

HEALTH PROTOCOL COVID-19

A. HEALTH STATUS LOG BOOK

It is mandatory for all passengers to complete the “**Pre-boarding Health Declaration Form**” of *Annex I* and submit it to the Captain, when boarding, prior to the boat’s departure. Boarding will not be allowed if the form hasn’t been completed and submitted.

In all sailing boats of SAILINGTRIPS.GR a «**Health Status Log Book**» of *Annex II* is kept, in which the following information is recorded: a) full names of the persons boarding the boat, b) their status (e.g. crew, passenger, visitor, technician, etc.) c) their boarding and disembarking hours from the boat d) contact details (telephone/e-mail), so that communication is possible if a coronavirus case is identified at a later time. The General Regulation on Personal Data Protection (GDPR) must be observed and all staff members and guests must be informed that their information will be kept on file for reasons of public health protection.

Each sailing boat is allowed to carry only the people who boarded the ship at the start of the trip. No other people are allowed to board intermediate stations or to visit passengers onboard.

In addition, the Health Status Log Book contains data of the health status of the crew members and passengers. Crew members and passengers should measure their body temperature once a day, which is recorded in the passenger Health Status Log Book. The book is available for inspection by the Port and Health Authorities in printed form.

B. OPERATIONAL PLAN FOR MANAGING SUSPECTED COVID-19 CASES

If someone of the passengers develops symptoms of COVID-19 infection (sudden onset of the disease, with at least one of the following symptoms: cough, fever, shortness of breath), then this will be recorded in the passenger health status book and the operational plan for the managing of suspected COVID-19 cases should be immediately activated.

Reporting a suspected COVID-19 case

In compliance with the International Health Regulations, the person in charge of the boat (captain) will immediately notify the Port Authority of the closest Port of any danger to public health onboard, including any case of disease suspected of being contagious.

The boat may be called upon to sail to another port at close range, if the Port’s capacity is not available, or if it is justified by the medical condition of the suspected of COVID-19 case reported. All arrangements will be made as soon as possible to minimize the time of suspicious incidents onboard.

Operational plan for the managing of suspected COVID-19 case in SAILINGTRIPS.GR boat

The implementation of the plan aims at effectively managing a suspected Covid 19 incident onboard and to minimize the possibility of the virus spreading to the crew, to passengers and those likely to come into contact with the suspected incident.

The captain is responsible for the implementation of the plan (emergency phone number +306977272525).

A person with one of the following symptoms is suspected of being a Covid 19 incident: cough, fever, shortness of breath. Then the following steps are performed:

1. Immediate reference to the competent authority at the next Port Authority before arrival. The information is provided by telephone, or with the VHF on channel 12. During the reporting of the incident, all data as supplemented in the “Pre-boarding Health Declaration Form” are transmitted in any appropriate way .
2. The port authority shall be called upon to decide whether the suspected incident shall be deported to the same or to a different port / marina depending on the available means of transport, isolation, diagnosis and medical care.
3. The patient who presents with the symptoms of Covid 19 (cough, fever, shortness of breath) is temporarily isolated in one of the cabins until he is safely transported for a medical diagnosis while surgical mask, tissues, plastic bag for their rejection and hand antiseptic are provided.
4. People who come in contact with the patient should wear protective equipment, a surgical mask, goggles, a waterproof one-piece apron, shoe covers and gloves. This equipment is discarded in a plastic bag after use, and hands are thoroughly washed with soap and water.
5. After transporting and removing the patient, every needed task for ventilation, cleanliness and disinfection of the cabin, surfaces and objects inside it is applied.
6. Disinfection is applied with a 0.1% chlorine solution (4 teaspoons of commercial chlorine-5% in 1 liter of water) or with 70% ethyl alcohol with a contact time of 10 minutes.
7. Cleaning materials are discarded in a plastic bag.
8. The same cleaning and disinfection process is followed for the common areas of the boat with emphasis on the handles and handrails of the boat.
9. All contacts of the patient during the last two days before the onset of symptoms should be reported to the competent Port Authority for the management of the suspected incident.

10. In case of confirmation by the medical laboratory that the incident is a patient with Covid 19 infection, he is isolated in a land installation and all passengers and crew are quarantined for 14 days according to the instructions of the health authorities and the National Public Health Organisation who will manage the incident.

C. USE OF PERSONAL PROTECTION MEANS

In all sailing boats of SAILINGTRIPS.GR there are sufficient quantities of antiseptics, disinfectants, personal protective equipment and cleaning products. Generally though, masks are not provided, passengers should bring their own.

There are also written instructions for the proper use of personal protective equipment and the crew of the boats is aware of their use. Information on the means of personal protection for the crew members, depending on their duties on the ship and their proper use are presented in [*Annex III*](#).

