



March 2020

CASP News

CORONAVIRUS – COVID-19

In response to the current environment regarding Coronavirus – Covid-19, CASP has the following recommendations:

All Centres should advise Volunteers and Participants how to be aware of and mindful of the implications of Coronavirus – COVID-19 by displaying the information regarding the environment.

Resources can be downloaded at the following link:

<https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus-resources.aspx>

Increase reminders to all on site to regularly wash hands.

Increase monitoring of signing in to the centre of all Volunteers, Participants, Carers, School Staff and any visitors. This is to ensure that there is a traceable record of everyone in attendance if NSW Health require the information.

All Coaches are empowered to exclude participants and volunteers from their sessions if they are showing symptoms that could relate to COVID-19 or insist on them wearing a suitable face mask.

Minimise risk of transmission by eliminating hand to hand contact such as holding hands and high 5's, instead using fist pumps and forearm grip for the safety of a participant.

A Deep clean should be conducted of all communal areas, door handles, toilets and equipment on a regular basis with daily cleaning of kitchen and communal meal areas following each use.

All equipment used in the arena should be cleaned after each use with anti-bacterial spray, wipes or liquids. This includes games equipment, helmet straps, reins, lead ropes saddles and monkey grips. Do not immerse helmets in liquid.

Consider the type of games equipment in use to minimise transmission risks and enable time to clean items between sessions.

Encourage Volunteers to bring their own travel mugs and cutlery or implement rigorous hot water and detergent washing of these items after each use and allow to air dry. The use of tea towels is discouraged.

Encourage Volunteers to bring their own pens to sign in.

Have in stock hand sanitiser, soap and paper towels for hand drying. Do not use communal fabric towels.











If you have specific questions or concerns please email

casp@rdansw.org.au

Take care, stay well and stay up to date with more information available at:

www.health.nsw.gov.au

COVID19: Identifying the symptoms

Symptoms	Covid-19 Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common (usually dry)	Mild	Common (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometimes
 Sore throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Source: WHO, Centres for Disease Control and Prevention