

All decisions about rebooting of outdoor activities must take place with careful reference to the National Principles following close consultation with Federal, State/Territory and/or Local Public Health and other statutory Authorities, as relevant. This includes the rebooting of outdoor activities for clients, with strict physical distancing and hygiene measures for everyone taking part in the activity. Localised outbreaks may require organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case among anyone involved in the activities will result in a standard public health response, which could include quarantine of a whole team or large group, and close contacts, for the required period.

OVERVIEW

Conduct of any outdoor activity is subject to regulations of Federal, State and Local Public Health and other Statutory Authorities. Public health policy and Federal, State/Territory Government directives, will govern any resumption of outdoor activities. It is worth noting that different States/Territories may permit the resumption of some activities at different times, dependent on local COVID-19 transmission, resources and other variables influencing local policy. Even within a State/Territory there could be geographical variability.

Outbreaks or clusters may result in a local shutdown (e.g. ring fence). Resumption of outdoor activity may not be linear. relaxing/ increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases and or behaviour of those participating..

Three recommended levels (Levels A, B, and C) of outdoor activities are outlined in the context of a COVID-19 environment. Any evidence of transmission issues within the local community will influence the timing of progression between levels.

Finally, all concerned parties must maintain awareness of the evolving COVID-19 environment and align practices with informed decisions for the safety of all activity participants, activity leaders and accompanying supervising staff including volunteers.

Recommended Level A, B, C Protocols for Outdoor Activities

From the Australian Institute of Sport (linked to coaching for competitive riding) **“Equestrian”**

Level A	Level B	Level C
Solo/pairs training	Full training and competition	Full training and Competition

From Horse Safety Australia :

“Instructors and Riding Schools working with individuals and groups”

Individual experienced riders on their own horses	Individual or group riders where horses are provided by the business. Disinfect and clean equipment at end of each session. Riders must be told not to touch horses (pat / hug, groom etc.)	Full activities with awareness of hand sanitation
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From : “Outdoor Council of Australia (OCA) Framework for Rebooting Outdoor Activities in a Covid-19 Environment” 7 May 2020 for **“Horse Trail Riding”**

Solo or pairs riding on own horses permitted horse riding trails while following social distancing and hygiene norms.	Horses supplied: Groups allowed on permitted horse riding trails while allowing social distancing and hygiene norms. Disinfect and clean equipment at end of each session. Riders not to touch horses	Back to normal operations with Level B hygiene measures.
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Hygiene - Modified to suit horse activities

Level A	Level B	Level C
<p>No sharing of personal gear and equipment.</p> <p>No sharing of communal facilities.</p> <p>Strict maintenance of hand hygiene using hand sanitiser before, during (where appropriate) and after activity.</p> <p>Cleaning any part of site touched by clients (eg. Gates, amenities, clients to tacking up at floats,)</p>	<p>No sharing of personal gear.</p> <p>Select sharing of group equipment allowed as per activity after disinfecting..</p> <p>Ready availability of disinfection material and PPE like gloves and masks at activity site.</p> <p>Strict maintenance of hand hygiene using hand sanitiser before and after activity.</p> <p>Have clearly defined disinfecting routine in place to disinfect relevant contact surfaces before, after and at pre-set intervals as defined in activity risk assessment (this would include the area in an around the activity site)</p> <p>Communal facilities can be used after an activity-specific risk assessment and additional COVID-19 control measures are put in place.</p> <p>Link to a useful checklist from Safe Work Australia for good hygiene in a workplace: https://www.safeworkaustralia.gov.au/doc/health-</p>	<p>Strong preference to continue using hygiene measure from Level B</p>

Hygiene: Environmental cleaning

Cleaning and Disinfection : The aim is thorough and regular sanitation.

Thorough and regular cleaning needs to be undertaken of all transit areas, communal and meal break areas, shared facilities (eg bathrooms and kitchens) and shared equipment.

