

COVID-19  
course for  
coaches



This course for equestrian coaches covers the fundamentals of infection prevention and control (IPC) for COVID-19 including:

- COVID-19 – what is it?
- Signs and symptoms.
- Keeping safe – protecting yourself and others.
- Conducting equestrian training sessions.
- Stay informed



# Learning Objectives

At the end of this course you should be able to:

- Understand the basics about the COVID-19 virus, including how it is spread.
- Describe what you can do to protect yourself and others.
- Know what to do if you develop symptoms.
- Know what to do if the person you are coaching or working with develops symptoms.
- Conduct equestrian training sessions safely.

# Module 1: COVID-19 - What is It?

## COVID-19: Background

- Coronaviruses are a family of viruses that can make humans sick.
- The new coronavirus disease, officially known as COVID-19, originated in 2019 and has since spread around the world.
- Most people, around 80% who become infected with COVID-19, will experience only mild symptoms and fully recover without any special treatment.
- Some people, around 15% who become infected with COVID-19, will experience moderate symptoms.
- A small number of people who become infected with COVID-19, approximately 5%, may experience severe symptoms and get very sick.

It is important to know how to protect yourself, your family and your students or clients.

# 1. Signs and Symptoms

The most common symptoms of COVID-19 are:

- Fever
- Flu-like symptoms such as coughing, sore throat and fatigue
- Shortness of breath
- Not everyone who has symptoms like these has COVID-19 as there are several other illnesses that can cause these symptoms.

## 2. Who Can Catch It?

- Anybody can be infected.
- COVID-19 does not discriminate between race nor gender therefore we are all at risk of infection.
- We all need to be safe.
- There are important things that we can do to protect ourselves, our family and those in our care.

### **Higher Risk Populations**

Some people at higher risk for developing serious illness from COVID-19 including:

- Older people
- Those with underlying medical problems including high blood pressure, heart problems, diabetes, respiratory disease or immune deficiencies (low immunity).

### 3. How Does It Spread?

- COVID-19 spreads from person to person through droplet transmission.
- Droplets are small pieces of saliva which are produced when a person coughs or sneezes.
- Droplets usually travel no further than one metre through the air.
- You can become infected if:
  - You have close contact with an infected person who coughs or sneezes.
  - You touch an object (e.g. door handle) contaminated from a cough or sneeze from a person with COVID-19 and touch your eyes, nose or mouth.
- Droplets cannot go through skin and can only lead to infection if they touch your mouth, nose or eyes.

4. Stop the spread... We are all responsible, it's a group effort.

- It is important that everyone helps to prevent the spread of COVID-19.
- Encourage standard precautions amongst co-workers, family, friends, riders you coach and any visitors.
- Lead by example.



# Module 2: Keeping Safe – Protecting Yourself and Others

## 1. Handwashing

- The most important thing you can do to protect yourself is to wash your hands regularly with soap and water or rubbing an alcohol-based sanitizer onto your hands.
- This is important because washing your hands kills viruses that may be on your hands.
- Watch these videos to see how you and this video to show you how to use hand sanitizer.
- Hand rub: <https://www.youtube.com/watch?v=ZnSjFr6J9HI>
- Hand wash: <https://www.youtube.com/watch?v=3PmVJQUCm4E>
- Make sure that people in your care also wash their hands regularly
- This is especially important after going to the toilet, blowing their nose and before and after eating.
- Put up signs to remind people and make sure there are handwashing stations or hand rub available for everyone to use.

# Try Not To Touch Your Face

- Avoid touching your face as much as possible.
- This is important because virus containing droplets on your hands can be transferred to your eyes, mouth or nose where they can infect you.
- Most of us touch our face many times per hour without realising.
- Try to stop yourself touching your face, and encourage others to do the same.

## 2. Social Distancing

- Help those that you coach by practicing social distancing.
- This is especially important if you're out and about.
- Avoid large public gatherings, unless essential.
- Remember that COVID-19 can be transmitted by droplets that can be passed from hand to hand including handshakes.

