



# HORSE SPORT IRELAND

THE NATIONAL GOVERNING BODY FOR THE  
EQUESTRIAN INDUSTRY IN IRELAND

Protocols for Sport Horse Equestrian  
activity behind closed doors in the  
context  
of the of Covid-19 pandemic

Submission to:

**Sport Ireland**

**Department of Agriculture, Food  
and the Marine**

**Department of Health**



An Roinn Iompair,  
Turasóireachta agus Spóirt  
Department of Transport,  
Tourism and Sport



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# Document Control

Version	Date of Revision   Detail of Amendments (Section etc.)	
Version 1	15 <sup>th</sup> May 2020	
Version 2	29 <sup>th</sup> May 2020	General Covid-19 procedures for all permitted attendees General Hygiene Venue Entry Compliance Officer

This document contains strict protocols which must be undertaken by all affiliate bodies for sport horse activities held behind closed doors to prevent the spread of COVID-19. These protocols have been developed by Horse Sport Ireland in consultation with our affiliate family and venue owners mindful of the best available advice, nationally and internationally for the management of Covid-19. These measures are to safeguard everyone's health and wellbeing during the current public health situation and to ensure that racing can continue in a safe and appropriate manner.

## How COVID-19 Spreads

The virus that causes COVID-19 disease is spread from people in fluid and in droplets scattered from the nose or mouth of an infected person when the person with COVID-19 coughs, sneezes or speaks. The fluid or droplets land on objects and surfaces around the infected person. Other people contaminate their hands by touching these objects or surfaces and then bring the virus into contact with their eyes, nose or mouth by touching them with their contaminated hands. COVID-19 can also spread if droplets from an infected person land directly on the mucous membranes of the eye, nose or mouth of a person standing close to them.

It is still not known how long the virus survives on surfaces in different conditions. The period of survival may vary under different conditions (e.g. type of surface, temperature or humidity of the environment). Studies indicate that it can persist on surfaces for hours and up to several days in the absence of effective cleaning. Thorough and regular cleaning of frequently touched surfaces is essential. If disinfection is required it must be performed in addition to cleaning, never as a substitute for cleaning.

While people are most likely to pass on the infection when they have symptoms, current information suggests that some infected people spread the virus to others prior to developing or displaying symptoms themselves. Ref: [Return to Work Safely Protocol - Department of Business, Enterprise and Innovation and the Department of Health](#)



## General COVID-19 procedures for all permitted attendees at equestrian meetings

1. **Do not come to a sport horse equestrian event if you have symptoms of cough, cold, temperature or shortness of breath**
2. **DO NOT TOUCH YOUR FACE** whether you are wearing gloves or not. **THIS IS CRITICAL**
3. **WASH YOUR HANDS** as frequently as you can
4. **OBSERVE THE ADVISED COUGH/TISSUE ETIQUETTE** at all times
5. Avoid going into areas at the venue unrelated to your activity
6. Leave immediately after your competition
7. If you become unwell, go immediately to your car and phone your GP for expert advice
8. If you are over 70 years of age, you are permitted to attend subject to health screening, however if you have any underlying medical conditions placing you at high risk please do not attend - please visit <https://www2.hse.ie/conditions/coronavirus/at-risk-groups.html>

Above all else these are the measures that will offer you the greatest protection while at work or indeed at home:

1. **Social distancing**
2. **Hand washing**
3. **Cough etiquette**

### Health Screening

Protocols for Health Screening (*included separately*) are based on the most up to date Department of Health and HSE guidelines. Health screening includes pre-return screening, **temperature testing** and continuous monitoring of symptoms and contacts of all attendees. **Please see Protocols for Health Screening prior to attending each affiliate activity on the respective affiliate website.**

### Industry Education

Comprehensive education and regular updates will be provided to all subsets of attendees on the hygiene practices, social distancing and signs and symptoms of COVID-19. All subsets of the industry will be required to work together to ensure that all actions in these protocols are fully adhered to suppress the spread of COVID-19.

### COVID-19 Compliance Officers

A panel of COVID-19 Compliance Officers have been appointed to ensure all measures are implemented and strictly adhered to at each equestrian event. The COVID-19 Compliance Officers will act with the full authority of the respective affiliate body based on the protocols contained within this document.



## General Hygiene

- Bottles of antibacterial hand sanitiser/hand sanitising stations to be provided at various points throughout the venue (entrances and exits to check-in, lorrypark, stableyard etc. – **please note hand sanitiser must be at least 60% alcohol based**)
- Door handles, handrails of escalators, elevator buttons, light switches, tap handles and any other obvious points of contact to be disinfected regularly during each competition (at a minimum twice daily)
- All surfaces in professional areas must be cleaned and disinfected regularly (*see list below*) – gloves must be provided in these areas for use
- The following areas must be cleaned and disinfected prior to and during competition:
  - ▶ Check-In Area
  - ▶ Camera and Commentary Positions
  - ▶ Stewards Area
  - ▶ Veterinary Units
  - ▶ Medical Room
  - ▶ Security Huts/Office in stableyard
  - ▶ Entrance Building (if in use)
  - ▶ Designated Isolation Room (*prior to and after each competition*)
  - ▶ All toilet facilities
- Face masks/Face coverings are mandatory for all attendees at – **please see Protocols for Infection Control.**
- Soap and paper towels must be provided at the sink in the IHRB Sampling Unit
- Large bottles of sanitising gel (*preferably in a pump action dispenser*) must be provided in stable yard
- Disinfectant cleaning material for hard surfaces to be provided in the Sampling Unit and Veterinary Surgeons box
- All windows in operational areas throughout the venue should be opened to enhance ventilation where possible
- Please ensure there are plenty of labelled waste bins at each venue to ensure waste can be disposed of in the correct bin (hand towels, gloves, masks etc) – all waste bins must be emptied regularly throughout the competition/activity