D. FOOD & DRINK SERVICE PREPARATION

- Goods must be received by specific staff members who always wear gloves and masks.
- All crew members should keep distances, in accordance to the requirements of health authorities, inside of the boat, during the preparation of serving the passengers.
- Entrance to the internal area of the boat is prohibited for the passengers. In case this cannot be avoided, the visitor is provided with appropriate personal protective equipment, which will be available at the entrance of the boat's interior.

E. TRANSFER SERVICES

- According to Ministerial Decision (Government Gazette B'1647 / 03.05.2020) for the protection measures in passenger vehicles, public use and private use with guide of law 4093/2012 (A'222):
 - Vehicles up to 5 seats, transport of one passenger now of the driver. Exceptionally, a second passenger may be transported if he is accompanied by a person in need of assistance.
 - Vehicles of 6 or 7 seats, transport of 2 passengers, plus the driver
 - Vehicles of 8 or 9 seats, transport of 3 passengers, plus the driverExceptionally, passengers are allowed to exceed the limit, as only parents with their minor children are allowed in the vehicle in addition to the driver.
- Use of a protective mask is mandatory both for the passengers and the driver (masks are not provided, passengers should bring their own)
- Our company takes care of the adequacy of the quantities of antiseptics, disinfectants, protection products and cleaning supplies and there will be an antiseptic provided by the driver before the passengers enter the vehicle.
- The driver avoids handshakes
- The driver ensures the natural ventilation of the vehicle
- The staff is trained and informed according to the instructions of National Public Health Organisation for the meticulous observance of hygiene measures, hand washing techniques, the correct use of personal protective equipment, the use of antiseptics, the avoidance of contact with patients who have respiratory symptoms, the appropriate waste management.
- Application of proper personal and respiratory hygiene by the driver and passengers
- It is recommended that the driver uses gloves when refueling, as well as during other procedures that require touching equipment surfaces used by many people and there is no close installation for hand washing or an antiseptic station.
- Meticulous and complete disinfection will take after each transfer or after the end of the shift. It is recommended after the end of each route the cleaning with antiseptic of the surfaces and the points of frequent contact inside the vehicles (e.g. Handrails)

F. RECCOMENDATIONS FOR CREW AND PASSENGERS

Visitors and technical works onboard

Visits onboard and any kind of gathering that exceeds the maximum number of people allowed onboard are avoided. If external technicians enter the boat, the distance of 1.5 meters must be observed and it is recommended to use a fabric mask both by the technicians and by people already on board during the stay of the technicians on the boat. Also, the boat's sanitary facilities will not be used by external technicians.

Use of personal protection means

When visiting indoor land facilities, the use of mask is recommended.

It is also recommended to use gloves when refueling, tying, as well as other procedures that need to be touched on equipment surfaces used by many people and there is no close installation for hand washing or a station with antiseptics. The placement and removal of the gloves will be done according to the instructions for their correct application. It is emphasized that the use of gloves does not replace hand washing, before and after removing the gloves, hand hygiene should be applied with soap and water or antiseptic.

Personal hygiene

Hand sanitizer with soap and water is applied. If the hands are not visibly soiled, 70% alcohol-based alcohol-based antiseptic solution may be used. It is emphasized that the use of gloves does not replace hand washing, before and after removing the gloves, hand hygiene should be applied with soap and water. There will be antiseptic stations at the entrance to the boat's indoor spaces.

Proper respiratory hygiene should be followed, that is, covering the mouth and nose with a tissue in the case of sneezing and coughing and then throwing it in a plastic bag and applying antiseptic to the hands. For this purpose, care must be taken for the corresponding equipment (tissues or paper towels, disposable gloves, plastic bag, etc.).

Touching the face, nose and eyes should be avoided.

Social distance

When visiting indoor and outdoor crowded areas on land, social distance of 1.5 meters between individuals and the use of mask are recommended. In charter boats, staff indoors should wear a mask and keep a distance of 1.5 meters.

Crew and passenger training

The crew is informed and trained according to implementation of the plan of managing of suspected COVID-19 incident, the use of personal protective equipment, in the application of personal hygiene and social distance, as well as in other special regulations of the destination ports for prevention of COVID-19 infection.

In particular, the information and training concerns:

- The fact that they should not travel if they have come in contact with a COVID-19 patient in the last 14 days before the trip.
- Hand washing techniques (frequent washing of hands with soap and water for at least 20 seconds, the use of gloves does not replace hand hygiene)
- After which activities should the hands be washed e.g. hands should be washed after every contact with another person or his respiratory secretions, with objects touched by other people such as handrails, handles, etc., before placing the mask, before and after removing the mask, before and after removing the gloves, after using the toilet, before eating, before touching the face, etc.
- In which cases it is recommended to use antiseptics instead of hand washing (eg if the hands are not visibly soiled, an alternative alcoholic solution may be used).
- In meticulous observance of hygiene measures, and in particular: avoid contact of the hands with the mouth, nose or eyes.
- Avoiding contact with patients who have respiratory symptoms
- Appropriate waste management
- Proper use of personal protective equipment (mask and gloves).

