



Annexure E: Phased return to sailing for SA Sailing Professional athletes, coaches and support staff

1. SA Sailing to retain on record complete lists and documents of all professional/elite athlete and support staff that are permitted to resume training from 20 June 2020.
2. A Medical Officer to be appointed to oversee and assist athletes where needed. As athletes are placed all over the country, they will first report to their local practitioner and keep SA Sailing updated of any medical issues they may have.
3. All our Affiliated Institutions are to remain compliant in terms of the DMA of 2004 and its amendments for its facilities, areas closed or disallowed by the DMA in place at the time and will have controlled procedures to only essential areas like toilets.
4. SA Sailing do not have a National Team Coach or Performance Director. All professional athletes and coaches will be working under the following guidance:

12 weeks off the water - detraining has taken place. Half the time will be needed to get back to similar levels pre-lockdown. So the next 6 weeks will be base training for all our athlete.

Following this, periodisation will take place for all our athletes looking at the following competitions:

- 🚣 Club Championships 2020
 - 🚣 Interclub championship 2020
 - 🚣 Class Provincial and National championship 2020/2021
 - 🚣 Youth National Championships Dec 2020
 - 🚣 SA Sailing Open Masters Championships Dec 2020
 - 🚣 Class World Championships 2020/2021
 - 🚣 Olympic Qualification Events 2020/2021
 - 🚣 Olympic Games 2021
5. SA Sailings Professional/Elite athletes are based throughout South Africa and we will not be having formal training camps in the next few months due to a lack of funds at present. Fortunately, our training venues are wide open and take place on open bodies of water. Club house facilities access will remain in line with current DMA regulations and areas off limits will be closed to public.
 6. All Professional/Elite athletes will be required to be registered members of SA Sailing for the 2020/2021 season. All Covid-19 documents will need to be completed and submitted to SA Sailing for record keeping purposes. Following this, the athlete will be given permission to resume training. The first date for resumption is **20 June 2020**.



7. Registers will be kept at each Affiliated Institution. This will be done either by a physical register or the use of an app.
8. Each affiliated institution has a Covid-19 Compliance Officer who will be responsible for the Operational enforcement of the policy on the ground.
9. No training group (if applicable) will be no more than five (5) persons. If multiple training groups become necessary, training time slots will be allocated with sufficient time slots between these to protect all groups.
10. A travel guide is not applicable at this stage as we are not running training camps.
11. The Olympic hopeful team will be self-training with their coach and will abide by these requirements. Transport and travel requirements to international Olympic qualifying events needed for preparation and or the purpose of qualifying for Tokyo2020 will be advised at a later stage once these have been rescheduled. SA Sailing will discuss these details and requirements with SASCO and Department of Sports as there held and intervention maybe necessary to facilitate approve and or assist with travel arrangement.