Please refer to Protocols for Disinfection and Hygiene sport horse activity



Regular Hand Washing



## Permitted Attendance

The following people ONLY are permitted to attend sport horse competitions subject to Health Screening (please see Protocols for Health Screening and Protocols for Health Screening Check-In at Equestrian Venues):

- Competition Venue employees working at the venue
- Affiliate body employees working at the equestrian venue
- Ambulance Provider (as required)
- Vet for doping control
- Medical officer
- Horse Owner
- One groom per athlete
- Farrier working at the venue
- Journalists/Photographers with prior approval
- Other service providers

The above people permitted to attend competition venues are requested to leave when their presence is not necessary.

## Competition Entry

- Health Screening via the Track and Trace systems via the affiliate bodies is mandatory for ALL attendees at EVERY competition.

## Isolation Room

A designated isolation room must be provided at each venue (*venues must make Doctors and Ambulance personnel aware of the location each day*). The isolation room must be cleaned and disinfected prior to and after each equestrian event. Please ensure there is signage on the door of the room. All attendees will be screened to reduce the likelihood of attendees with symptoms of Covid-19.

## Catering

- Limited catering for anyone attending the venue will be provided on an outdoor basis only (no indoor dining/eating areas). Bottled water will be provided but should not be shared.
- Venues must ensure social distancing markers are placed where attendees may queue for food along with venue security or catering personnel available at any food outlet areas to ensure social distancing is enforced.

## Press/Photographers

Only the minimum number of press and photographers required to adequately cover equestrian activity will be permitted to attend. Prior press accreditation is required for journalists and photographers to attend competitions.

## Horsebox Car Park

- There will be at least one Official in each carpark to assist with parking of horseboxes – this Official will liaise with the driver of each horsebox and all directions provided must be adhered
- Lorries will be parked where possible to minimize interaction between grooms as they arrive, possibly at alternate ends of the car park
- The occupants should be aware that they need to go through the Health Screening Check-In Area process before they and any horses can enter the stableyard – the location of the Health Screening Check-In Area needs to be considered prior to parking up and unloading of horses
- Grooms, athletes and horsebox drivers must follow the instructions of the venue Security Official particularly when approaching the stable yard entrance – this is to ensure the safety of all attendees and horses
- There will be social distancing markers or bays at the entrance to allow for horses to be microchipped – please observe these social distancing measures at all times

## Venue Stables Complex

- Hand sanitising stations must be provided at the entrance and exit to the stables complex
- Social distancing markers of 2m must be provided on the ground approaching the security office/hut entrance (*road paint, bollards, tape etc.*) and a table must be provided for the security hut/office to ensure social distancing
- One stable per horse will be in operation to comply with social distancing and infection control measures
- One groom per athlete
- In order to reduce traffic in the stable yard, horses and grooms must not arrive too far in advance of their competition and leave immediately after the competition
- Processes and signage to manage horse flow must be displayed throughout the venue in conjunction with the affiliate body and Horse Sport Ireland
- Stable staff are NOT permitted to enter the doping control or Security Offices
- Hand sanitiser must be provided at wash bays in the stables complex
- All toilet facilities in the stables must be deep cleaned prior to each competition day. Please ensure toilets have hot water and are fully stocked (liquid soap in large dispensers, toilet roll, paper towels) and are disinfected regularly during each equestrian event (at a minimum twice daily)



## Veterinary Facilities

- Venues must ensure there is plenty of soap and paper towels at the sink in Sampling Unit
- A strong/durable table is required at the entrance to Sampling Unit (*preferably one which can be fixed to the ground*)

- Large bottles of hand sanitising gel (preferably in pump action dispensers) must be provided on this table for use by the team/stablestaff before and after they interact
- Disinfectant cleaning material must be provided for hard surfaces within the Sampling Unit
- Social distancing markers of 2m must be provided on the ground at the Sampling Unit  
*(can be spray paint or fluorescent tape similar to supermarket checkouts)*
- Social distancing markers of 2m must be provided at boundary doors to the Sampling Unit
- Social distancing markers or bays of 3m *(for horses)* must be provided at the entrance to the stables where horses come in to be scanned
- Disinfectant cleaning material must be provided for the HSI Testing Vet

Please note the following:

- Grooms/athletes are NOT permitted to enter the Sampling Unit Area - the horse should be transferred from groom to Veterinary Assistant when ready to sample and the sampling can be observed from outside the stable. Should a blood sample be required, the groom will be given the appropriate PPE and can then enter the stable and hold the horse
- The groom will then observe from the open office door the decanting, packing and sealing of the sample, with 2m social distancing adhered to at all times
- All signing for samples to be completed outside the Sampling Unit adhering to 2m social distancing. The e-scanner will be disinfected before and after individual use

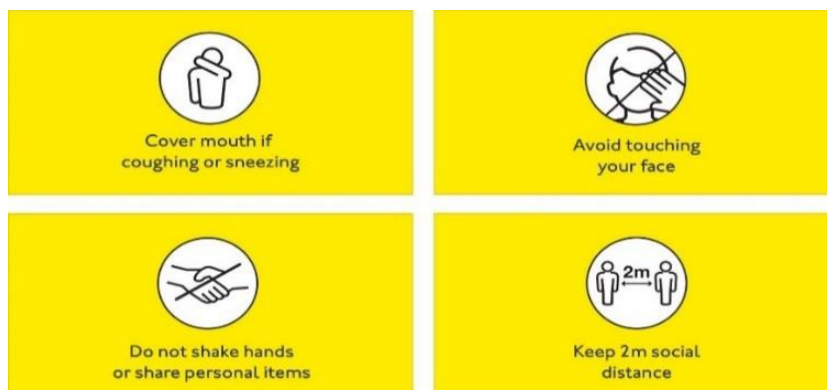
## Toilet Provisions

To assist with social distancing all toilet facilities in the competition venue must be opened for use during the equestrian event. Please ensure toilets have been deep cleaned and disinfected prior to each equestrian event and also regularly throughout each equestrian event (at a minimum twice daily). Toilet facilities must be fully stocked (liquid soap in large dispensers, toilet roll, papers towels) with hot water available.