The crew and passengers are informed of the immediate reporting of the relevant symptoms of the COVID-19 infection to the captain.

Ventilation of spaces

The natural ventilation of the spaces is ensured as much as possible

Cleaning and disinfection of spaces

Meticulous and complete disinfection after each route with antiseptic cleaning of surfaces and points of frequent contact inside and outside the boat.

Avoid live transactions

Electronic transactions, orders, purchases of services and goods, equipment and telephone communication are preferable.

ANNEX I- PRE-BOARDING HEALTH DECLARATION FORM

MANDATORY PRE-BOARDING HEALTH DECLARATION FORM (COVID-19)

		DATE:	
NAME:	SURNAME:	FATHER'S NAME:	
NAMES OF THE MINOR CHILDREN (UP TO 18 YEARS OLD)			
TELEPHONE NUMBER:	EMAIL ADDRESS:		
You are requested to fill out the following questionnaire by checking in the corresponding box - and especially within the past 14 days, before your trip:			
Have you had symptoms of fever, severe cough or other cold symptoms?		YES <input type="checkbox"/>	NO <input type="checkbox"/>
Do you have a person in your direct family or professional environment who has had or has been infected with the COVID-19 virus?		YES <input type="checkbox"/>	NO <input type="checkbox"/>
Have you lived - co-resided - with a person who has been ill with COVID-19?		YES <input type="checkbox"/>	NO <input type="checkbox"/>
Have you visited a person who has been ill with COVID-19?		YES <input type="checkbox"/>	NO <input type="checkbox"/>
Have you offered any kind of health care to a person who has been ill with COVID-19?		YES <input type="checkbox"/>	NO <input type="checkbox"/>
Have you returned from a foreign country?		YES <input type="checkbox"/>	NO <input type="checkbox"/>
Have you traveled by public transportation / ferry / airplane / train etc. accompanying a person who has been ill with COVID-19?		YES <input type="checkbox"/>	NO <input type="checkbox"/>
Have you been in close contact with health care personnel (doctors / nurses) who have been ill with COVID-19?		YES <input type="checkbox"/>	NO <input type="checkbox"/>

The above personal data and sensitive data are collected and processed solely for the purposes of compliance with applicable law, the execution of the contract of carriage and the protection of individual and public health. They will be maintained for a period of 30 days unless requested by the Competent Authorities to be maintained for a longer period. The above data will not be disclosed to third parties, only following a relevant order from the Competent Authorities. In case you wish to be informed of the data we hold about you, to correct it, to update it or to delete it, if it is no longer necessary to maintain them, you may contact the Customer Service Department of our Company at the following contact email: info@sailingtrips.gr

I declare responsibly that the above information is true. I agree and accept the need to process personal data and sensitive personal data for the aforementioned purposes.

STATEMENT OF RESPONSIBILITY, RELEASE OF LIABILITY

AND AGREEMENT TO PARTICIPATE IN A SAILING TRIP ACTIVITY

I, the undersigned, am a traveler on vacation in Greece and I desire to participate in an organized sailing trip herein called "Trip" under the company "SAILINGTRIPS.GR".

With my below statement I hereby agree as follows for myself and my dependents that are accompanying me in this Trip:

- 1)** I hereby represent and warrant that both me and my dependents (if applicable) will undertake (personally or through my medical and accident insurance policy) any medical coverage for injuries and illnesses I may sustain or experience during the Trip whether the symptoms of such injury or illness appear during or after the Trip .
- 2)** I understand and agree in accordance with current Greek COVID-19 protection legislation that "SAILINGTRIPS.GR", although is obliged to observe precautionary measures for the implementation of which is continuously checked by the Greek Port Authorities, is not responsible and can't and will not guarantee that I and/ or my dependents will not contract a disease during my/our participation in the Trip.
- 3)** I understand and agree that my participation in the Trip carries with it the risk of contracting a highly contagious disease and I willingly and knowingly accept that risk for myself and my dependents.
- 4)** I understand and agree that throughout my participation in the Trip, I am responsible to personally observe the precautionary measures that are appropriate (e.g. safety distances, wearing masks e.t.c) for myself and my dependents and about which I was informed in detail by SAILINGTRIPS.GR before the start of the Trip.

