

## COVID-19 INFORMATION FOR PARTICIPANTS OF THE RACING INDUSTRY

This fact sheet provides information about infection prevention and control advice required for participants involved in the resumption of horseracing in the coronavirus (COVID-19) pandemic.

By studying this fact sheet you will gain a knowledge and understanding of the basic principles of the following key protection processes:

- Overview of coronavirus
- Social distancing
- Hand washing and respiratory hygiene
- The seven steps of hand washing

### OVERVIEW OF CORONAVIRUS

The most common symptoms of coronavirus (COVID-19) are:

- recent onset of a new continuous cough
- and/or high temperature.

Your normal body temperature is approximately 37C. A fever is usually when your body temperature is 37.8C or higher. You may feel warm, cold or shivery.

If you have these symptoms, however mild, stay at home and do not leave your house for 7 days from when your symptoms started (if you live alone), or 14 days (if you live with someone who has symptoms). You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact [NHS 111 online](#). If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser if that's all you have access to.

To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue in a bin immediately. Then wash your hands or use a hand sanitising gel.

Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to



reduce the risk of passing the infection on to other people.

At the current time and based on scientific understanding of what is known of COVID-19 and other similar respiratory viruses, it is likely that older people and those with chronic medical conditions may be vulnerable to severe disease. As more information emerges, recommendations may change.

## **SOCIAL DISTANCING**

Social distancing measures are steps you can take to reduce social interaction between people. This will help reduce the transmission of coronavirus (COVID-19). Social distancing measures include the following:

- Avoiding contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough
- Avoiding non-essential use of public transport when possible
- Working from home, where possible. Your employer should support you to do this. Government guidance can be found here: <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19> This is unlikely to be possible for those working in a racecourse environment
- Avoiding large and small gatherings in public spaces, noting that pubs, restaurants, leisure centres and similar venues are currently shut as infections spread easily in closed spaces where people gather together.
- Avoiding gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media
- Using telephone or online services to contact your GP or other essential services



*Jockeys and trainers demonstrating social distancing in the parade ring*

Everyone should be trying to follow these measures as much as is practicable. Government strongly advises you to follow the above measures as much as you can and to significantly limit your face-to-face interaction with friends and family if possible, particularly if you:

- are over 70
- have an underlying health condition
- are pregnant

Government advice in relation to maintaining animal welfare is that it is important and can continue if done in accordance with the social distancing guidelines wherever possible.

Employers should communicate to all staff that they should wash their hands for 20 seconds or more and more frequently than normal, and always when arriving at or leaving equestrian premises, or use hand sanitiser when they cannot wash their hands. They should be careful to avoid touching their face at all times.

Work should be arranged work so that colleagues can frequently clean and disinfect objects and surfaces that are touched regularly, using your standard cleaning products. This should be done both during the working day and when moving between premises.

## HANDWASHING AND RESPIRATORY HYGIENE

There are general principles you can follow to help prevent the spread of respiratory viruses, including:

- washing your hands more often - with soap and water for at least 20 seconds or use a hand sanitiser when you get home or into work, when you blow your nose, sneeze or cough, eat or handle food
- avoid touching your eyes, nose, and mouth with unwashed hands
- avoid close contact with people who have symptoms
- cover your cough or sneeze with a tissue, then throw the tissue in a bin and wash your hands
- clean and disinfect frequently touched objects and surfaces in the home



## THE SEVEN STEPS OF HAND WASHING

These seven hand washing steps, as advised by the NHS, are effective and straightforward for thorough cleaning. The recommended hand washing time is at least **20 seconds**, so make sure you complete all the steps and don't rush through them.

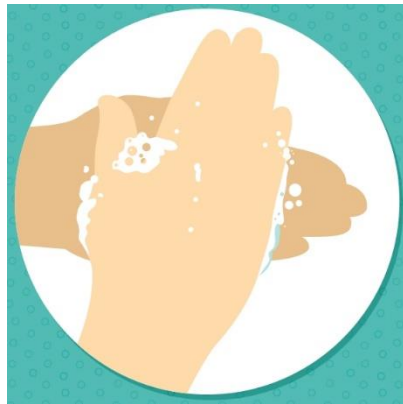
### Step 1: Wet Hands

Wet your hands and apply enough liquid soap to create a good lather. The temperature of the water should be between 35°C and 45°C.



## Step 2: Rub Palms Together

Rub your hands palm to palm in circular motions. Rotate clockwise and anticlockwise.



## Step 3: Rub the Back of Hands

With your fingers linked through the other hand, use your right palm to rub the back of your left hand. Then swap.



## Step 4: Interlink Your Fingers

Link your fingers together, facing each other, into clasped hands. Then rub your palms and fingers together.