## Equestrian Venue Signage

- Signage to indicate Parking Areas, the location of the Check-in Area and entrance/exit points to the equestrian venue must be displayed for all attendees
- Updated signage recommended by the Government and HSE must be displayed throughout the premises in strategic areas (check-in area, stables etc.)
- Social distancing floor markers must be provided throughout the venue with additional markers/tape left inside the building for the operators to use each day
- Social distancing floor markers must be provided where attendees may queue for food (at any catering outlet areas) to ensure social distancing is enforced
- Social distancing markers of 2m must be provided on the ground at the entrance to the stableyard and Doping Control (*see details listed under veterinary facilities*)
- Social distancing markers of 2m for people and 3m for horses must be provided at the entrance to the stables where horses come in to be scanned
- Social distancing signage for venue Facilities (*will be issued separately venues by HSI*) should be displayed at all venues
- Signage on the door of the designated Isolation Room is required

For HSE signage, please access <https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/>



## Venue Parking

- Venues should have a well thought out traffic system for people and vehicles (particularly around the Check-In Area and entrance and exit points)
- Parking must be provided within the venue for Owners to promote with social distancing
- Athletes driving their own personal cars should park where directed and enter through the Check-In Area or via the stableyard.
- Please see Horsebox Car Park (above) for information to assist with the parking of horseboxes



## Transmission of Covid-19:

1. Respiratory Droplets, which requires:
  - ▶ Prolonged contact, >15 minutes
  - ▶ Close contact, within 2m
2. Hand to face, which involves:
  - ▶ Touching of surfaces where respiratory droplets may have landed and then touching your face, transmission is through mucus membranes of eyes, nose and mouth

## Close Contact Definition (48hours prior the index case developing symptoms):

1. An individual who has had face to face contact (within 2m) for 15 minutes or longer with a confirmed case
2. Household contacts
3. For those contacts who have shared a closed space with a confirmed case, for more than 2 hours, a risk assessment is carried out taking into account size of the room, ventilation etc.

## General Measures:

- Do not come racing if you have symptoms of temperature, cough, cold, shortness of breath or any flu like symptoms or if you have had contact with a known case of COVID- 19
- Hand hygiene to include regular washing of hands and use of alcohol-based sanitiser
- Cough etiquette to be strictly adhered to, cough into a tissue, place in bin and wash hands, if tissue unavailable, cough into elbow
- Avoid touching your face
- Always adhere to 2m social distancing
- If you become unwell while at the event go immediately to your car and call your GP
- If you are over 70 years of age, you are permitted to attend subject to health screening, however if you have any underlying medical conditions placing you at high risk please do not attend - please visit <https://www2.hse.ie/conditions/coronavirus/at-risk-groups.html>
- Please see Protocols for Health Screening and Protocols for Health Screening Check-In at Equestrian Venues

**Above all else these are the measures that will offer you the greatest protection while at work or indeed at home:**

- 1. Social distancing**
- 2. Hand washing**
- 3. Cough etiquette**

## **Hand Washing and General Hygiene**

### **How to wash your hands:**

1. Wet your hands with warm water and apply soap
2. Rub your hands together until the soap forms a lather
3. Rub the top of your hands, between your fingers and under your fingernails
4. Do this for about 20 seconds
5. Rinse your hands under running water
6. Dry your hands with a clean towel or paper towel

The same technique applies to alcohol-based hand sanitiser

### **Other recommendations:**

- Leave arms bare to the elbows for ease of washing, climate permitting
- Shower upon return home
- Wash clothes after each day
- Leave footwear in your car boot or outside your house
- Do not bring unnecessary personal belongings onto the equestrian premises and wash or wipe phones, pens, cups / food containers etc upon leaving

## **Disposable Gloves**

### **HSE Advice:**

Disposable gloves are worn in medical settings. They are not as effective in daily life. Wearing disposable gloves can give you a false sense of security. If you are wearing gloves, please heed the HSE advice below:

- Do not wear disposable gloves instead of washing your hands
- The virus gets on them in the same way it gets on your hands
- Also, your hands can get contaminated when you take them off

### **You might:**

- sneeze or cough into the gloves - this creates a new surface for the virus to live on
- contaminate yourself when taking off the gloves or touching surfaces
- not wash your hands as often as you need to and touch your face with contaminated gloves

## Disposable Masks / Face Coverings

- Face masks/Face coverings are mandatory for all attendees at equestrian events
- See Protocols for Starting Stalls and Protocols for Equestrian Athletes for specific recommendations for these groups.

As with the wearing of gloves, there are concerns that the wearing of face masks/face coverings leads to complacency. The wearing of a face mask/face covering incorrectly may also inadvertently increase your risk of transmitting the virus.

