

SEC COVID19 Policy

What is this policy for?

This policy outlines the COVID19 management documents in place and how they are applied at Somersby Equestrian Club Inc. (SEC) events. It also identifies COVID19 symptoms, who should get tested and how it is spread.

Who does it relate to?

All committee members, event attendees, SEC members, volunteers, competitors, judges & visitors.

Policy & Obligations

In order for events to run safely, SEC has obligations it must:

- keep a copy of a COVID19 Safety Plan in a prominent place at each event
- ensure workers/volunteers understand their responsibilities
- train new workers/volunteers to act in a socially responsible way

The SEC committee reserves the right to refuse entry to anyone at any event they feel is deemed not well enough and that could pose a risk to the health of others

In addition to this Policy, SEC has the following support documents in place and they will be displayed in a prominent place for all to refer to:

SEC COVID 19 Safety Plan

COVID19 Safety Plans help to protect you, competitors, volunteers and visitors as you get back to business. Under [Public Health Orders](#), you must have a COVID19 Safety Plan describing how your club will keep your participants, volunteers and members safe. Once this is completed,

SEC COVID 19 Factsheet for Events

The COVID19 Factsheet for Events supports committee members and attendees on the day of an event at SEC with suggestions on how to keep and be COVID safe.

SEC COVID 19 Self Declaration Form

This form is for all people (competing or not), to complete as a condition of entry to SEC grounds. Developed by Equestrian NSW, this form will provide the means to trace anyone, should an outbreak of COVID19 occur whilst attending an event and gives attendees the opportunity to declare any recent illness. It is compulsory for a form to be completed by every person at an event, no form, no entry to the grounds. The representative of the SEC committee will review each form and determine if it is safe for the person declaring to enter the grounds or not.

What can I do to help stop the spread of COVID19 at SEC?

First and foremost, if you feel unwell or have any symptoms, do not attend any SEC events.

It's important that we:

- follow the rules about visiting other households, self-isolation and quarantine (particularly after inter-state travel)
- practise good hand hygiene and physical distancing
- take extra care if you're around vulnerable people
- follow instructions indicated by SEC committee members
- get tested if you have any symptoms and stay home while you are waiting for test results.

Report someone who is not self-isolating

NSW Police may issue a penalty notice of \$1000 to someone who is not complying with the [Self-Isolation Order](#) or the [Quarantine Order](#) . Not following these rules is also a criminal offence and attracts heavy penalties.

- Individuals: the maximum court imposable penalty is \$11,000, or imprisonment for 6 months, or both with a further \$5500 for each day the offence continues.
- Corporation: the maximum court imposable penalty is \$55,000 with a further \$27,500 for each day the offence continues.

People who should get tested

Anyone with a cough, a sore or scratchy throat, shortness of breath, loss of taste, loss of smell or a fever (37.5° or higher) should be tested for COVID19, even if symptoms are mild.

Symptoms of COVID19

Symptoms of COVID19 include:

- fever (37.5 ° or higher)
- cough
- sore/scratchy throat
- shortness of breath
- loss of smell or
- loss of taste.

Other reported symptoms of COVID19 include:

- fatigue
- runny nose
- muscle pain
- joint pain
- diarrhoea
- nausea/vomiting or
- loss of appetite.

In more severe cases, infection can cause pneumonia with severe acute respiratory distress resulting in hospitalisation.

When COVID19 symptoms appear

The amount of time between exposure to the virus and the first appearance of symptoms is usually 5 to 6 days, although it may range from 2 to 14 days.

People who might have been in contact with someone who is confirmed to have COVID19 should self-isolate for 14 days.

You should prevent the spread of viruses, by keeping your hands clean, not touching your face and keeping your distance from other people.

How COVID19 is spread

Human coronaviruses are spread from someone infected with COVID19, to other people in close contact:

- through contaminated droplets spread by coughing or sneezing, or
- by contact with contaminated hands, surfaces or objects.

Studies suggest that coronaviruses (which includes the COVID19 virus) may be able to survive on surfaces for a few hours or up to several days. This can vary depending on the temperature, humidity and type of surface.

Coronaviruses on surfaces can be killed through cleaning and disinfection. As well as regular handwashing, cleaning and disinfecting surfaces in our venue can help stop the spread of COVID19.

Frequently touched items: Regularly clean these surfaces with a household detergent, followed by disinfectant. Alternatively, you can use detergent/disinfectant wipes as long as you scrub the surface hard:		Less frequently touched items: For general surfaces, using a household detergent solution/wipes for cleaning is adequate:
doorknobs	tables	Floors (use a damp mop rather than dry mopping hard floors)
handles	hard-backed chairs	Walls (clean when visibly dusty or soiled)
light switches	remote controls	Ceilings (clean when visibly dusty or soiled)
phones	keyboards	Window Blinds (clean when visibly dusty or soiled)
tablets	desks	Curtains (change regularly in addition to cleaning when soiled).
touch screens	toilets	
car seats	sinks/basins	
car steering wheel	benchtops	

What is the difference between detergent and disinfectant?

Detergents help remove germs, dirt, and impurities from surfaces. By removing them it lowers their numbers and the risk of spreading infection.

Disinfectants are chemical solutions that are designed to 'kill', but not remove, viruses and bacteria. Disinfectants do not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface *after* cleaning, it can further lower the risk of spreading infection.

What can I use if I don't have disinfectant?

For hard, non-porous surfaces, a diluted household bleach solution can be used in a ratio of four teaspoons of bleach per one litre of water.

Importantly, never mix household bleach with ammonia or any other cleaner. You need to check the product is not past its expiration date, which makes it ineffective. You must also ensure good ventilation of the area during and after application.

Arriving home after being at an event

When you get home:

- wipe down your car steering wheel and any other surfaces on your float/truck that were handled frequently whilst at the event
- Wipe your saddle, bridle, boots and any other items exposed at the event
- wash your hands as soon as you enter your home and after putting tack and other items away
- if you can, remove your shoes and clothing if you have been unable to keep 1.5 metres from others. Your clothes and shoes aren't likely to bring COVID19 into your house, but this may help you feel more confident
- wipe down your phone
- keep your keys in one place
- Wash your hands before you eat

Further information

For factsheets, further information and general COVID19 support, visit the <https://www.nsw.gov.au/covid-19> website.

Equestrian NSW has COVID19 safety kits, including signage, hand sanitiser, gloves, Safety Officer caps, Declaration Forms and pens. These are available free of charge from the Equestrian NSW office, to affiliated clubs event organising committees. Postage can be arranged.

If you need more details, please contact the Equestrian NSW office at info@ensw.org.au or 9620 2660.