1. Clean, sanitise and disinfect frequently touched surfaces (for example, activity equipment, door handles, sink handles, drinking fountains) multiple times per day and shared objects between use.
2. Avoid use of items that are not easily cleaned, sanitised, or disinfected. (consider replacing your reins with PVC equipment which is able to be dunked in hot soapy water)
3. Ensure safe and correct application of disinfectants and keep products away from unauthorised people.
4. If indoors for any purpose, ensure that ventilation systems operate properly and increase circulation of outdoor air as much as possible by opening windows and doors, using fans, and other methods. Do not open windows and doors if doing so poses a safety or health risk (for example, allowing pollens in or exacerbating asthma symptoms) to children using the facility.
5. Take steps to ensure that all water systems and features (for example, drinking fountains) are safe to use after a prolonged facility shutdown to minimize the risk of any disease or illness associated with water

Maintaining Personal Hygiene : Ensure that you:

- Teach and reinforce washing hands
https://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf?ua=1
- Teach and reinforce covering coughs and sneezes among participants and staff.
- Have adequate supplies to support healthy hygiene behaviours, including soap, hand sanitizer with at least 60 percent alcohol and tissues.
- Provide hand sanitiser at high traffic areas of the site. Communicate with staff about hand sanitiser locations and encourage regular use.
https://www.who.int/gpsc/5may/How_To_HandRub_Poster.pdf
- Display hygiene information in prominent locations (office book in areas, bathrooms, entrances). For a sample sign, see:
<https://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-COVID-19-print-ads-simple-steps-to-stop-the-spread-coronavirus-COVID-19-print-ads-simple-steps-to-stop-the-spread.pdf>

- Provide hand washing facilities (whether permanent or temporary), such as a wash basin, clean running water, soap and paper towels, placed in strategic locations to ensure employees and participants can access them in a timely manner.
 - Ensure that rubbish bins have touch-free lids (e.g. foot pedal bins).
 - Implement an appropriate waste management system.
 - Ensure all employees and participants follow good hygiene practices, including washing hands frequently with soap and water for at least 20 seconds, covering coughs and sneezes, or coughing into their elbow or shoulder and avoiding touching eyes, nose or mouth.
- For detailed cleaning advice, see: <https://www.health.gov.au/sites/default/>

Also consider reducing the number of touch points for workers. For example, leaving access doors open, where appropriate.

Workers should be provided with cleaning agents and trained to clean down and disinfect plant or equipment (e.g. farm machinery or tools) immediately after use. Workers should each be provided with their own equipment if possible.

Worker hygiene

Workers must practice good hygiene.

Workers must wash their hands with soap and water for at least 20 seconds. Hand washing should be done before and after eating and after going to the toilet. Other hygiene measures should include:

- > covering coughs and sneezes with an elbow or a tissue
- > disposing of tissues properly
- > using alcohol-based hand sanitisers with at least 60% ethanol or 70% isopropanol as the active ingredient
- > cleaning and disinfecting surfaces
- > washing body, hair (including facial hair) and clothes thoroughly every day
- > staying more than 1.5 metres away from others, and
- > reporting and staying home if experiencing any symptoms.

In addition, to prevent the spread of COVID-19, workers should also:

- > avoid touching their face
- > avoid handshakes or any other close physical contact
- > refrain from spitting at all times, and
- > put cigarette butts in the bin.

Cleaning leather/equipment/tack

Replace reins with PVC products to dip them in soapy water at the end of a session.

Buy a heap of cheap gloves from your local cheap shop and provide them for riders/handlers to use when interacting with horses, and to return when they leave, after which you wash them before their next use.

****Make lightweight saddle covers which cover pommel and cantle and change these between riders (elastic along edge fitting over saddle flat and whole saddle area) as an alternative to washing saddles at the front and back between riders.

Washing saddles and other leather which might be contaminated:

- Ensure your leather gear is well conditioned and protected (ie by using a wax based balsam etc)
- After each use wipe over and clean leather gear with a glycerine based saddle soap.
- Wipe over the leather with a suitable disinfectant.
- Continually monitor the condition of the leather and keep it well maintained to help prevent the disinfectant penetrating it.
- (Note: if the leather is well conditioned the disinfectant should not harm it however we can not guarantee this.)

Screening:

Screening outdoor leaders, support workers, teachers, students and/or participants coming to outdoor activity venues and locations:

To minimise the risk of transmission of coronavirus (COVID-19) on site, employers must implement a two-phase screening process; phase one being an initial declaration and phase two on going daily screening if relevant.

1. Initial declaration is to be conducted by all workers and participants (this includes any person who attends site). Each worker and participant must provide a declaration that they to the best of their knowledge:

- have not been diagnosed with coronavirus (COVID-19) in the last 14 days, or
- are not in a period of 14-day quarantine as directed by a health professional, or
- have not been overseas in the last 14 days, or
- have not been in contact with anyone who has coronavirus (COVID-19), or
- have not been in contact with anyone who is currently being tested for coronavirus or
- do not have anyone in their household who has symptoms consistent with COVID-19.