## HSE Advice:

### Do:

- Clean your hands properly before you put it on
- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask
- Tie the mask securely
- Replace the mask as soon as it is damp or after four hours

### Don't:

- Do not touch the mask while wearing it - if you do, clean your hands properly
- Do not use a damp or wet mask
- Do not reuse a mask

### To take a mask off properly:


- Remove it from behind - do not touch the front of the mask
- Put it in a bin straight away
- Clean your hands properly

## Cleaning of Surfaces

- All work-station surfaces will be regularly cleaned throughout the racing day
- Pay careful attention to frequent touch sites such as door handles, backs of chairs, hand- held equipment
- Remember regular hand washing / sanitising

**Please refer to Protocols for Disinfection and Hygiene at Equestrian Venues**

**Protocols are subject to change pending Government advice**



## Protocols for attendees to gain entry to an equestrian event

### Who can attend?

- Competition Venue employees working at the venue
- Affiliate body employees working at the equestrian venue
- Ambulance Provider (as required)
- Vet for doping control
- Medical officer
- Horse Owner
- One groom per athlete
- Farrier working at the venue
- Journalists/Photographers with prior approval
- Other service providers

### Before you attend a competition:

- **EVERYONE must register their health status and screening on the respective track and track system for the discipline, no health status declaration, no entry.**

### Before you attend your next competition:

- **EVERYONE** must complete a screening questionnaire
- This must be completed **EVERY TIME** you compete, even if that means completing the questionnaire every few days depending on the competition.
- It is imperative that you are truthful with your answers

## Upon arrival at the venue:

- Go immediately to the Health Screening Check-In Area
- Three stages:
  - 1. Name checked from list of documented attendees**
  - 2. Temperature Check**
- You need to pass all both stages to gain entry
  1. If your name is not on the list - No Entry
  2. If your temperature reading is high -No Entry
  - 3.

This process has been developed to ensure the safety of everyone attending an equestrian activity/competition behind closed doors. It is imperative that you follow the instructions given to you.

## MANAGEMENT OF ATTENDEES WHO DO NOT MEET REQUIREMENTS

### Introduction

- Education of all attendees will be carried out by written and verbal instruction prior to resumption of racing
- A zero-tolerance policy will be in operation
- Responsibility lies with each affiliate and venue to ensure all their members are informed of track and trace procedures.
- See procedures below regarding management of failed Health Screening
- Disciplinary action will be taken in line with the affiliate rules and Horse Sport Ireland, where applicable.
- You will have the support of the Covid-19 Compliance Officer at each meeting
- You will have the support of the Medical Officer, either at the equestrian event or remotely via mobile phone.



## Temperature Check

In the event that the buzzer/white light activates indicating a high temperature reading:

- Advise the attendee of the high reading and give them the re-check Information Card
- Ask them to leave the check-in area, go back outside and return in 15 minutes for a re-check
- Inform the Operator at Station 1 who will allow the attendee back in after 15 minutes
- Allow the attendee to have the temperature rechecked upon return
- If normal, no buzzer/white light, allow them to proceed as per protocol
- If temperature remains high on second reading, offer temperature check with manual infrared thermometer (attendee to do this themselves – shown by the Operator)
- If manual check remains high, give the attendee information card on high temperature reading and ask them to return to their car, they will **not be permitted** entry to this meeting
- If manual check shows a normal temperature, inform the Doctor on duty of the discrepancy, they will speak with the attendee and decide upon admission
- Record all attendees refused admission on log sheet and email copy to [affiliate body](#).

## IF YOU FAIL TO PASS THE Health status check

Venue Staff	Individual to contact venue owner immediately, do not show up to the venue.
Affiliate Staff/ HSI	Individual to contact Covid 19 Compliance Officer immediately
Athlete	Individual to contact Covid 19 Compliance Officer immediately
Horseowner	Individual to contact Covid 19 Compliance Officer immediately
Grooms	<p>If travelling alone, return to car and leave the venue to look after horse and seek assistance from other stablestaff if no other stablestaff from that yard present</p> <p>If travelling with a horse, find an alternative way home and another staff member to drive the horsebox</p> <p>If you are required to drive the horsebox and are clinically well, remain in the horsebox until the horse is ready to leave the venue, drive the horsebox home without making contact with your athlete or any other staff members</p> <p>If you travelled to the equestrian venue with another staff member, please inform the Compliance Officer who will liaise with this staff member and advise accordingly</p>

### General:

- Ventilation: ensure windows of all indoor spaces are open
- Hot water must be available in all areas and all toilet facilities for hand washing
- Ensure there are adequate hand towels, soap and bins throughout the venue
- Ensure adequate hand sanitiser is available at the Check-In Area, within the stableyard, parade ring and weigh room areas
- Ensure indoor spaces are clutter free with all non-essential furniture and equipment removed for ease of cleaning and disinfecting
- Cordon off any area within the venues or buildings that will not be in use, bearing in mind the need to maximise the space available for social distancing
- Attention always should be paid to all touch surfaces

### Before competition

A deep clean of all premises should be performed in advance of an equestrian event. A deep clean involves:

- Wash all facilities completely using a detergent to remove dirt and grime
- Once the facilities are visually clean, they should be disinfected using an appropriate disinfectant making sure to get a coating of disinfectant on all surfaces.

### Areas to be deep cleaned include:

Special attention to be given to:

- Door handles
- Hand-rails - internal and external including staircases
- Barriers - including around parade ring and on grandstand
- Hard surfaces including work tops, tables and chairs
- Elevator buttons
- Light switches
- Tap handles
- Toilets

### Stableyard:

- Inside and outside of all stable walls
- Stable doors and door handles/bolts
- Veterinary boxes and unit including worktops, tables and chairs
- Wash bay walls and Wash bay spray guns
- Outside taps

### Security Office/Huts:

- Tables and worktops inside and outside the security huts
- Inside and outside walls of huts

### Definitions:

**Cleaning** removes germs, dirt, and impurities from surfaces or objects. Cleaning is in relation to low-risk surfaces, such as floors, windows, etc., where the likelihood of pathogen transfer from the surface is low. Household detergents are used for cleaning. There is no point disinfecting surfaces if they are not clean and free from dirt and grime unless you use a product which has been proven effective in soiled conditions. There is often confusion between the use of detergents and disinfectants. Detergents are used to remove grime and dirt; disinfectants are used to kill microbes.

