

COVID-19 Golf Guidelines



CGC Policies reflect State Policy, Federal Recommendations, and Safe Golf Practices Suggested by the National and State Golf Associations.

These guidelines are subject to change and will be posted if they do.

Golf

1. Out-of-state clients must adhere to the "Keep Maine Healthy" plan on States website.
2. States that DO NOT require a negative test or quarantine: NH, VT, NJ, NY and CT.
3. Tee times are required and must be made at least one day in advance. Golfers should show up at their tee time and leave when finished. Please call 207-326-8844.
4. Payment can be made over the phone or in person at the window.
5. "Members of a single household may share a golf cart." Other players may share a cart if they wear face covering and stay in the same seats for the duration of the round.
6. To purchase any merchandise, please contact the pro shop. Inventory will be limited this season, but items can be bought through the window. Balls, tees, hats, etc.
7. Bathrooms, locker room, and bag storage are open to ONE person at a time.

Practice Areas

1. The putting green is open but limited to 4 people at a time using the 6-foot social distancing guidelines.

The Course

1. All bunker rakes, water coolers, ball washers and trash cans have been removed from the course. Please remove all trash when you leave. If you play from a bunker, please rake with your foot.
2. Flag sticks are on the course with cup inserts to keep your ball close to the surface. Please do not touch anything besides your ball.
3. Stay half a hole behind the group in front of you and remain at least 6 feet away from other players.

Scoring and Score Posting

1. Single scorecards and pencils can be handed out by pro shop staff, but the State and USGA are recommending players use an app on their phone to record and post their scores.
2. The handicap computer cannot be used, so please download the "USGA GHIN" app for hole by hole scoring and score posting. You can also post scores at GHIN.com but you will need your GHIN number. Please call the pro shop for more information, 207-326-8844.

Youth Golf

1. Spaces are limited this season. Sign up for youth golf should be completed by June 15th to ensure that we can make room for as many children as possible. Please call the golf shop at 207.326.8844 to reserve your space.
2. All participants will be asked to wear masks when arriving and approaching the course.
3. Golf will operate in a “no-touch” environment the best we can:
 - Kids should bring their own equipment.
 - Golf balls will be touched by the instructor only or sanitized balls will be used that the kids will keep for the duration of the clinic/lesson.
3. We will walk to locations on the course as a group separated by 6ft and will have cones set at instruction locations to ensure 6ft distancing as well.

Drop-Off: Children must be dropped off at the time of the clinic and not before. If you arrive early, stay in your vehicle with your child.

Pick-Up: Children must be picked up or have a place they can go at the end of the clinic. They cannot hang around.

Kids will always stay outside with supervision during the allotted clinic time. They cannot be inside.

PARENTS:

We recommend children ages 6 and under have parental supervision if possible. All parents may stay with their child to assist with safety measures.

FOOD and WATER:

We will not have any food or water available, so please be sure your kids bring what they need.



CGC Tennis Guidelines | COVID-19

Below are the current protocols for enjoying tennis this summer at the CGC. We take the health and safety of all our members extremely seriously and ask that you adhere to all of the rules.

General

1. Members from out of state, per State of Maine guidelines, must quarantine for 14 days prior to coming to the courts.
2. Currently we are not allowing guests (unless they have quarantined for 14 days from out of state or are non- traveled Maine residents) or non-members at the courts.

Off the Courts

1. All players must wear masks outside of the court. Upon entering the court, the mask can be removed.
2. Physical distancing of six (6) feet must be maintained at all times, both on and off the court.
3. Players cannot arrive more than five minutes before their scheduled clinic, lesson or court time and must depart immediately after. There will be no congregating after play.
4. Only one member will be allowed in the pro shop at one time.
5. Sign-ups for lessons, clinics and courts will be handled by calling the pro shop at (207) 326-9548. At the courts, one person at a time can also sign up with the person in the pro shop. *We will currently not be using our sign-up board.*
6. The water cooler will not be available on or off the courts. Please bring your own water (or purchase at the pro shop).
7. A Portable hand washing station will be available near the pro shop.

Lessons and Clinics

1. There are a limited the number of participants for clinics in order to maintain social distance rules.
2. Both singles and doubles play will be allowed, with social distance rules applying.
3. Sign-ups for clinics will be open a week in advance. Spots are first come, first serve. Please sign up early to avoid disappointment.
4. Rodney will be teaching lessons—both private and semi-private (2 students max).

On the Courts

1. All players must maintain 6 foot social distancing.
2. Water will not be available on the court. Please bring water and hand sanitizer or disinfecting wipes to wash and sanitize hands frequently. Hand sanitizer will also be available on every

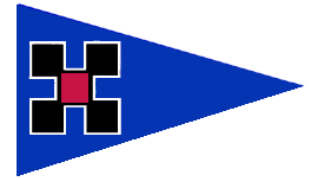
court.