### **Government Advice**

- New Zealand government advice on social distancing is regularly being updated
- For the latest information see:  
<https://covid19.govt.nz/covid-19/>

### 3. Use Good Respiratory Hygiene

- Make sure you and the people around you follow good respiratory hygiene. This means covering your mouth and nose when you cough and/or sneeze with:
  - A tissue that you put in the bin straight after use.
  - Your bent elbow.
- Respiratory hygiene is important because droplets spread virus. By following good respiratory hygiene you 'catch' any droplets that might be produced, and this protects the people around you from viruses including COVID-19.
- Remind those that you work with to use good respiratory hygiene.
- Make sure that when you are out and about you carry tissues for yourself and others to use.
- Remind those that you work with to clean their hands after coughing or sneezing.

## 4. Cleaning and Disinfection

- Regular cleaning of your environment, at home, in your car and at work is essential.
- This is because droplets from an infected person can fall on a surface, and be transferred to someone else's hands if they touch the surface.
- You should regularly clean frequently touched surfaces, for example, tables, doorknobs, light switches.
- To clean use a detergent solution according to the manufacturer's label.
- Remember to check the product label for any precautions you should take when using it, such as wearing gloves or making sure you have good ventilation.

## 5. Workplace Settings

### **Protecting Yourself and Others in the Workplace**

- You can help keep yourself and others safe by practising good infection prevention and control in your workplace.
- You can use the same principles at work and at home:
  - Clean your hands regularly.
  - Practice social distancing.
  - Practice respiratory etiquette.

### **Practical Tips for Protecting Yourself and Others in the Workplace**

- Practise hand hygiene between clients.
- Avoid physical contact and try and keep at least a 1m distance between you and your client at all times

## 6. Contact Tracing

All coaches need to collect and maintain a record of clients — including names, session/clinic times and an effective means of communication such as phone number or email address.

Coaches that collect personal information need to treat it with care and keep it safe. This means coaches should:

- keep contact tracing registers secure for 2 months. When records are 2 months old, they should be destroyed
- only share registers with the Ministry of Health or district health boards
- not use the information collected for any other purpose, for example, marketing or customer surveys
- make sure customers cannot see anyone else's personal information.

## 7. What If I Develop Symptoms of COVID-19?

- If you develop symptoms such as fever, dry cough, sore throat and fatigue:
  - Stay at home and practice standard infection control precautions.
  - Seek medical advice, it is important to call ahead first.
- Go to [healthline.govt.nz](https://www.healthline.govt.nz)
- Call the Coronavirus information Line (0800 358 5453) or call your usual care provider.

### **What If Someone I Coach Develops Symptoms of COVID-19?**

- If someone you coach is suspected by a medical professional as having COVID-19 then you will need to practice further infection control measures including use of appropriate personal protective equipment (PPE).
- You will need to seek further advice on this from your local public health unit or infection control specialist.



# Module 4: Conducting Sports Training Sessions

## 1. Mandatory Safety Requirements

**The following 'training session' mandatory safety requirements will apply:**

- A hand cleaning station where all persons entering the training area will clean their hands.
- Implement arrangements to minimise the shared use of equipment.
- Where possible, shared equipment should be rotated, washed or wiped with antibacterial wipes or alcohol-based sanitiser prior to and after each use and at each activity break.
- Participants should not share personal equipment including riding equipment, drink bottles and should not leave personal equipment on surfaces. Personal equipment bags should be arranged to permit physical distancing of participants (>1 metre).

# Mandatory Safety Requirements continued

- Develop and implement a health and safety plan for Covid-19. A template can be found at <https://www.nzequestrian.org.nz/esnz/coaching/coach-health-and-safety/>
- Develop and implement physical distancing requirements at your activities including:
  - Protocols to maintain a distance of at least 1 metre where practical, such as avoiding handshakes and high fives.
- Apply a graduated return to training/competition for participants to mitigate injury risk from sudden increases in training loads.
- Where possible, sessions will have a clearly sign posted separate entry and exit area.
- Coaches will ensure that cleaning and sanitising will occur before and after each and, where required during the session – particular attention to be paid to high use areas/items.

# Module 5: Stay Informed

- Stay informed on the latest developments about COVID-19. Up to date information is available at: <https://covid19.govt.nz/covid-19/>.
- Monitor news updates regarding local events and gatherings.
- Follow current advice given by your national and local public health authority on how to protect yourself and others from COVID-19.

## **Key Messages for COVID-19**

- You can help protect yourself, your family, your workplace and your community
- Practice regular hand hygiene
- Practice social distancing
- Practice respiratory etiquette
- Seek medical advice, remember to call first, if you have symptoms
- For further information go to:
  - <https://covid19.govt.nz/covid-19/>