

# COVID Safe Tips



## **Arrive—Ride—Leave**

*This means being ready to ride before you leave the house—dressed to ride, horse groomed and tack organised. There will be no canteen so bring lunch and water, and a 20L drum of water for your horse so you don't need to use the taps. Wash your horse at home.*

## **Practice Good Hygiene**

*Wash your hands as often as possible, bring your own hand sanitizer, no sharing of equipment, wipe down surfaces before and after touching, and avoid touching your face. Imagine Covid-19 is grey horse hair—once you get it on your hands it transfers to everything you touch!*

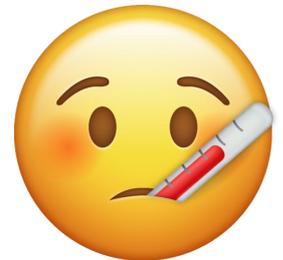


## **Maintain Social Distancing**

*Keep 1.5m apart—imagine all horses have a red ribbon in their tail! The amount of attendants will depend on the amount of space you have at your grounds. Every person must have 4m<sup>2</sup> of space at the venue to a maximum of 500 people. Maximum numbers should be displayed.*

## **If you are sick—stay at home!**

*If you are feeling unwell at all please stay home, there is always another rally day to attend in the future. We don't want to put yourself or other members at risk.*



## **Fill out your Covid-19 Self-Declaration**

*Make sure you fill out any forms before attending, and preferably email it to your club to minimize contact. If you need to re-join do this prior to attending and preferably online through MyPonyClub.*

## **Talk to your Club**

*Your club has been sent full risk assessment and planning tools to resume rally days, and each club will need to do things a little differently. These documents can be found under the risk management tab on our website. If you have any concerns or ideas please direct these to your club.*