3. Balls cannot be shared between players, unless those players have been quarantining together.
4. It is recommended that players mark their own balls and only touch those balls. You can pick up your opponent's balls with your foot and hit it back to them.
5. Players should minimize switching sides to avoid contact. Players are asked to refrain from touching gates and nets. Court sweepers will be sanitized on a regular basis. When leaving the court, players must remove all their equipment, towels, clothing, and balls. In the case of lessons and clinics, only the pro or his helper will touch the tennis balls.

Protocol for Children

1. All of the above rules apply to our junior players.
2. **Sign up for Junior Tennis must be completed by June 15th** by calling the pro shop at 207-326-9548 to reserve the lessons/week(s) that your child may want to join lessons.
3. Parents are obligated to make sure their child arrives at the courts with their mask on. (Note: write their names or initials somewhere on their mask so that we avoid misplaced or lost masks).
4. On the court, we will always endeavor to keep children socially distanced and have limited our youngest clinic numbers to aid us in this. We ask that parents have a conversation with their children prior to their first clinic to explain the distancing rule to them. This will be new to many of them from summers past and we want this transition to be as seamless as possible.

Castine Yacht Club Guidelines | COVID-19



**CYC guidelines reflect guidance from the State of Maine and CDC.
These guidelines are subject to change and will be posted if they do.**

Overall Guidelines

1. Only members and member guests may use the CYC grounds.
2. All members and member guests must meet the State of Maine 14 day quarantine guidelines before accessing the CYC grounds and show no signs or symptoms of illness.
3. Everyone must wear a face mask while on CYC property.
4. Maximum of 50 people allowed on CYC property appropriately social distanced.

Buildings and Grounds

1. The second floor of the clubhouse will be closed to members and guests. This will be reviewed and revised as additional guidance is issued by the State of Maine.
2. The first floor of the clubhouse will be open for members to access their lockers and use the bathrooms. There will be no congregating in the first floor at any time.
3. There will be no ping pong.
4. The water fountain will be shut off.
5. The ice maker can only be accessed by CYC staff wearing protective gloves allowing touchless transfer between member and staff.
6. No congregating on the pier or floats. Practice social distancing as much as practical.
7. One way traffic only on the ramp. Wait until it is clear before you walk up or down.
8. Members may not use the battery powered pumps to pump out dinghies. Ask a dockhand.

Launch Service

1. Only one vessel crew per trip up a maximum of five people. Launch will be wiped down/sanitized between trips.
2. Sanitizing of launch will occur after every trip focusing on high touch areas.
3. No sharing of radios.
4. Everyone must wear a face mask.
5. Attempt to minimize launch service as much as possible by using your own dinghy.

Visiting Yachts

1. Visiting yachts may not tie up at the floats.
2. Visiting yachts may use the guest moorings.
3. Visiting yachts may not come ashore unless they have complied with the State of Maine 14 day quarantine.

Youth Sailing

1. All students are asked to register for Youth Sailing by June 15th as space is limited.
2. All students and instructors will be required to wear masks or buffs at all times unless they are alone in a boat.
3. Student and counselor temperatures will be taken upon arrival (but not recorded per HIPA guidelines)
4. Parents must drop children off the first day they are attending affirming that the child has complied with any Maine state quarantine requirements and that the child has not been exposed to anyone that has been sick
5. Students should bring their own sunblock, water bottle and cloth face coverings
6. Students will be expected to sanitize hands on arrival with sanitizer containing at least 60% alcohol (provided by CYC)
7. Clubhouse will be off limits (no Ping-Pong, table or congregating on the first floor, absolutely no access on the second)
8. Class work will be conducted outside in a socially distant manner.
9. Due to the inability to have indoor programing, classes will be canceled on inclement weather days.
10. Depending on registration numbers, students will come to the dock and rig their boats in two shifts so as to not crowd the dock.
11. It will be suggested that adults refrain from bringing their boats into the docks during the time when classes are launching and returning to the dock.
12. There will be no horseplay or congregating permitted on the dock or at the Yacht Club
13. Children from a vulnerable population are discouraged to attend this summer. This will include, but not limited to:
 - a. Children with chronic lung disease or moderate to severe asthma
 - b. Children who are immunocompromised
 - c. Children who have diabetes
 - d. If a parent or guardian has a question it will be suggested they consult with the child's pediatrician
14. The CYC restrooms will be open, however, they will be subject to more frequent cleaning and disinfecting by CYC staff.
15. The CYC will continuously monitor the number of cases of coronavirus in Hancock County and the state of Maine and reserves the right to amend and/or cancel any programming in the interest of safety
16. All boats will be disinfected with an EPA registered disinfectant after each clinic
17. All CYC staff will be trained in enhanced safety precautions as it relates to Covid-19