2. Once the initial declaration has been made by the person an, ongoing screening (phase 2) should be conducted for every person involved in the activity prior to the start of their shift commencement of activity, asking to the best of their knowledge:

- have they been overseas in the last 14 days, or
- have they been in contact with anyone who has coronavirus (COVID-19), or
- have they been in contact with anyone who is currently being tested for coronavirus or
- do they have anyone in their household who has symptoms consistent with COVID-19.

If any person involved in the activity declares any of the above, they may be required to self-isolate.

In the event of an employee or participant being confirmed as having COVID-19, those who are potentially affected need to be quickly identified.

Businesses should implement processes to record the activities and those involved to enable tracing of those who have come into contact with the confirmed case.

The records should include:

- Day and time of the activity undertaken
- People who have been involved in the activity together

RESOURCES:**SafeWork Australia Resource Kit**

<https://www.safeworkaustralia.gov.au/collection/covid-19-resource-kit>

Good hygiene

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/good-hygiene-for-coronavirus-covid-19>

Poster: <https://www.health.gov.au/resources/publications/coronavirus-covid-19-good-hygiene-practices-poster-for-businesses>

Hand washing

https://www.who.int/gpsc/clean_hands_protection/en/

Keeping the cough under cover

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-keep-that-cough-under-cover>

Self-Isolation

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/self-isolation-self-quarantine-for-coronavirus-covid-19>

Corona Virus Resources

<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources>

Safe Work Australia:

Key considerations for undertaking a risk assessment – COVID-19

The risks associated with exposure to COVID-19 may not be the same for all businesses and will depend on a range of factors including the industry and nature of your work, your geographic location, business size, workforce demographics and characteristics etc. You must consult with workers and any health and safety representatives when identifying risks and control measures for your workplace.

Key considerations for undertaking a risk assessment

Key considerations include (but are not be limited to) the following:

- > What is the latest advice from government and key industry and employee associations on control measures?
- > What is the current advice from health authorities about the current situation and case numbers for COVID-19 cases in the local community/region?
 - Information on the latest number and location of COVID-19 cases (including in some cases heat maps) is available from your jurisdictional health authority.
- > What are the current legal requirements (e.g. public health orders, health directions) for my area and how do they apply to my business?
 - Get the latest information: jurisdictional health authority.
- > Does the nature of the work undertaken by my business increase the risk of my workers being exposed to COVID-19?
 - Does the work require regular and close contact between workers or with members of the community?
 - Can work processes or practices reasonably be modified?
 - Is working from home or modified shift arrangements possible?
 - Am I working in a high-risk environment (e.g. with vulnerable people)?
- > Does my workplace have facilities for hand washing and/or hand sanitising?
 - Are these sufficiently stocked and in good working order?
- > Does my workplace environment/set-up increase the risk of my workers and/or clients being exposed to COVID-19 and can this be changed?
 - What is the size of the workplace?
 - How many workers or others are at the workplace?
 - Is work done inside, outside or in vehicles?
 - Are there restrictive entry/exit points or high touch points, such as doors, lifts etc? If so, what steps have I taken to reduce the risks at these points?
 - Can modifications be made to enable increased physical distancing (also known as social distancing)?
 - When was my workplace emergency plan last reviewed? Have I considered physical distancing considerations if the workplace needed to safely evacuate? (e.g. if there was a fire?)
- > Do I have workers that fall within a vulnerable worker category?

