

NSW Optimist Championships

5 & 6 December 2020



COMPETITOR INFORMATION

A COVIDSafe Optimist Event

MHYC is pleased to be able to continue to provide competitive and recreational sailing and Discover Sailing courses, but COVID-19 is still with us and the way we sail needs to adapt. We are all obliged to work together to fight the transmission of the virus, so the club has introduced some new requirements for racing.

At Home

- Any tasks that can be done at home, should be done at home (e.g. repairs, debriefing etc.)
- It is strongly recommended that all sailors download the Australian Government COVID -19 contact tracing app (COVIDSafe) and keep it active at all times
- It is also recommended that sailors be tested for COVID-19 at any sign of symptoms
- If you are a person with high risk of COVID-19, or have symptoms of the Virus (even if mild), stay at home

Ashore

- The “new normal” for sailing at MHYC and other NSW clubs is GET IN, SAIL & GET OUT.....
- Arrive dressed and ready to sail
- Minimise the use of change rooms, bathrooms and communal areas
- Shower at home instead of at the club if possible
- The 4m2 rule applies ashore and sailors should maintain at least 1.5m distance
- Avoid congregating at the SandBar, in the breezeway, on walkways and on the beach
- No unnecessary body contact (e.g. hand shaking, high fives)
- Hand hygiene stations are available at a number of locations

Lunch Orders

- Lunches are available for \$12 per day provided orders are received no later than 11am on Thursday 3rd December
- To download order form – [click here](#)

Arrival at MHYC

If travelling from the South, enter the carpark by turning right at the Spit Road and Parriwi Road lights. If travelling from the North, enter the carpark by turning left into the carpark just before Parriwi Road (note there is no left turn at Parriwi Road).

Boat Drop-Off and Pick-Up at MHYC

On the day of the regatta, MHYC volunteers will be available to assist with unloading and directing traffic in the car park adjacent to the club from 8am. Please follow the directions of the MHYC Marshalls. Do not park in the laneway to the South of MHYC. Boats can be dropped off at MHYC before the regatta and picked up in the days afterward only by prior arrangement – email discoversailing@mhyc.com.au. Note there is very limited hard stand storage available and storage fees will apply.

Trailer Storage near MHYC

Trailers will need to be removed from MHYC immediately after unloading / loading. Boat trailers may be stored on Parriwi Road in the unregulated area approximately 500m south of MHYC.

Car Parking near MHYC

Council parking areas are located at Spit East (adjacent to the club) and Spit West (on the other side of Spit Road). Fees are \$7.00 per hour / \$25.00 All Day Saturday, Sunday and Public Holidays. Free parking is available on Parriwi Road in the unregulated area approximately 500m south of MHYC.

For Further Information

- MHYC Reception
02 9969 1244
- Catherine Rofe & Kathy Johnston (KJ) – Sailing Administrators
02 8969 3103 / sailing@mhyc.com.au
- Heather Rodger – Discover Sailing Administrator
02 8969 3116 / discoversailing@mhyc.com.au
- David Staley – MHYC Sailing Manager
02 8969 3102 / 0428 514 058 / sailing.manager@mhyc.com.au

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