



## Covid-19 Trainer guidelines

Many yacht Captains and crew are keen to start training as soon as restrictions are lifted and ports/yachts are permitted to receive visitors.

LH have reviewed their procedures with all their trainers to ensure your confidence in our team post-lockdown.

All LH staff and trainers have followed their country's guidelines of isolation and self-care during the lockdown period.

In addition to the guidelines you have onboard please find detailed below the precautions LH will also implement:

- any trainers who show ANY symptoms of the Covid-19 virus will not be allowed to train for a period of 2 weeks
- any trainers who have a member of their household displaying symptoms will not be permitted to train for a period of 2 weeks
- whilst travelling, all trainers will wear protective face masks & carry hand sanitizers
- trainers will socially distance themselves at ALL times \*unless on an aircraft where this may not be feasible
- trainers will organise training areas to ensure that crew are 1.5m away from the trainer during ALL sessions of training & we shall communicate this to the yacht's Captain and crew in advance of arrival
- trainers will be informed of any specific yacht policies on visitors to the yacht prior to arrival
- training materials (note pads, pens etc) will be provided by the yacht to reduce the risk of contamination
- practices regarding regular hand washing/sanitising and all other hygiene practices will be observed by all trainers during travelling and time spent aboard.