

COVID-19 AWARENESS FOR THE RACING INDUSTRY (Version 2: November 2020) FACT SHEET

Learning outcomes

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

- Overview of Covid-19
- Social distancing
- Hand washing and respiratory hygiene
- The seven steps of hand washing
- Racecourse protocol
- Types and use of Personal Protective Equipment (PPE)



Overview of Covid-19 (coronavirus)

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

- recent onset of a new continuous cough
- and/or high temperature
- and/or a change in taste or smell

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 arrange a Covid-19 Test online <https://www.gov.uk/get-coronavirus-test> If you have no internet access, you should call NHS 119. 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.



Overview of Coronavirus

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 change in taste or smell, high temperature and/or new and continuous cough
- Keep two metres away from anyone outside your household bubble at all times
<https://www.youtube.com/watch?v=wPM58DQH0gQ>



Jockeys and trainers demonstrating social distancing in the parade ring

Social distancing (continued)

Additional measures include:

- Avoiding non-essential use of public transport when possible. Do not share vehicles with anyone outside your household bubble
- Working from home, where possible. Your employer should support you to do this. This is unlikely to be possible for those working in a racecourse environment.
- Using telephone or online services to contact your GP or other essential services.

Government guidance can be found here:

<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>

Social distancing

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.



Personal and Environmental Hygiene

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 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.



Hand washing 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



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

Step 2: Rub Palms Together

Step 3: Rub the Back of Hands

Step 4: Interlink your fingers

Step 5: Cup your fingers

Step 6: Clean the Thumbs

Step 7: Rub Palms with Your Fingers



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.. Where possible hand dryers should be turned off and replaced with paper towels.

RACECOURSE PROTOCOL

For the 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.
- Use personal protective equipment and face coverings as directed by the BHA and racecourse.
- Keep kit and equipment secure and clean and disinfected where appropriate.
- Do not borrow or lend equipment, clothing or tack.
- Avoid shared lifts outside your household bubble
- 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 LEAVE HOME TO ATTEND WORK OR A RACECOURSE IF YOU, OR ANYONE YOU HAVE BEEN IN CONTACT IS UNWELL OR ARE DISPLAYING SYMPTOMS OF CORONAVIRUS**

PERSONAL PROTECTION EQUIPMENT (PPE)

Medical **P**ersonal **P**rotection **E**quipment (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.

FACE COVERINGS

Face Coverings are different to Clinical or Medical PPE and are designed to protect the wearer and specifically those around the wearer from inhaling infected droplets.

Face coverings should be of a three layer construction and WHO guidance can be found here

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

Face coverings should be washed regularly, ideally daily, with normal washing detergent at the maximum temperature tolerated by the material.

You should have sufficient supplies of Face Coverings to change them daily.

Face coverings without valves are preferred.

**FACE COVERINGS SHOULD BE WORN AT ALL TIMES ON GB RACECOURSES
UNLESS UNDERTAKING SPECIFIC ACTIVITIES.**

FACE COVERINGS – Exemptions

These include (but are not limited to):

- people who cannot put on, wear or remove a face covering because of a physical or mental illness or impairment, or disability
- where putting on, wearing or removing a face covering will cause you severe distress
- if you are speaking to or providing assistance to someone who relies on lip reading, clear sound or facial expressions to communicate
- to avoid harm or injury, or the risk of harm or injury, to yourself or others – including if it would negatively impact on your ability to exercise or participate in a strenuous activity

FACE COVERINGS – Temporary Removal

There are also scenarios when you are permitted to remove a face covering:

- if asked to do for identification
- in order to take medication
- if you are undertaking exercise or an activity and it would negatively impact your ability to do so
- if you are a jockey during a race
- when seated to eat or drink in a hospitality premise such as a pub, bar, restaurant or cafe. You must put a face covering back on once you finish eating or drinking

Who needs PPE at work?

- 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

NB Everyone else should use Face Coverings

Public Health
England



Putting on personal protective equipment (PPE) for non-aerosol generating procedures (AGPs)*

Please see donning and doffing video to support this guidance: https://youtu.be/-GncQ_ed-9w

Pre-donning instructions:

- Ensure healthcare worker hydrated
- Remove jewellery
- Tie hair back
- Check PPE in the correct size is available

1 Perform hand hygiene before putting on PPE.



2 Put on apron and tie at waist.



3 Put on facemask – position upper straps on the crown of your head, lower strap at nape of neck.



4 With both hands, mould the metal strap over the bridge of your nose.



5 Don eye protection if required.



6 Put on gloves.



What type of PPE is required?

Specific PPE is required by the following groups:

- 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 mask to standard BS EN 14683)
- Updated advice should be sought regularly



What type of PPE is required? (continued)

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)



What type of PPE is required? (continued)

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



What type of PPE is required?

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



What type of PPE is required? (continued)

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



What type of PPE is required? (continued)

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.
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- **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.

What type of PPE is required?

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.



Using PPE – training and disposal

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.

Click on the links below for further information.

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.