**Deep cleaning** is the general sanitising of floors, bathroom fixtures, furniture items, food preparation surfaces, etc. which ensures that the above are clean and descaled, as well as reductions in the numbers of some common allergens and bacteria. The products (Sanitizers) used contain different types of cleaning agents, which, may not be effective against viruses, fungi and various types of dangerous bacteria.

**Disinfection** is the process of eliminating or reducing harmful microorganisms from inanimate objects and surfaces. Disinfection is appropriate for frequently touched surfaces and surfaces likely to harbour pathogens. High touch surfaces include, tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

### Covid-19 and disinfection:

Covid-19 can live on surfaces for up to nine days and can survive in the air for a number of hours. It lives on plastic and metal for longer periods than glass or wood. All contact surfaces should be cleaned and disinfected prior to racing and at a minimum of twice per day and more frequently if there is high throughput or any incident that is likely to have contaminated surfaces (for example a person with coughing or sneezing).

The most useful disinfectants at present are those which utilise resistant or reactive barrier technology which means it continues working on a hard surface against bacteria, fungi and viruses for extended periods ranging from 2-4 weeks. These types of disinfectants are used extensively in the horse industry already as they suit the environment and range of pathogens inherent in the industry. The Animal health trust issued a report where they showed that Equizar (Sterizar) was still working in an effective way in the presence of dirty conditions (animal faeces) after 6 weeks.

## Recommended Disinfectants:

Product name	Parent product	Active Ingredient	Virus tested against	Residual barrier	Available from	Effective Dilution rate
Sterizar	Sterizar	Benzalkonium Chloride Dimethyl-ammonium chloride.	Feline Calicivirus	28 days	Crown supplies UK	1/50
CONTROL	CONTROL	Didecyl dimethyl ammonium chloride	Coronavirus (SARS Associated)	28 days	Ryan Cleaning	Ready to use
		Alkyl Dimethyl Benzyl ammonium chloride	Human Coronavirus & Others			
Equizar	Sterizar	Benzalkonium Chloride Dimethyl-ammonium chloride.	Feline Calicivirus	28 days	TRI IRE	1/50
Stable	Sterizar	Benzalkonium Chloride	Feline	28 days	Yard	1/50
Shield		Dimethyl-ammonium chloride.	Calicivirus		stable hygiene UK	
Bio-stable	Sterizar	Benzalkonium Chloride Dimethyl-ammonium chloride.	Feline Calicivirus	28 days	Bred thorough UK	1/50
Steri-7	Steri-7	Dimethyl-ammonium chloride.	Norovirus SARS	14 days	TRI IRE Sentinel	1/50
Virkon-S	Virkon	Potassium peroxy monosulfate	Rotavirus	None	TRI IRE	1/100

## Method of Application:

**High touch areas:** Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, guns for hoses in wash bays, weighing scales, etc. should be cleaned and then disinfected by wiping down using disposable cloths or wipes with one of the above disinfectants. Wipes of the better disinfectants are becoming very difficult to get for obvious reasons. Using disinfectant and disposable cloths is more cost effective in the current climate. You are also assured of constant supply.

**Medium touch areas:** External of stable doors, external of toilet doors, external walls of stables, saddling boxes, outside of veterinary boxes, starting stalls, handrails in stands or on stairwells to weighrooms or changing rooms etc) basically any surfaces which are likely to be touched should be disinfected prior to the meeting using one of the above disinfectants, preferably with reactive barrier technology using a fogger (*explained below*) or battery powered sprayer (*explained below*).

**Low touch areas:** Any other surface which is unlikely to be touched but there is a possibility that it may happen such as external walls at the entrance to toilets, offices etc should be disinfected with a reactive barrier disinfectant prior to the equestrian event.

### Foggers:

Fogging Machines convert diluted disinfectant liquid into tiny droplets which are then applied at high pressure velocity on to the relevant surface. The droplet size means you penetrate every nook and cranny while only using small amounts of diluted disinfectant per area. The application is particularly useful in areas which require frequent disinfection and quick turnaround time i.e. (weighroom etc).

**Example:** [https://drive.google.com/file/d/1BDsMoWKaj9e\\_Hov8f2Ai\\_6-nDRuv9gk7/view](https://drive.google.com/file/d/1BDsMoWKaj9e_Hov8f2Ai_6-nDRuv9gk7/view)

All of the above disinfectant suppliers have various types of foggers for supply.

### Battery powered sprayers:

This method of spraying has become very popular (*please see an example below*). They are battery powered (lasts for 8 hours). They are extremely mobile and can be used in areas where power may not be available to use a fogger. They spray the disinfectant in small droplets at the surface, the disinfectant spreads across the surface because of velocity giving excellent coverage, but it does not rebound at the person applying like a fogger does. This method is much more user friendly (no need for extensive PPE). They are much quicker than foggers as you do not need to keep moving electric cables. They are more efficient at exact disinfection in particular areas than foggers are which disperse sporadically. They are also more environmentally friendly in outdoor areas as they do not dissipate into the air like foggers do.