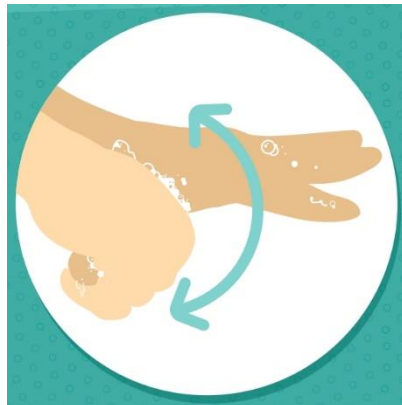
### Step 5: Cup Your Fingers

Cup your fingers together, with your right hand over and your left hand under. With your fingers interlocked, rub the backs of them against your palms. Then swap.



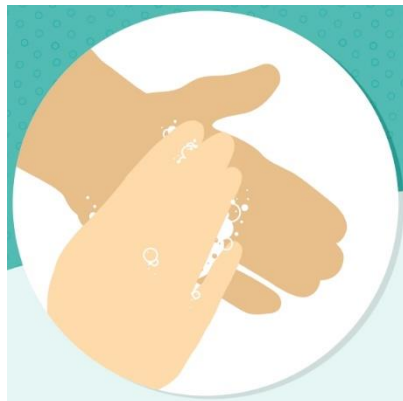
### Step 6: Clean the Thumbs

Enclose your right hand around your left thumb and rub as you rotate it, then swap.



### Step 7: Rub Palms with Your Fingers

Rub your fingers over your left palm in a circular motion, then swap.



Once you've followed these hand washing steps, you should then **thoroughly rinse** with warm running water and **dry with a clean, disposable paper towel**. Paper towels are the most hygienic way to dry your hands, but automatic hand dryers may also be used in your workplace. If yours does, make sure you do not touch any part of the hand dryer with your clean hands, as you will risk transferring bacteria back onto them. Likewise, you should never use a reusable towel to dry your hands, as they can harbour dangerous levels of bacteria that transfer back onto your hands.

If your taps have a push and release or automatic feature, use this as instructed. If not, you should use a disposable paper towel to turn off the tap.

## **RACECOURSE PROTOCOL**

For a safe and sustained resumption of racing it is imperative that everyone involved in staging and participating a raceday must:

- Conform to BHA and racecourse protocol for individual conduct on a racecourse
- Take own food and drink. Do not share with others.
- Keep kit and equipment secure and clean and disinfected where appropriate.
- Do not borrow or lend equipment, clothing or tack.
- Do not socialise before, during or after racing until Government restrictions are lifted
- If you are unsure of any racecourse procedure, check with an official
- **DO NOT ATTEND A RACECOURSE IF YOU, OR ANYONE YOU HAVE BEEN IN CONTACT WITH ARE DISPLAYING SYMPTOMS OF CORONAVIRUS**

## **PERSONAL PROTECTIVE EQUIPMENT**

Medical **Personal Protection Equipment (PPE)** is used to protect people from exposure to dangerous substances such as chemicals or from biological material such as body fluids, bacteria and viruses (for example Covid-19).

PPE comprises:

- Face coverings (masks and respirators)
- Eye coverings (face shields and goggles)
- Gloves
- Body coverings (plastic aprons, isolation gowns and coveralls)
- Foot coverings (shoe covers)

While the BHA has reduced the risk of exposure to, in particular Covid-19, there are a number of roles where risk reduction through social distancing is not always possible, and where people may come in to contact with others who may carry the virus.

BHA has therefore developed a safety protocol for people in those roles, and has defined who must wear some PPE while at work.

### **Who needs PPE at work?**

*Possibly*

Staff who may risk breach of the social distancing code e.g.

- Jockeys
- Stall handlers,
- Legger uppers,
- Some Stable Staff
- Security staff

- People who are routinely unable to maintain social distancing because of their role

### Definitely

- People involved in screening race-day participants at the entrance gate
- People involved in routine cleaning of the premises
- First aid at work providers
- People involved in decontamination cleaning
- Medical, nursing and ambulance staff
- Patients



### Social distance breach group

- Wear PPE while working in the defined role – it may be removed when observing proper social distancing during breaks or not working in the specific role.
- If needed they should wear a surgical face mask (3 or 4 ply type IIR PPE mask to standard BS EN 14683)
- Updated advice expected

### Cleaning teams

- Must wear PPE while working in the defined role – it may be removed when observing proper social distancing during breaks or not working in the specific role.
- They MUST wear:
  - Nitrile gloves (BS EN 14126)
  - A plastic apron (BS EN 1186)
  - Some may additionally be provided with a coverall (BS EN 14126) depending on local circumstances
- Clinical Areas (add the following)
  - Surgical face mask (BS EN 14683)
  - Face shield or goggles (BS EN 166)

### Decontamination cleaning teams

- Must wear PPE while working in the defined role – it may be removed when observing proper social distancing during breaks or not working in the specific role.
- They MUST wear:
  - FFP3 respirator mask (BS EN 149)
  - Face shield or goggles (BS EN 166)
  - Nitrile gloves (BS EN 14126)
  - Coverall (BS EN 14126)
  - A plastic apron (BS EN 1186)
  - Foot/shoe covering



### Screening staff

- Must wear PPE while working in the defined role – it may be removed when observing proper social distancing during breaks or not working in the specific role.

