



EQUESTRIAN SPORTS  
NEW ZEALAND

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# Stay Safe Guidelines for Riders

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Please make yourselves aware of guidelines from event organisers and the owners of the venue and do your best to comply so we can all enjoy a return to competition and training.

Be patient with those around you - things could take longer than normal.

Respect that officials and volunteers are there so you can reap the benefits of being able to ride your horse and train/compete - thank them and their efforts.

Offer to be a volunteer for the organising committee - so that our older volunteers are not required to do all of the work. (Of course you must follow guidelines if you do this but it's a great feeling to know you did your bit).

## Before you ride

- 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.

## Participating 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 riding to socialise.
- Remember to complete contact tracing requirements.
- Only one parent/guardian should accompany younger children where possible.

- Take your own equipment. Do not share equipment with other riders.
- Riders are encouraged to use own ablution facilities in horse trucks if possible.

## Social distancing

- Physical distancing of 1 metre should be maintained and 2 metres should be maintained from people that you don't know.
- If camping overnight, maintain physical distancing.
- Limit gatherings in trucks/floats to a maximum of 10 people. Please make note of who was in your vehicle.

## 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.
  - » Cover your coughs and sneezes and dispose of any used tissues immediately.
  - » Do not attend if you are feeling unwell.
  - » Not share water bottles and bring your own full bottle.

## When you get home

- If you become sick with Covid-19 symptoms within 10 days of competing, it is vital that you inform ESNZ and the area group/club/OC. You must also seek medical advice.
- Record in your diary which show you attended.

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