

## ESNZ DRESSAGE EVENT GUIDELINES DURING COVID-19 ALERT LEVEL 2

### IMPORTANT TO NOTE

Please note that Equestrian Sports New Zealand (ESNZ) and ESNZ Dressage are not an expert on pandemics and as such all [New Zealand Government](#) and [Ministry of Health](#) information, guidelines and directives supersede this information. This document has been put together by Equestrian Sports NZ, with the purpose of informing our equestrian community how we are responding to Covid-19, and to provide recommendations for what we believe is the best course of action for all equestrian area groups/clubs, facilities, officials and members.

This document will be updated frequently, and we will make sure the most up to date version is on the website. We will monitor the government Alert Levels as we move back up or down through alert levels 2 and 1, and if there is more flexibility for activities such as equestrian, we will be sure to update these recommendations in line with government advice.

### IS YOUR AREA GROUP OR ORGANISING COMMITTEE PLANNING ON HOLDING AN EVENT?

If your Area Group or Organizing Committee already has an approved calendar date and /or plans for training/practice days under Alert Level 2, please contact the Dressage Sport Manager to ensure your event is recorded on the calendar. Events may only be run if the OC can meet the Level 2 requirements, which include:

- **Gatherings**
  - Equestrian Sports NZ events are subject to gathering requirements and have a 100-person limit which includes all riders, officials and spectators.
  - Physical distancing of 1metre should be practiced. Where this level of physical distancing is not possible, face masks should be worn.
  - Multiple gatherings can take place at the same event or facility, as long as each gathering can be isolated / separated.
  - Phasing of activities can be implemented to allow time for event participants and supporters to safely pass through communal areas and to manage multiple gatherings if this option is utilised.
- **Contact Tracing** – a system to record and retain the contact details of all people involved in or attending your activity must be in place. This information must remain accessible on request for up to eight weeks after the event
- **Cleaning and Hygiene** – Robust hygiene measures, particularly regular washing and drying of hands by all participants must be undertaken, and hand sanitizer made available at convenient locations throughout the venue. Regular sanitizing of equipment and surfaces must be undertaken. As a guideline this should take place at the beginning of the event and approximately every two hours every for the duration of the event, and again at the end.

### LEVEL 2 TOOLKIT

A level 2 toolkit has been put together to assist Area Groups/Clubs and Organising Committees with navigating Level 2 requirements and can be found on the ESNZ website: <https://www.nzequestrian.org.nz/level-2-tool-kit/>

### LEVEL 2 CHECKLIST

If you are unsure if your Area Group/Club or Organising Committee can meet Level 2 requirements, our Level 2 checklist may be of assistance in determining if you are prepared and ready to hold an event. The checklist can be found in the Level 2 Toolkit. This checklist does NOT need to be submitted for approval, it is merely a reference tool to assist shows in preparing and meeting government and ESNZ requirements.

### QR CODES

It must be in either a prominent place or near main entrances. Help our equestrian community keep track of where they've been by displaying an NZ Covid Tracer QR code poster – from 11.59am on Wednesday 19 August this is a government requirement. [Get your QR poster](#). If you need help generating your QR code poster please email [emma@nzequestrian.org.nz](mailto:emma@nzequestrian.org.nz)

### MITIGATING RISKS

In putting together this plan, ESNZ Dressage has attempted to mitigate the following risks and areas of concern:

- Meeting areas including, secretary's office, office, stables, admin, catering, toilets, showers.
- Proximity of Judges & Writers
- Handling of documents and money
- Social distancing whilst competing & warming up
- The event of an accident/injury – volunteer medics
- Public/event catering
- Managing effective contact tracing information for all people present at a venue
- Government restrictions in response to possible Covid 19 cluster outbreaks
- Untimely return to Alert Levels 3 or 4
- Financial uncertainty for clubs
- Risks associated with non-compliant attendees
- Possibility of an infected person attending and causing a cluster, the subsequent contact tracing and fall out
- Insufficient cleaning regimes at venue

### OTHER USEFUL LINKS AND RESOURCES

- [Government Alert System](#)
- [MPI Alert System and information for animal welfare](#)
- [Sport New Zealand Alert System](#)
- [High Performance Sport NZ Alert System](#)
- [ESNZ Covid19 Updates](#)
- [Covid19 posters and social media images](#)
- Online Entry Providers
  - [Equestrian Entries](#)
  - [Main-Events](#)
- [Level 2 Toolkit](#)

All of these links can also be found on the ESNZ website under our Covid19 updates page.

