

# Spofford Yacht Club Health Guidelines

## Be Kind and Careful!

The Covid guidelines of past years have been relaxed. Also, although the dangers of Covid have diminished, the virus is still around, along with RSV and other flu type illnesses. As a club, we should work together to respect each other's health status and to reduce the transmission of communicable diseases.

This includes being responsible, please stay home if you are ill, to avoid spreading disease to our fellow club members.

Everyone is responsible for providing a safe setting for three general functions of the club: sailing, swimming, and a place socializing with family and friends. All members should practice common sense responsibility for good health including proper sanitation.

- **Bathroom use should include washing with soap and water and sanitizing the bathroom surfaces.**
- **Clean up after use of the clubhouse and changing room as appropriate.**
- **Bag all trash before being put it into the dumpster. Waste Management requires this.**
- **Carry out assigned cleanup chores with health standards in mind including sanitizing daily.**

## SYC Emergency Procedures

### Call 911. If you aren't sure about calling 911: MAKE THE CALL.

Listen to your own instincts, not the ill or injured person. You don't need their permission to call! The operator will need to know the SYC Address:

#### 370 N Shore Road, Spofford NH 03462

If it's a Water Emergency provide location on lake and description of boats.

**Make sure other people at the club know there is an emergency. Ask for assistance.**

**Designate someone to stay on the line and someone to relay information:**

- How many people are ill or injured?
- Age/Gender?
- Breathing?
- Conscious?
- Events? For example, allergic reaction, water related, heart related, head injury etc.

**SYC Command will decide to wait for EMS or move injured or ill parties.** Once EMS is on scene, EMS takes command. EMS can assist in stabilizing a person in the water.

**If someone is available, send them to North Shore Road to direct EMS personnel.**

**Designate someone else to direct emergency vehicles to the injured/ill person.**

**If it is a water emergency, direct EMS to the launch ramp or main dock.**

**SYC Emergency Procedures are posted inside on the bulletin boards near clubhouse door and outside above the sink outside the bathrooms.**

**END OF CLUB POLICIES & Guidelines**

**[www.spoffordyachtclub.com](http://www.spoffordyachtclub.com)**

