



EQUESTRIAN SPORTS
NEW ZEALAND

Stay Safe Guidelines for Officials/Volunteers

Before you Officiate/Volunteer

- Officials may choose to officiate, however should not feel under any obligation to do so. Those officials at high risk of severe illness (those with existing medical conditions and older officials) are encouraged to stay at home.
- You must stay at home if you:
 - » Have been in contact with someone with COVID-19 in the last 14 days.
 - » Have been overseas or exposed to someone with COVID-19 in the last 14 days.
 - » Have flu-like symptoms.
 - » Or are in a high risk health category.

Officiating/Volunteering in Equestrian activities

- Arrive and leave as close as possible to when you need to. Do not congregate or stay at the grounds/venue after you have finished officiating/volunteering.
- Remember to complete contact tracing requirements.
- Take your own equipment/tools. Do not share equipment with other Officials/Volunteers.

Social distancing

Physical distancing of 1 metre should be maintained and 2 metres should be maintained from people that you don't know.

Behaviours

- To protect against infection, you should:
 - » Wash your hands frequently with soap and water or hand-sanitiser when available. It is recommended to carry your own hand sanitizer with you. Note hand sanitiser does not work well on dirty hands so thorough washing with soap may be more appropriate.
 - » The use of gloves and face mask is a personal choice, but it is recommended to carry your own if you wish to use these.
 - » Not share water bottles and bring your own full bottle.
 - » Consider bringing your own packed lunch.
 - » Cover your coughs and sneezes and dispose of any used tissues immediately.
 - » Do not attend if you are feeling unwell.
- Please also see our Officials/Volunteer Alert Level system for further information and guidelines which are more discipline specific that have been put in place to keep you safe.

When you get home

- If you become sick with Covid-19 symptoms within 10 days of officiating or volunteering at an event, it is vital that you inform ESNZ and the area group/club/OC and seek medical assistance.
- Record in your diary which show you officiated/volunteered at and the time you were on site, arena you worked in if appropriate.

Panama House, 22 Panama Street, 6011
PO Box 6146, Marion Square, Wellington 6141, New Zealand
+64 (4) 499 8994 | nzequestrian.org.nz