### CONTACT US

Please contact Wendy Hamerton, Dressage Sport Manager if you have any questions or assistance:  
Ph: 027 240 2702  
Email: [dressage@nzequestrian.org.nz](mailto:dressage@nzequestrian.org.nz)



# ESNZ DRESSAGE EVENT GUIDELINES DURING COVID-19 ALERT LEVEL 2 - UNTIL WEDNESDAY 16<sup>TH</sup> SEPTEMBER 2020

## RESTRICTIONS FOR AUCKLAND REGION ONLY - AT ALERT LEVEL 2 IN AUCKLAND, GATHERINGS CAN HAVE UP TO 10 PEOPLE

| Alert Level<br><b>2</b>  | Range of Government Measures<br><i>(can be applied locally or nationally)</i>   | Equestrian Sports NZ Measures Undertaken   | Equestrian Sports NZ Recommendations for Area Groups/Clubs   | General Guideline for Gatherings  | Dressage Specific Guidelines for Groups & Affiliates   |
|--|---|--|--|---|--|
| <p><b>Reduce</b></p> <p>The disease is contained, but the risk of community transmission remains.</p> <p><b>Risk Assessment</b></p> <ul style="list-style-type: none"> <li>Limited community transmission could be occurring.</li> <li>Active clusters in more than one region.</li> </ul> | <ul style="list-style-type: none"> <li>People can connect with friends and family, and socialise in groups of up to 100, go shopping, or travel domestically, if following public health guidance.</li> <li>Keep physical distancing of 2 metres from people you do not know when out in public or in retail stores. Keep 1 metre physical distancing in controlled environments like workplaces, where practicable.</li> <li>People 7 years old and older may consider wearing a face covering when physical distancing cannot be maintained.</li> <li>Face coverings required on public transport.</li> <li>No more than 100 people at gatherings, including weddings, birthdays and tangihanga. There are extra restrictions for Auckland.</li> <li>Businesses can open to the public if following public health guidance including physical distancing and record keeping. Alternative ways of working encouraged where possible.</li> <li>Hospitality businesses must keep groups of customers separated, seated, and served by a single person. Maximum of 100 people at a time.</li> <li>All businesses must display an NZ COVID Tracer QR code for each business location.</li> <li>Sport and recreation activities are allowed, subject to conditions on gatherings, record keeping, and physical distancing where practical.</li> <li>Public venues such as museums, libraries and pools can open if they comply with public health measures and ensure 1 metre physical distancing and record keeping.</li> <li>Event facilities, including cinemas, stadiums, concert venues and casinos can have more than 100 people at a time, provided that there are no more than 100 in a defined space, and the groups do not mix.</li> <li>It is safe to send your children to schools, early learning services and tertiary education. There will be appropriate measures in place.</li> <li>People at higher-risk of severe illness from COVID-19 such as those with underlying medical conditions, especially if not well-controlled, and seniors are encouraged to take additional precautions when leaving home. They may work, if they agree with their employer that they can do so safely.</li> </ul> | <ul style="list-style-type: none"> <li>The ESNZ office is open with appropriate measures in place for Staff.</li> <li>All ESNZ High Performance, Performance or Squad trainings are allowed to take place if conditions on gatherings are met. <ul style="list-style-type: none"> <li>limited a maximum of 100 people (either indoors or outdoors). This includes support staff, squad riders, and coaches.</li> <li>Physical distancing and contact tracing requirements are met.</li> </ul> </li> <li>Equestrian competitions/rides are allowed to take place if conditions on gatherings are met. <ul style="list-style-type: none"> <li>Gatherings, where people cannot physically distance, must be limited to a maximum of 100 people (either indoors or outdoors). This includes all riders, officials, grooms and spectators.</li> <li>Multiple gatherings can take place at the same event or facility, as long as they can be kept separated.</li> <li>Phasing of activities could be used to allow time for people to pass through communal areas safely.</li> <li>For smaller venues a reduced capacity may be more appropriate to maintain physical distancing.</li> <li>Must have a register of who was there and maintain physical distancing where possible.</li> </ul> </li> <li>Meetings, workshops or events are allowed to take place but must be limited to a maximum of 100 people (either indoors or outdoors). However, multiple gatherings can take place at the same event or facility, as long as they can be kept separated. Physical distancing and contact tracing requirements must be met.</li> <li>Limited domestic travel or staying in hotels (outside of local area) for ESNZ staff and athletes. No international travel for ESNZ Staff and athletes.</li> <li>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.</li> </ul> | <p>Area groups/clubs allowed to offer competitions/rides subject to the range of public health measures outlined below:</p> <ul style="list-style-type: none"> <li>Gatherings, where people cannot physically distance, must be limited to a maximum of 100 people (either indoors or outdoors). This includes all riders, officials, grooms and spectators.</li> <li>Multiple gatherings can take place at the same event or facility, as long as they can be kept separated.</li> <li>Phasing of activities could be used to allow time for people to pass through communal areas safely.</li> <li>For smaller venues a reduced capacity may be more appropriate to maintain physical distancing.</li> <li>Record the contact information and time of all people accessing the facility or grounds.