- Vulnerable workers include: Aboriginal and Torres Strait Islander people 50 years and older with one or more chronic medical conditions; people 65 years and older with chronic medical conditions; people 70 years and older; and people with compromised immune systems.
- If you have vulnerable workers in your workplace you must undertake a risk assessment including consideration of the characteristics of the worker, the workplace and the work. Seek medical advice as needed and keep information about a worker's medical conditions confidential. See the Vulnerable workers information on our website for further information.
- > What are my current cleaning and disinfecting arrangements?
 - Are they consistent with guidance provided by Safe Work Australia?
 - Do I have, or have access to, sufficient and appropriate cleaning supplies, including detergents and disinfectants?
 - Have I identified and cleaned frequently touched surfaces?
 - Do I need to review arrangements (e.g. increase frequency) with contracted cleaner?
- > How prepared is my business if there is a case of COVID-19 in the workplace?
 - Do workers understand the need to stay home if they are unwell, even if they think an illness is minor?
 - Have I established and talked to my staff about the processes we will follow if COVID-19 directly affects the workplace (e.g. an infected person has been on site)?
 - Can I get advice from industry and employee associations to stay informed on the risks?
 - Do I have all workers' current contact details and their emergency contacts?
 - Do I have records which will allow me to quickly identify which staff were in close contact with the infected person, e.g. work teams, shift rosters, who is eating in each lunchroom, response to unexpected issues such as plant breakdowns?
 - Have I trained workers about COVID-19 including how areas may need to be cleaned and disinfected in the event of any contamination and other risk controls?
 - How will I stop individual workers with COVID-19 being stigmatised?
 - Are workers fearful of being at work? Have I checked in with them lately?
- > Is there an increased risk of violence in my workplace?
 - Are customers likely to be stressed or frustrated, e.g. if products are restricted or no longer available?
- > What worker communication and support mechanisms are in place?
 - Am I regularly checking people are OK?
 - Do I have effective communication channels established to keep workers informed and consult them on key issues?
 - Do I have an employee assistance program that workers can access or other support services I can refer workers to (e.g. Beyond Blue COVID-19 support)?
 - Are there any other supports I can offer?
 - Have I considered how I will keep in touch with workers who may be more isolated because of working from home or other physical distancing arrangements?
- > Do the changes I plan to make to my business or changes arising from COVID-19 change the risk?
 - Do the changes I'm planning for COVID-19 increase risks or introduce new risks I need to control?
 - Are there other things changing that might increase risks like upset customers, working from home, increased demands or shortage of safety supplies?
 - Do I have processes in place to identify and respond to any other risks that arise once changes are implemented?
- > Do I have a plan to review my control measures to ensure they are effective?

The following link is an overview for coaches as a short (free) course on what they must know or plan if coaching an individual or small sporting group in the current circumstances:

<https://www.openlearning.com/courses/covid-safe-sport-coach-certification/>

Much of this is relevant to what we do when we run horse riding sessions.

Possibility of transmission of COVID 19 through horse hair/coat**Ohio State University: College of Veterinary Medicine**<https://vet.osu.edu/about-us/news/covid-19-and-animals#fur>**Do horses and livestock represent a COVID-19 infection risk for humans?**

Humans are not at risk for passing COVID-19 to their horses or livestock and there is no reason to believe animals can transmit the disease to humans. However, the virus is very contagious between people, and circumstances where animals or their products bring people together can create a real risk of infection and disease during this pandemic. It is important to respect the current stay-at-home order and social distancing guidelines when you must interact with others. **To allow the benefits of interaction with horses and livestock to continue, including maintaining economic production, as well as the social and mental health benefits, practice rigorous hand hygiene during and after visiting farms and make sure you're following these safety tips:**

- Stay at least 6 feet away from other people.
- Limit the number of people in the barn at any one time.
- Encourage sick people (boarders, workers, veterinary staff) to stay home. Consider additional restrictions or closure in case of illness or poor compliance with recommendations.
- Clean and disinfect environmental surfaces regularly, and modify barn hours to allow for cleaning.
 - Water, feed buckets
 - Cross ties, lead ropes
 - Tack, halters
 - Grooming supplies
 - Water taps, hoses
 - Stall and door handles
 - Wheelbarrows, shovel and broom handles
 - Doorknobs, light switches, countertops
- Ensure availability of hand hygiene materials (soap and water, hand sanitizer)

World Organization for Animal Health<https://www.oie.int/scientific-expertise/specific-information-and-recommendations/questions-and-answers-on-2019novel-coronavirus>**What precautionary measures should be taken when companion or other animals have close contact with humans suspected or confirmed to be infected with SARS-CoV-2?**

Currently, there is no evidence that animals are playing a significant epidemiological role in the spread of human infections with SARS-CoV-2. However, because animals and people can sometimes share diseases (known as zoonotic diseases), it is still recommended that people who are suspected or confirmed to be infected with SARS-CoV-2 limit contact with animals.

When handling and caring for all animals, basic hygiene measures should always be implemented. This includes hand washing before and after being around or handling animals, their food, or supplies, as well as avoiding kissing, being licked by animals, or sharing food.

People who are suspected or confirmed to be infected with SARS-CoV-2 should minimise close direct contact with animals, including farm animals, zoo animals, other captive animals, and wildlife; particularly species which have demonstrated to be susceptible to infection with SARS-CoV-2. As good practice, appropriate and effective biosecurity measures should always be practiced when people have contact with groups of animals e.g. on farms, at zoos, and in animal shelters.

When possible, people who are infected with SARS-CoV-2 should avoid close contact with their pets and have another member of their household care for their animals. If they must look after their pets, they should maintain good hygiene practices and wear a face mask if possible. Animals belonging to owners infected with SARS-CoV-2 should be kept indoors as much as possible and contact with those pets should be avoided as much as possible.