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# **Introduction to guidelines**

Cherry Tree Barrel Racing is affiliates with the Australian Barrel Horse Association and aims to run barrel racing events compliant with the COVID-19 restrictions.

Due to the new policy guidelines, there will be changes to how the Cherry Tree events are normally run that will affect our competitors, volunteers, and attendees.

**Please read this document and ensure you have understood all the guidelines. You must then sign and return the Health Declaration so that the committee knows you have done this.**

# **Cherry Tree Barrel Racing Dates**

All dates are subject to approval by the Cooma Monaro Shire Council

* 4 & 5 October
* 21 & 22 November
* 19 & 20 December

# **General Guidelines**

## **Events**

* Exhibitions
* Open Divisional
* Junior Divisional
* Tiny Tots

## **Entries**

* No entries will be taken from hot spot areas
* No entries will be taken on the day
* There will be a cap on the amount of entries we are allowed to take to comply with the COVID-19 restrictions, once we have received the amount of entries the entries will be cut off, and all further entries will be put on a waiting list. Entries will be taken on a first in, first on the list basis. We will advise members of the entry fee cap once we have a better understanding to restrictions prior to entries opening, if you are put on the waiting list you will receive a wait list number so you know where you are in the line
* All entry fees will need to be paid online by the Wednesday prior to the competition, if your entry fee money has not been received, you will not be placed in the draw
* Payouts will be via bank transfer and will be made within 7 days
* Placings will be calculated by the President, at home after the event, and will be posted the night of the event on Facebook, with all winners notified. Please don’t approach the committee at the event to find out your placing as they will not have been calculated yet
* If for any reason you cannot attend the event, your entry fee money will be refunded
* There will be a $2 arena levy per person.

## **On the day event**

* You will need to advise the committee of who will be attending, only people who need to be at the event are encouraged to come
* All competitors must enter via the bottom gate of the showground near the arena.
* There are to be no horses standing in the area near the arena gate
* Spectators must sit in the allocated area away from the arena gate. There will also be a limit of the amount of spectators in this as per COVID-19 restrictions. Signs will be posted, and this will be monitored by our chute boss.
* All volunteers will be required to sign the volunteer register
* Hard copy of these guidelines will be available at the event, soft copies will be available on our [Cherry Tree Barrel Racing Facebook Group.](https://www.facebook.com/groups/872339159558908)

## **COVID-19 specific**

* All members must adhere to the 1.5 social distancing rule. We will have a COVID-19 appointment committee member who will ensure this rule is being adhered to
* Avoid touching your face and cough and sneeze into a tissue or your elbow
* Hand soap and sanitiser will be placed around multiple points of the venue
* Do not share cups, utensils, or cigarettes
* Do not share equipment such as whips, helmets etc
* The ABHA strongly recommends all attendees download the COVID-19 Safe App

## **Compliance**

* If found non-compliant you will be asked to leave the grounds
* If you are feeling unwell, please do not attend the event
* Any serious breaches will be reported.

# **Resources**

* [NSW COVID-19 Roadmap](https://www.pm.gov.au/sites/default/files/files/covid-safe-australia-roadmap.pdf)
* [AIS Framework for Rebooting Sport](https://ais.gov.au/health-wellbeing/covid-19#ais_framework_for_rebooting_sport)

# **COVID-19 Health Information**

Coronaviruses are a large family of viruses that cause respiratory infections. These can range from the common cold to more serious diseases. COVID-19 is a disease caused by a new form of coronavirus. It was first reported in December 2019 in Wuhan City in China.

## **Symptoms**

Symptoms of COVID-19 can range from mild illness to pneumonia. Some people will recover easily, and others may get very sick very quickly.

People with coronavirus may experience:

* fever
* symptoms such as coughing, a sore throat and fatigue
* shortness of breath

If you are concerned you may have COVID-19:

* use the [symptom checker](https://www.health.gov.au/resources/apps-and-tools/healthdirect-coronavirus-covid-19-symptom-checker)
* see how to [seek medical attention](https://www.health.gov.au/node/10361/#how-to-seek-medical-attention)
* see more about [testing](https://www.health.gov.au/node/10361/#testing) [healthdirect Coronavirus (COVID-19) Symptom Checker](https://www.health.gov.au/resources/apps-and-tools/healthdirect-coronavirus-covid-19-symptom-checker)

Answer questions about your symptoms to see if you need to seek medical help or get tested. This tool is available online at any time.

If you do not have any symptoms, you should still [protect yourself and others](https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/what-you-need-to-know-about-coronavirus-covid-19#protect-yourself-and-others).

## **How it spreads**

The virus can spread from person to person through:

* close contact with an infectious person (including in the 48 hours before they had [symptoms](https://www.healthdirect.gov.au/coronavirus-covid-19-symptoms-and-how-the-virus-spreads-faqs))
* contact with droplets from an infected person’s cough or sneeze
* touching objects or surfaces (like doorknobs or tables) that have droplets from an infected person, and then touching your mouth or face

COVID-19 is a new disease, so there is no existing immunity in our community. This means that COVID-19 could spread widely and quickly.

## **Protect yourself and others**

Everyone must do the following things to slow the spread of COVID-19 and protect those who are most at risk.

See important advice on:

* [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)
* [social distancing](https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/social-distancing-for-coronavirus-covid-19)
* [public gatherings](https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/limits-on-public-gatherings-for-coronavirus-covid-19)
* [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)

## **How to seek medical attention**

If you are sick and think you have symptoms of COVID-19, seek medical advice. If you want to talk to someone about your symptoms, call the National Coronavirus Helpline for advice.

To seek medical help from a doctor or hospital, call ahead of time to book an appointment.

## **National Coronavirus Helpline**Call this line if you are seeking information on coronavirus, it is operational 24 hours a day, seven days a week: 1800 020 080