</li> <li>Surfaces and equipment must be regularly cleaned and disinfected where practicable.</li> <li>Good personal hygiene practices should continue – wash and dry your hands before and after activities, cough into elbow and don't touch your face.</li> <li>Ensure your facility has extensive signage and information regarding precautions for managing COVID-19.</li> <li>Ensure your facility has an up to date cleaning schedule and adequate provisions to facilitate good hygiene practices. Especially changing/bathrooms and stable facilities where practical.</li> <li>Physical distancing of 2 metres should be maintained wherever possible, especially from people that you don't know.</li> <li>Officials/Volunteers at high risk of severe illness from COVID-19 (particularly older people and those with existing medical conditions) should take additional precautions when undertaking physical activity. Do not put undue stress on Officials/Volunteers to assist with your competition/ride if they don't feel comfortable. They may choose to officiate.</li> <li>Ensure that Staff/Officials/Volunteers have access to PPE (hand sanitizer (compulsory), masks (recommended) and gloves (optional)).</li> <li>Ensure that Staff, Officials and Volunteers are properly briefed on all information regarding precautions for managing COVID-19.</li> <li>Overnight camping is allowed for Equestrian Competitions/rides as long as conditions on gatherings, contact tracing requirements and physical distancing are met.</li> <li>Food vendors allowed if physical distancing and contact tracing requirements can be met.</li> <li>Area Group/Club/OC meetings are allowed to take place but must be limited to a maximum of 100 people, 10 people in Auckland (either indoors or outdoors). Physical distancing and contact tracing requirements must be met.</li> <li>The key message is to follow public health guidelines on physical distancing and personal hygiene. If you are having club events, consider limiting numbers to ensure physical distancing can take place, take extra care on cleaning surfaces and when preparing food to minimise risks. Now is not the time to have a large club prizegiving or event, think about keeping things simple.</li> </ul> | <p><b>Public Spaces</b></p> <ul style="list-style-type: none"> <li>Hand washing and drying products are to be provided in all public buildings or facilities.</li> <li>Regular cleaning regime agreed and actioned by OC/event venue.</li> <li>Encourage participants to use own ablution facilities.</li> <li>Social distancing as per Govt measures practiced in all areas of the event.</li> </ul> <p><b>Contact Tracing and Infection Management</b></p> <ul style="list-style-type: none"> <li>Attendees required to pre-register for events and to state all support people attending event at time of registration</li> <li>Provision made for any undeclared support person to register at the event, preferably by text or email.</li> <li>Events closed to the public where possible.</li> </ul> <p><b>Catering</b></p> <ul style="list-style-type: none"> <li>Event and Public caterers able to demonstrate and document government health requirements for businesses</li> <li>Any catering facility separated from event office or reception areas.</li> </ul> <p><b>Non-Compliant Participants</b></p> <ul style="list-style-type: none"> <li>Dial 111, advise ESNZ.</li> </ul> | <p><b>Entries &amp; Competitors</b></p> <ul style="list-style-type: none"> <li>Online only with internet banking for entry fees.</li> <li>Competitors to register all support people attending event at time of entry Must notify any additional supporters at event by email or txt. This is the competitor responsibility</li> <li>Written rider briefing emailed to all competitors</li> <li>Distancing during warm up and moving to and from arenas, yarding / vehicles (awareness, refer photo/diagram).</li> </ul> <p><b>Prize money and Prize Giving</b></p> <ul style="list-style-type: none"> <li>Prizes or prizemoney /prizegivings are optional.</li> <li>Ribbons/Rosettes are optional.</li> </ul> <p><b>Judges/ Writers/Scorers/Test Sheets</b></p> <ul style="list-style-type: none"> <li>It is recommended that masks should be worn by judges and writers during the competition phase. Writers may sit in back seat of vehicle to avoid face to face exposure.</li> <li>Judges may complete own test sheets without a writer, with marks only and brief summary as part of collective marks.</li> <li>All classes may be judged with one judge only</li> <li>Writers and judges reserve the right to decline to share a vehicle / judging space with an unknown person.</li> <li>Judges/Writers to deliver test sheets to scorers or pick up station with no intermediary contact.</li> <li>Consider a designated tests sheet collator to distribute all competitor tests sheets.</li> <li>Consider scanning test sheets to competitors for a small fee.</li> </ul> <p><b>Meeting Spaces &amp; Personnel / OC</b></p> <ul style="list-style-type: none"> <li>Provision for at least one metre distancing between all scorers, office and administration personnel where possible or masks should be worn.</li> <li>Offer masks/gloves/sanitizer to all event personnel</li> <li>Communal laptops or equipment not recommended. If used should be sanitized between personnel using. Personnel to provide their own equipment where possible.</li> <li>Conscious adherence to social distancing while putting up and taking down arenas</li> </ul> <p><b>Medical Provision Standards Refer ESNZ GR Art 153</b></p> <ul style="list-style-type: none"> <li>Qualified First Aider onsite, no mouth to mouth resuscitation, OC to provide gloves and masks to volunteer medics or check they have their own supply</li> </ul> |