With this understanding, I, individually, hereby release, relieve, indemnify and forever discharge SAILINGTRIPS.GR, its employees, agents, officers, and representatives (in their official and individual capacities) from any and all liability whatsoever for any personal or bodily injury (including death) and the contracting of any disease that I or my dependents may sustain, including but not limited to any claims, demands, actions, causes of action, judgments, damages, expenses and costs, including attorneys fees, which arise out of, result from, occur during or are connected in any manner with my participation in the Trip,

CAUTION: READ BEFORE SIGNING

In signing this statement, I hereby acknowledge that I am eighteen (18) years of age or older and I have the authority to make also representations for my dependents. I have read the entire document, I have been given the opportunity to ask questions and receive answers to my satisfaction, I understand its terms, and by signing it I am giving up substantial legal rights I might otherwise have, including that I am signing a complete and perpetual release and bar to any and all claims of ordinary negligence resulting from my participation in the Trip and that I have signed it knowingly and voluntarily.

_____ Name _____(Signature)


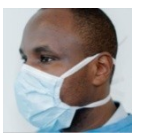


_____ Date





ANNEX II- HEALTH STATUS LOG BOOK

DATE	NAME	SURNAME	MOB/EMAIL	STATUS	BOARDING TIME	DISEMBARGATION TIME	BODY TEMPERATURE

ANNEX III-POSTED FORMS

PERSONAL PROTECTION MEANS		Type of protection
High respiration mask protection		<p>Respiratory protection:</p> <ul style="list-style-type: none"> • Protects against inhalation of droplets and small particles, including aerosols • Requires testing for good implementation (fit-testing) • Used mainly by healthcare workers, especially during aerosol production processes
Medical mask		<p>Respiratory protection:</p> <ul style="list-style-type: none"> • Protects the user from potentially contagious respiratory droplets in the environment • Protects against exhaled droplets when worn by patients • Does not require a test for good application of (fit-testing)
Glasses (or face shield)		<p>Eye protection:</p> <ul style="list-style-type: none"> • Prevents mucosal exposure to the virus • Must match the contours of the user's face and be compatible with the high-breathable mask
One-use waterproof robe with long sleeves		<p>Body protection:</p> <ul style="list-style-type: none"> • Prevents infection of the body • It may be non-sterile (unless used in a sterile environment, eg surgery) • If not available, disposable plastic apron worn over non-waterproof robe may be used
One-use gloves		<p>Hand protection:</p> <p>The gloves have different textures, materials, colors, qualities and thickness</p>
Fabric mask		<ul style="list-style-type: none"> • Holds the droplets of the person wearing the mask. • Medical and nursing staff cannot be considered a protective measure against COVID-19. In case of serious MAP deficiencies and if medical masks are not available, fabric masks are recommended as a last resort for medical and nursing staff. • Not to be used by healthcare workers

Personal Protection Means		Passengers & crews that are not ill or have no symptoms	Staff during embarkation	Food handlers	Luggage operators	Cleaning & disinfection staff for cleanliness after confirmed case (in case that does not exist case the usual measures are applied)	Crew maintenance during replacement air filters in control units after exacerbation COVID-19 crashes on board	Infected passenger	Medical Staff upon entering the isolation room of a suspect
High respiration mask protection							X		X
Medical mask			X	X		X		X	
Glasses (or face shield)			X			X	X		X
One-use waterproof robe with long sleeves						X	X		X

One-use gloves				X		X	X		X
Durable gloves (over One-use gloves)						X	X		
Fabric mask		X			X				
Boots						X	X		
Additional instructions	Perform frequent hand hygiene	Perform frequent hand hygiene Use of contactless thermometers / thermal imaging cameras Limited interview / observation If possible, use a glass or plastic divider	Hair nets Clean clothes Slip-on work shoes Perform frequent hand hygiene Keep a distance of at least 1 meter	Perform frequent hand hygiene Gloves are not required unless used to protect against mechanical hazards	Perform frequent hand hygiene Keep a distance of at least 1 meter	Perform frequent hand hygiene	Perform frequent hand hygiene	Perform frequent hand hygiene	

PROTECTING YOURSELF AND OTHERS FROM THE SPREAD COVID-19



BEFORE EMBARKATION



If you have fever, cough or other respiratory **symptoms** **postpone your trip** and seek medical attention

DURING YOUR TRIP



Make sure you **wear your mask** properly and avoid touching it. Clean your hands with alcohol-based hand rub or soap and water after discarding your mask



Regularly and thoroughly **clean your hands** with an alcohol-based hand rub or wash them with soap and water and avoid touching eyes, nose and mouth



Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands.



Maintain at least **1.5 meter distance** between yourself and others



Avoid going to crowded areas



Avoid contact with ill people



If you have fever, cough or other respiratory symptoms **inform a crew member** and seek medical attention



For further information please contact
210-5212054 or **1135**
www.eody.gov.gr



HELLENIC REPUBLIC
Ministry of Health