### Other points to note:

Anti-microbial paints are now being used extensively in racing yards, stud farms and veterinary practices. They are proven to prevent microbial growth on the surface to which they are applied. They are more expensive to buy, however the cost of application is the same no matter what paint is used and they last for up to 5 years. They give an extra layer of protection. The ideal places to use them is where there is high throughput or footfall. i.e. weighroom, vet boxes, medical centres, steward's rooms. The product used in racing is Stable shield.

**Protocols are subject to change based on Government guidance**



## Protocols for Equine Anti-Doping Veterinarians



## Introduction

All aspects of equestrian/sport horse activity have been reviewed by HSI to develop and document safe procedures for racing resumption in the Covid-19 era.

This Protocol has been distributed to members in these associations and is summarised here.

## Over-Arching Principles

- Correct hygiene and biosecurity measures as currently required by government and the HSE and set out elsewhere in this document must be adhered to at all times by all personnel working in this area
- The **minimum** number of people needed to safely and effectively manage the casualty should be deployed
- **Basic PPE of masks and gloves will be worn by all before dealing a casualty** because they will be working inside the 2 m required for social distancing
- Any steps that can be taken to deal with a scenario as rapidly as possible whilst remaining safe and effective should be taken to reduce time of potential exposure
- Interaction should be by mobile phone rather than face to face wherever possible
- Own vehicles should be used as a 'safe base' at all times with no passengers to be carried
- Minimum number of personnel at all times, so one person per role

## Who Needs To Be Involved

- Primary attending athlete and/or **horse handler** only staff as necessary at safe distance

## Irish Blue Cross Policy

- The IBX have carried out a full risk assessment for the safe operation of their essential service in relation to the management of equine casualties at the equestrian venue
- This risk assessment and specific procedures are set out in the IBX's own protocol for the handling of the horse and associated equipment, with the following key points,
  - ▶ Screens to be disinfected by staff after use
  - ▶ No 'non-essential' carry-in's in the ambulance under any circumstances
  - ▶ Correctly applied PPE to be used whenever working with a casualty within 2m
- There is a resilience plan in place by the IBX for all equestrian venues to provide back up in case the primary scheduled Blue Cross team is unavailable
- IBX ambulance is only to be used for true casualty management - to be adjudged on a case by case basis at the entire discretion of the IBX driver

## PPE

- To be updated on an ongoing basis according to the advice of the IHRB Senior Medical Officer according to government requirements.
- Currently, mask and gloves for all those working with an injured horse within the 2 m distance or inside in a Veterinary Unit treatment box
- Each group is responsible for providing its own PPE and means of adopting the hygiene measures required, such as carrying water, hand sanitizer, paper towels etc.

## Protocols for Press/Photographers

- **Do not come racing if you have symptoms of temperature, cough, cold, shortness of breath or any flu like symptoms or if you have had contact with a known case of COVID-19**
- Hand hygiene to include regular washing of hands and use of alcohol-based sanitiser
- Cough etiquette to be strictly adhered to, cough into a tissue, place in bin and wash hands, if tissue unavailable, cough into elbow
- Avoid touching your face
- **Always** adhere to 2m social distancing
- If you become unwell while at the equestrian event go immediately to your car and call your GP
- If you are over 70 years of age, you are permitted to attend subject to health screening, however if you have any underlying medical conditions placing you at high risk please do not attend - please visit <https://www2.hse.ie/conditions/coronavirus/at-risk-groups.html>
- Health status screening
- Prior press accreditation is required for journalists and photographers to attend

## Photographs/Interviews:

- It is mandatory that you maintain social distancing at all times (taking photos)
- Ensure you are always at least two metres from other individuals
- No person-to-person interviews will be permitted at this time
- No celebratory hugs or hand shaking at this time

## Travel:

### Self-Restriction period

- Photographers who wish to attend from a location that is not on the Covid-19 Green List, will be required to **self-restrict in IRELAND for TWO WEEKS before** being allowed to compete, in line with Irish Department of Foreign Affairs. (Northern Irish residents excluded)
- This includes Irish Citizens returning home from abroad
- Please see COVID-19 Passenger Locator Form (link at end of document)

### Health Screening:

Pre travel screening of all those planning to travel and continuous monitoring of symptoms during your time here in Ireland will be performed by the Senior Medical Officer. Please see Health screening protocol for further details.

### Documents:

Notifications of who and when persons arrive to be lodged with the affiliate body in advance of travel. Digital copies of airline/boat tickets and receipts/confirmation of accommodation will be requested to ensure accuracy of details.

### Please refer to Protocols for International Travel

Protocols are subject to change based on Government guidance

## Protocols for International Travel

### General:

- **Do not come to an equestrian competition/activity if you have symptoms of temperature, cough, cold, shortness of breath or any flu like symptoms or if you have had contact with a known case of COVID-19**
- Hand hygiene to include regular washing of hands and use of alcohol-based sanitiser
- Cough etiquette to be strictly adhered to, cough into a tissue, place in bin and wash hands, if tissue unavailable, cough into elbow
- Avoid touching your face
- **Always** adhere to 2m social distancing
- If you become unwell while at the equestrian event go immediately to your car and call your GP
- If you are over 70 years of age, you are permitted to attend subject to health screening, however

if you have any underlying medical conditions placing you at high risk please do not attend – please visit <https://www2.hse.ie/conditions/coronavirus/at-risk-groups.html>

- Health status screening

### Travel:

#### Self-Restriction period

Participants who are required to attend from a location that is not on the Covid-19 Green List, will be required to **self-restrict in IRELAND for TWO WEEKS** before being allowed to compete (Northern Irish residents excluded).