## A Guide to Social Distancing for Horse Riders – Dr David Marlin©

Distances given are **MINIMUM** distances

Walking (5 km/h or 78 m/min or 3 mph)



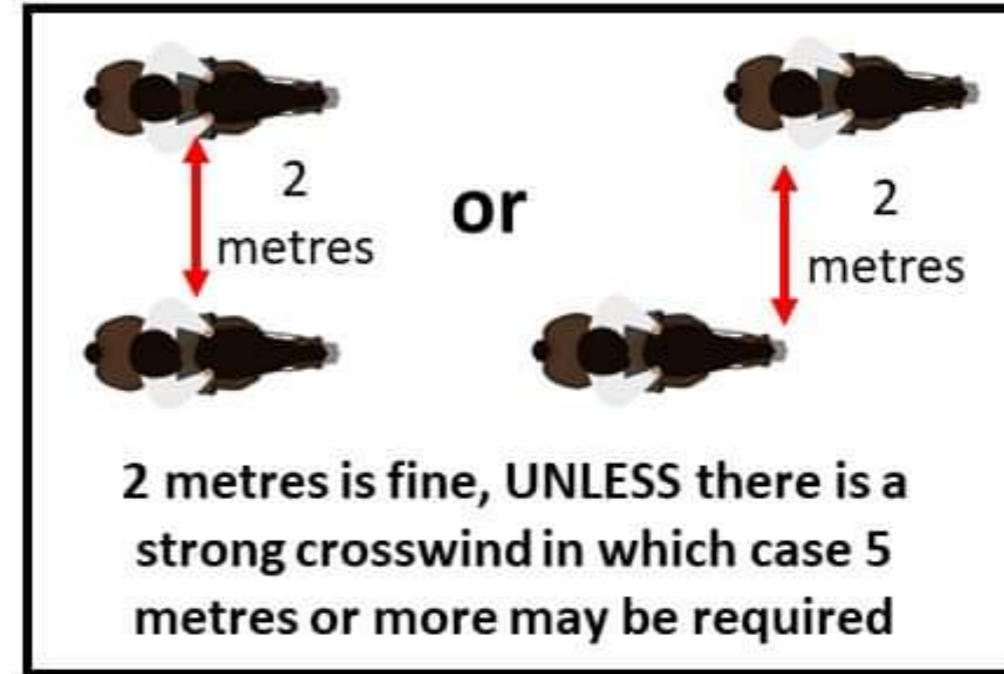
Trotting (13 km/h or 210 m/min or 8 mph)



Medium Canter (32 km/h or 540 m/min or 20 mph)



Medium Gallop (54 km/h or 900 m/min or 33 mph)



These distances are calculated from a paper by Blocken *et al.* 2020 ([http://www.urbanphysics.net/COVID19\\_Aero\\_Paper.pdf](http://www.urbanphysics.net/COVID19_Aero_Paper.pdf))