



Tradition • Pride • Spirit

THE AUSTRALIAN BUSHMEN'S CAMPDRAFT & RODEO ASSOCIATION

COVIDSafe

SHOW ATTENDEE HYGIENE PROTOCOL

COVID-19 spreads through respiratory droplets produced when an infected person coughs or sneezes. A person can acquire the virus by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes.

The ABCRA's key objective is to protect all Show attendees and the wider community from the spread and risk of exposure to COVID-19 by implementing appropriate cleaning and disinfecting measures for your affiliated Show.

1.1 When you are well

Everyone – even when well – can help slow the spread of COVID-19.

This means in general:

- ✓ wash your hands often with soap and water. This includes before and after eating and after going to the toilet
- ✓ use alcohol-based hand sanitisers when you can't use soap and water
- ✓ avoid touching your eyes, nose and mouth
- ✓ clean and disinfect surfaces you use often such as benchtops, desks and doorknobs
- ✓ clean and disinfect objects you use often such as mobile phones, keys, wallets and work passes
- ✓ use tap and go instead of cash where possible
- ✓ increase the amount of fresh air by opening windows or changing air conditioning

1.2 When you are sick

As we move towards living COVIDSafe, it is important that you stay at home if you feel unwell. You should also continue to practise good hygiene.

Under the ABCRA COVIDSafe policy persons are prohibited from attendance if;

- (a) Have COVID-19 or have been in direct contact with a known case of COVID-19 in the previous 14 days;
- (b) Flu-like symptoms or who is a high health risk (e.g. due to age or pre-existing health conditions) or
- (c) Travelled internationally or has contact with persons who have travelled internationally in the previous 14 days

If you have cold or flu like symptoms you should seek medical advice and [get tested](#) for COVID-19. You should get tested even if your symptoms are mild.

If you have COVID-19 you must [isolate](#) and follow the directions of your local Public Health Unit.

1.3 Ongoing support

Visit the Government website for [ongoing support](#) available during the COVID-19 pandemic.



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1.4 Specific Hygiene Measures at an ABCRA sanctioned show

As a Show attendee, you are expected to:

- ✓ Follow all Committee, Event Manager or official personnel instructions without hesitation or confrontation
- ✓ Follow directions from all show posters particularly handwashing and sanitising techniques
- ✓ Minimise the use of and sanitise any shared equipment or machinery between users eg. Reins, helmets, ropes, vests, quad etc.
- ✓ Wash hands regularly
- ✓ Not touch your face and if so wash hands before touching other surfaces
- ✓ Using safe hygiene practices when coughing or clearing nose.
Cough into elbow or tissue, dispose of tissue into the rubbish bin immediately.
Wash your hands with soap and water for at least 20 seconds afterwards.
- ✓ Utilise Committee sanitising stations where required
- ✓ Adhere to physical distancing measures >1.5m or 4m² density limits
- ✓ Adhere to all physical barriers implemented by the Committee
- ✓ Not participate in any unnecessary physical contact or greetings including but not limited to hugging, handshakes, hi-fives and similar.
- ✓ Not spit

1.5 Sanitising Stations

Are a mandatory requirement of an ABCRA sanctioned Show.

Sanitising stations will be located at entry and exit points and are expected to be utilised by every Show attendee.

The Committee is responsible for the supply, maintenance and cleaning of Sanitising stations.



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1.6 COMMON TRANSMISSION RISK AREAS

RISK	AREA OF LIKELY TRANSMISSION	RISK CONTROL MITIGATION METHOD	PER RELEVANT POLICY / PROTOCOL
Congregation and gathering of attendees	Arena	Physical Distancing of 4m ² density or 1.5m	ABCRA COVIDSafe Policy
	Food & bar facilities	Marked physical distancing points maintaining 4m ² density (or 1.5m) distancing	ABCRA COVIDSafe Policy ABCRA Cleaning Protocol
	Entry and exit points of the facility	separated entry and exit points	ABCRA Hygiene protocol
	Parking areas	Physical Distancing of 4m ² density or 1.5m	ABCRA COVIDSafe Policy
	Camping	Groups of no more than 10 practicing physical distancing measures of 4m ² density (or 1.5m)	ABCRA COVIDSafe Policy
	Committee Office	Minimise use of Committee office Entries and payment online using ABCRA iCompete	ABCRA Safety Plan ABCRA Cleaning Protocol
Behaviours of attendees	Handshaking, Spitting, Coughing, clearing nose	Education of general membership and affiliates of expected behaviours All attendees to be advised of COVID policy upon entry Posters displayed at the facility Breaches to be reported to ABCRA Head Office for disciplinary action.	ABCRA COVIDSafe Policy ABCRA COVID 19 Safety Plan ABCRA Hygiene protocol
Shared equipment	Competitor equipment eg. Ropes Reins Helmets	The use of shared equipment is to be minimised and must be sanitised before switching users. Committee to supply sanitiser for the cleaning of shared equipment.	ABCRA Hygiene Protocol
	Committee equipment eg. Stopwatches Clipboards Office equipment	Comply to ABCRA Cleaning & Sanitisation protocols	ABCRA Cleaning protocol
Shared Committee Facilities	Bathrooms Canteen/Bar Arena/Activity area Committee Office	Committee to comply to strict ABCRA Cleaning protocols Physical distancing measures 4m ² density limitation on capacity 1.5m apart	ABCRA Cleaning Protocol ABCRA Safety Plan



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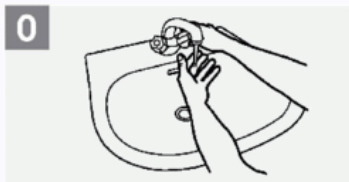
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How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 Duration of the entire procedure: 40-60 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



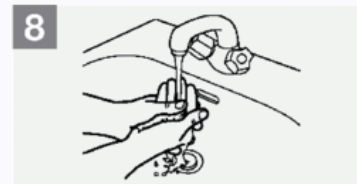
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



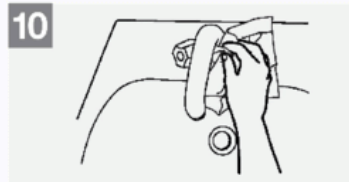
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



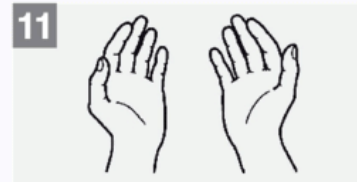
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES

Clean Your Hands



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Coronavirus
(COVID-19)

SIMPLE STEPS TO HELP STOP THE SPREAD.

Cough or sneeze
into your arm



Use a tissue



Bin the tissue



Wash your hands



HELP
STOP
THE
SPREAD
AND STAY HEALTHY

TOGETHER WE CAN HELP STOP
THE SPREAD AND STAY HEALTHY.

For more information about **Coronavirus
(COVID-19)** visit health.gov.au



Australian Government



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