**All passengers arriving to Ireland from abroad are obliged to complete a mandatory Public Health Passenger Form and to submit it to the relevant authority at their port of entry. For details of the COVID-19 Passenger Locator Form please visit: <https://www2.hse.ie/file-library/coronavirus/covid-19-public-health-passenger-locator-form.pdf>**

### Documents:

Notifications of who and when persons are due to arrive to be lodged with the affiliate body in advance of travel. Digital copies of airline/boat tickets and receipts/confirmation of accommodation will be requested to ensure accuracy of details.

**Protocols are subject to change based on Government guidance**

### COVID-19 Passenger Locator Form

<https://www.gov.ie/en/publication/ab900-covid-19-passenger-locator-form/>

<https://www2.hse.ie/file-library/coronavirus/covid-19-public-health-passenger-locator-form.pdf>

### COVID-19 Travel Advice

For travel advice please visit:

<https://www.gov.ie/en/campaigns/75d92-covid-19-travel-advice/>

<https://www.dfa.ie/travel/travel-advice/coronavirus/>

## OTHER CONSIDERATIONS

### General:

- **Do not come racing if you have symptoms of temperature, cough, cold, shortness of breath or any flu like symptoms or if you have had contact with a known case of COVID-19**
- Hand hygiene to include regular washing of hands and use of alcohol-based sanitiser
- Cough etiquette to be strictly adhered to, cough into a tissue, place in bin and wash hands, if tissue unavailable, cough into elbow
- Avoid touching your face
- Always adhere to 2m social distancing
- Please wear PPE as required by HSI and affiliate policies
- Please use your own car for breaks/refreshments
- Only RVS should attend – no students, family, additional people in the vehicle
- If you become unwell while at the equestrian event go immediately to your car and call your GP
- If you are over 70 years of age, you are permitted to attend subject to health screening, however if you have any underlying medical conditions placing you at high risk please do not attend – please visit <https://www2.hse.ie/conditions/coronavirus/at-risk-groups.html>
- If you have recently engaged in veterinary work in meat plants, please provide a cert from the meat plant stating there have been no cases of COVID-19 in the previous 14 days along with a self-declaration stating same.

### Health Screening

- Please see Protocols for Health Screening and Protocols for Health Screening Check-In at equestrian venues for further details

### Travel:

#### **Please refer to Protocols for International Travel**

**Protocols are subject to change based on Government guidance**

**[.dfa.ie/travel/travel-advice/coronavirus/](https://www.dfa.ie/travel/travel-advice/coronavirus/)**



# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

## Help prevent coronavirus



Wash your  
hands



Cover mouth if  
coughing or sneezing



Avoid touching  
your face



Keep surfaces  
clean



Stop shaking  
hands and hugging



Keep a safe  
distance

The virus spreads in sneeze and cough droplets, so regularly taking the above measures helps reduce the chance of it spreading.

### Visit **HSE.ie**

For updated factual information and advice

Or call 1850 24 1850

Protection from coronavirus.  
It's in our hands.



Rialtas na hÉireann  
Government of Ireland

# Coronavirus COVID-19



## Know the signs



High Temperature



Shortness of Breath



Breathing Difficulties



Cough

For 8 out of 10 people, rest and over the counter medication can help you feel better.



Wash



Cover



Avoid



Clean



Stop



Distance

If you have symptoms, self-isolate to protect others and phone your GP. Visit [hse.ie](https://www.hse.ie) for updated factual information and advice or call 1850 24 1850.

Protection from coronavirus.  
It's in our hands.



Rialtas na hÉireann  
Government of Ireland

## How to use Face Coverings

# How to use Face Coverings



Coronavirus  
**COVID-19**  
Public Health  
Advice

ALWAYS CLEAN YOUR HANDS BEFORE **AND** AFTER WEARING A FACE COVERING

### Correct Covering

Medical masks should be reserved for health workers or patients in treatment.

If you have been advised to wear a medical mask, always have the coloured side showing and the metal band at the top of your nose.



### Check Your Fit

Check that the face covering is made from a fabric that you are comfortable wearing.



Check that it is easy to fit and completely covers your nose and mouth, all the way down under your chin.



Tighten the loops or ties so it's snug around your face, without gaps. If there are strings, tie them high on top of the head to get a good fit. Do not touch or fidget with the face covering when it is on.



**DO NOT:**  
Wear the face covering below your nose.



**DO NOT:**  
Leave your chin exposed.



**DO NOT:**  
Wear it loosely with gaps on the sides.



**DO NOT:**  
Wear it so it covers just the tip of your nose.



**DO NOT:**  
Push it under your chin to rest on your neck.



### FOLLOW THESE TIPS TO STAY SAFE:

ALWAYS wash your hands before and after handling your face covering.

ALWAYS change your face covering if it is dirty, wet or damaged.

Carry unused face coverings in a sealable clean waterproof bag, for example, a ziplock.

Carry a second similar type bag, to put used face coverings in.

CHILDREN UNDER 13 should not wear face coverings.

ALWAYS wash cloth face coverings on the highest temperature for cloth.

### Safe Removal



Use the ties or ear loops to take the face covering off.

Do not touch the front when you take it off.

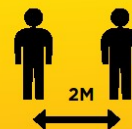


### Disposing Of Single-Use Mask



Always dispose of single-use masks properly in a bin.

Don't forget to clean your hands and keep social distance.



Stay safe. Protect each other.



Rialtas na hÉireann  
Government of Ireland



## Information for "Close Contacts" of a confirmed case of Coronavirus



Coronavirus  
**COVID-19**  
Public Health  
Advice

### Information for "Close Contacts" of a confirmed case of Coronavirus

Since Friday 27<sup>th</sup> March 2020, the Government has advised everyone to stay at home wherever possible, with minor exceptions, to reduce the spread of the virus. Staying at home is the best way to minimise the risk of coronavirus to your friends, family and communities.