- They MUST wear:
  - Surgical face mask (BS EN 14683)
  - Face shield or goggles (BS EN 166)
  - Nitrile gloves (BS EN 14126)
  - A plastic apron (BS EN 1186)
  - Some may additionally be provided with a coverall (BS EN 14126) depending on local circumstances



### First aid at work providers

Do not need to routinely wear PPE at work, but should they be required to become involved in the immediate treatment of an injured or ill participant they MUST wear PPE. Therefore that they must ensure that they have immediate access to the following PPE that they will put on BEFORE they treat the 'patient':

- Surgical face mask (BS EN 14683)
- Face shield or goggles (BS EN 166)
- Nitrile gloves (BS EN 14126)
- A plastic apron (BS EN 1186)
- Some may additionally be provided with a coverall (BS EN 14126) depending on local circumstances

### Medical, nursing and ambulance staff

Must wear PPE while working in the defined role – it may be removed when observing proper social distancing during breaks or not working in the specific role.

They MUST wear:

- Surgical face mask (BS EN 14683)
- Face shield or goggles (BS EN 166)
- Nitrile gloves (BS EN 14126)
- A plastic apron (BS EN 1186)
- Some may additionally be provided with a coverall (BS EN 14126) or isolation gowns (BS EN 13759) depending on local circumstances – both provide better protection than a plastic apron.
- Shoe coverings may be worn optionally. These are somewhat impractical in the field, although they may be of some use in the JMR or isolation room.
- In addition they must wear an FFP3 respirator mask and two additional pairs of nitrile gloves before carrying out any aerosol generating procedures (AGP). The top layer of gloves will be removed after AGP completed.



### Patients

- Any person who requires to consult with a member of the on-course first aid at work provider, medical, nursing or ambulance teams for possible Covid-19 symptoms MUST wear a surgical face mask (BS EN14683).
- Staff in these roles should ensure they have immediate access to a supply of surgical face masks for this purpose.
- All those who are required to wear PPE for their own protection and/or for the protection of others, MUST be properly trained in the use of the PPE they are expected to use.

- Training should include how to put it on properly, how to take it off safely and how to dispose of PPE safely.

[https://youtu.be/-GncQ\\_ed-9w](https://youtu.be/-GncQ_ed-9w)

<https://www.gov.uk/government/publications/covid-19-personal-protective-equipment-use-for-non-aerosol-generating-procedures>

Used PPE must be handled with care as the outside of it may be contaminated.

Used PPE must be disposed of in accordance with the racecourse's waste management protocol.



### Guide to donning and doffing standard Personal Protective Equipment (PPE)

for health and social care settings

**Donning or putting on PPE**  
Before putting on the PPE, perform hand hygiene. Use alcohol handwash or gel or soap and water. Make sure your are supervised and are not wearing any jewellery, watches, nailfiles or coloured rings.

- 1 Put on your plastic apron, making sure it is fast securely at the back.
- 2 Put on your surgical face mask. Make sure you securely fasten it in front and back of mask. Once fastened, clean your hands and face.
- 3 Put on your eye protection if there is a risk of splashes.
- 4 Put on non-sterile gloves.
- 5 You are now ready to enter the patient area.

**Doffing or taking off PPE**  
Surgical masks are single session use, gloves and aprons should be changed between patients.

- 1 Remove gloves, grasp the outside of the cuff of the glove and peel off, holding the glove in the gloved hand, insert the finger underneath and peel off second glove.
- 2 Perform hand hygiene using alcohol hand gel or rub, or soap and water.
- 3 Snap or untie apron by the neck and allow it fall forward.
- 4 Snap waste ties and hold apron in on ball, not handling the outside as it is contaminated, and put into clinical waste.
- 5 Once outside the patient zone, remove eye protection.
- 6 Perform hand hygiene using alcohol hand gel or rub, or soap and water.
- 7 Remove surgical mask.
- 8 Now wash your hands with soap and water.

Please refer to the PHE standard PPE video in the COVID-19 guidance collection: [www.gov.uk/government/collections/covid-19-personal-protective-equipment-use-for-non-aerosol-generating-procedures](https://www.gov.uk/government/collections/covid-19-personal-protective-equipment-use-for-non-aerosol-generating-procedures)  
If you require the PPE for aerosol generating procedures (AGPs) please visit: [www.gov.uk/government/collections/covid-19-personal-protective-equipment-use-for-aerosol-generating-procedures](https://www.gov.uk/government/collections/covid-19-personal-protective-equipment-use-for-aerosol-generating-procedures)