- All together we are responsible to ensure that everyone is having fun!
- Your own behavior can affect the spirit of the whole group and the success of your workouts.