This information sheet provides advice to people who have had close contact with a person who has been confirmed as having coronavirus.

#### **A close contact is:**

Anyone who has spent more than 15 minutes, face-to-face, within two meters of a person with coronavirus in any setting, for example anyone living in the same household or someone who has shared a closed space with a confirmed case for more than two hours.

#### **What do I need to do if I am a close contact?**

You will be contacted by a contact tracing team if you have been identified as having been in close contact with someone with coronavirus. You do not need to contact the HSE first. When you are called, you will be asked whether you have any of the following symptoms:

- A new cough – this can be a dry cough or a productive (bringing up phlegm) cough
- Shortness of breath
- Breathing difficulties
- Fever (a high temperature of 38 degrees Celsius or above on a thermometer) or chills.

Even if you do not have any of these symptoms, and you are a household contact of the suspected or confirmed case, you will be asked to begin Restricted Movements (see below for explanation), which will last until 14 days after the last time you came into contact with the person who has been diagnosed with COVID-19. If you work in healthcare, you need to contact your manager and Occupational Health and let them know that you have been identified as a close contact of a case of COVID-19.

You can become a close contact more than once if you have two separate exposures – Restricted Movements will then apply to you again for 14 days after your last exposure.

#### **If you develop any respiratory symptoms distress, e.g. a cough, shortness of breath:**

- You will need to self-isolate without delay (see below for what this means) and phone your GP surgery straight away.
- Your GP surgery will take your details and have your GP call you back. Your GP will discuss your symptoms with you over the phone or on a video call and advise you of the next steps you need to take, including possibly arranging testing for coronavirus.
- If you get very ill and it is an emergency, you should call 999 and make sure the emergency service is aware that your symptoms might be due to coronavirus.
- Do not attend your local Emergency Department or GP in person unless told to do so by a medical professional
- Follow all of the advice given by your doctor.

If you are tested for coronavirus and COVID-19 is not detected, you should still complete the 14 days restricted movements.

**You should always engage in regular hand washing and cover your mouth and nose with a tissue or the bend of your elbow when coughing and sneezing to prevent the spread of infection.**

V7 22/04/20

## Restricted Movements vs. Self-isolation

### Restricted Movements

Restricted Movements means staying at home and avoiding contact with other people and social situations as much as possible. Many people who have been exposed to coronavirus will not develop COVID-19, but they should all still restrict movements in case they do. Restricted movements may also be known as self-quarantine.

- You do this to stop other people, particularly vulnerable or high-risk people in your community, from getting coronavirus.
- You need to restrict your movements for 14 days if you do not have symptoms of coronavirus but you are:
  - a close contact of a confirmed case of coronavirus (start from the last time you were in contact)
  - living in a household with someone who has symptoms of coronavirus (for more information go to <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/factsheetsandresources/Advice%20sheet%20for%20people%20who%20live%20in%20the%20same%20home%20as%20a%20person%20with%20COVID.V4.30.03.2020.pdf>)
  - returning to Ireland from another country (start from the day you arrived in Ireland).

If you work in healthcare, contact your manager / Occupation Health Department to discuss the criteria above prior to going to work.

### Self-isolation

Self-isolation means staying indoors and completely avoiding contact with other people. This includes staying away from other people in your household. You need to do this if you have any symptoms of COVID-19 - this is to stop other people from getting infected, especially vulnerable people in your community.

You will need to self-isolate:

- If you have symptoms of COVID-19;
- Before you get tested for coronavirus;
- While you wait for test results;
- If you have had a positive test result for COVID-19.

For more information on self-isolation, go to <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/factsheetsandresources/Patient%20information%20sheet%20for%20self-%20isolation.%20V5.30.03.2020.pdf>.

If you have a "not detected" test result you can stop self-isolation 48 hours after your symptoms resolve, but if you are a close contact you need to finish the period of Restricted Movements.

If you live with other people and you are self-isolating:

- Stay in a room with a window you can open.
- If you can, use a toilet and bathroom that no one else in the house uses.
- If you have to share a bathroom with others, use the bathroom last and then clean it thoroughly.
- Do not share any items you've used with other people.

There are two criteria for finishing self-isolation, and you can only finish when both have been fulfilled:

1. It's been 14 days since your first symptoms started;
2. You haven't had a fever for 5 days.

For example, if you started having headaches or coughing on the 1<sup>st</sup> of the month, and you had your last fever on the 12<sup>th</sup>, you need to wait until the 17<sup>th</sup> to finish self-isolation. If your last symptom was on the 6<sup>th</sup>, you would only need to wait until the 14<sup>th</sup>.

If you work in healthcare, contact your manager / Occupation Health Department to discuss the criteria above prior to returning to work.

You can get more information on [www.hse.ie](http://www.hse.ie)

For Citizens Information Centre advice on coronavirus follow this link  
[https://www.citizensinformation.ie/en/health/covid19\\_overview.html](https://www.citizensinformation.ie/en/health/covid19_overview.html)

# Protect yourself and others from getting sick

## Wash your hands



- after coughing or sneezing
- when caring for the sick
- before and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after touching cuts, blisters or any open sores
- you can use alcohol hand rub, if hands are not visibly dirty



[www.hse.ie/handhygiene](http://www.hse.ie/handhygiene)









# HORSE SPORT IRELAND



An Roinn Iompair,  
Turasóireachta agus Spóirt  
Department of Transport,  
Tourism and Sport



An Roinn Talmhaíochta,  
Bia agus Mara  
Department of Agriculture,  
Food and the Marine



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