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## Irish Harness Racing Association

Protocols for race meetings behind closed doors  
in the context of the of Covid-19 pandemic

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## **Introduction**

This document contains strict measures which must be undertaken by all Industry Bodies and Racecourses during race meetings behind closed doors during the outbreak of Covid-19.

These measures are being taken to safeguard everyone's health and wellbeing during the current public health situation and to ensure that racing can continue.

Please note to assist with social distancing field sizes will be reviewed and restricted at racecourses depending upon the paddock facilities at the individual tracks.

Further racecourse specific details will be issued separately in relation to Stewards Rooms, Photo Finish/Judges Room, Stable paddocks, and Racecourse Commentary position.

## **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 race meetings**

1. **Do not come racing 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. **always OBSERVE THE ADVISED COUGH/TISSUE ETIQUETTE.**
5. Avoid going into areas on the racecourse unrelated to your work
6. Leave immediately after your last race
7. If you become unwell while racing, go immediately to your car and phone your GP or HSE 112 for expert advice
8. Do not attend if you are over 70 years of age or if you are in an at risk group – 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 and Health Screening Check-In at Racecourses prior to attending each race meeting.

### **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 race meeting. The COVID-19 Compliance Officers will act with the full authority of the IHRA 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 racecourse (entrances and exits to health screening check-in, paddock, stewards room etc. – please note hand sanitiser must be at least 60% alcohol based)
- Door handles, handrails of escalators, light switches, tap handles and any other obvious points of contact to be disinfected regularly during each race meeting (at a minimum twice daily)
- All surfaces in professional areas must be cleaned and disinfected regularly during the race meeting (see list below) – gloves must be provided in these areas for use
- The following areas must be cleaned and disinfected prior to and during each race meeting:
  - Health Screening Check-In Area
  - Paddock Area
  - Stewards Room (incl. any additional Steward Room overflow facilities)
  - Photo Finish/Judges Room
  - Stewards Box
  - Veterinary Units
  - Office in paddock
  - Designated Isolation Room (prior to and after each race meeting)
  - All toilet facilities
- Certain roles within the Racecourse may involve greater potential for contact than others, therefore you may be required to wear a mask - please see Protocols for Infection Control. Face coverings for all other attendees will be determined from Government recommendations.
- Soap and paper towels must be provided at the sink in the IHRA Sampling Unit
- Large bottles of sanitising gel (preferably in a pump action dispenser) must be provided in the paddock
- Disinfectant cleaning material for hard surfaces to be provided in the Sampling Unit and Racecourse Veterinary Surgeons box
- Door wedges (or other means of wedging doors open) should be provided throughout operational areas of the racecourse
- All doors and windows in operational areas throughout the racecourse should be opened to enhance ventilation where possible



- Please ensure there are plenty of labelled waste bins at each racecourse 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 race meeting

**Please refer to Protocols for Disinfection and Hygiene at Racecourses**

**Permitted Attendance:**

The following people ONLY are permitted to attend race meetings subject to Health Screening (please see Protocols for Health Screening and Protocols for Health Screening Check-In at Racecourses):

- IHRA Officials/IHRA employees working at the race meeting
- Order of Malta (as required to service the race meeting)
- Racecourse Vets with their own handlers.
- Commentator
- Drivers & Jockeys riding in the race meeting
- One Trainer (or their representative) per horse running on the day
- One groom per horse running on the day
- Farrier working at the race meeting
- Journalists/Photographers with prior approved accreditation through the IHRA office
- Bookmakers and their clerks
- Children are permitted to attend, whilst under parental control always

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

**Racecourse Entry:**

- Health Screening via the Health Screening Check-In Area is mandatory for ALL racecourse attendees at EVERY race meeting – please go to this area immediately upon arrival
- Entrance to the racecourse will be via the Health Screening Check-In Area, the paddock, and an entrance gate to allow Driver's drive into the paddock – only after completing the Health Screening Check-In upon arrival
- ALL racecourse attendees must be on a pre-approved list
- Contact details for all racecourse attendees must be recorded on admission to facilitate contact tracing if required:



- This will be captured in the Health Screening Check-In Area by the operator
- IHRA must record details of employees (and Stewards) who worked each day – IHRA will provide list of staff to the operator at the health screen check in at racecourses
- IHRA will record details of approved Journalists/Photographers and provide list to racecourses
- Racecourses must record details of employees, Racecourse Doctors/Vets and ALL other racecourse service provider attendees working on the day – list to be provided to the Operator in the Health Screening Check-In Area on the morning of each race meeting
- Declarations will be by text before 12noon and a €10 fine per horse for any late declarations
- All race number cloths will be distributed to the trainer on exiting the health check in.
- The required number of wrist bands per yard will be distributed after the health check in is completed. (Any person found not wearing a wrist band will be liable to disciplinary action)

### **Medical Provision**

Protocols for Medical Provision (included separately) have been agreed between the IHRA, Racecourse Medical Officers and the Ambulance provider and are based on the most up to date Department of Health and HSE guidelines at the time of return.

### **Isolation Room**

A designated isolation room must be provided at each racecourse (racecourses 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 race meeting. Please ensure there is signage on the door of the room. All attendees will be screened (see Protocols for Health Screening and Protocols for Health Screening Check-In at Racecourses) to reduce the likelihood of attendees with symptoms of Covid-19.

### **Paddock:**

Only trainers, their grooms and driver or jockey will populate their horse box or lorry, keeping social distancing of 5m between vehicles. On completion of a race, a driver or jockey should return to their car until their next race.

Please note the following:

- Paddock access is restricted to essential IHRA Officials, Drivers & Jockeys, Security Staff, and integrity personnel.
- Additional space between vehicles must be adhered to (5 meters) in the paddock.
- Loitering is NOT permitted in or around the paddock



- Food will NOT be provided
- Social distancing markers must be provided on the paddock and on the viewing rails of the track
- No parking will be permitted on the rails of the racetrack in the paddock
- Parking must be provided close to the paddock for drivers & jockeys to return to their cars between races
- An additional overflow facility may be required at some racecourses for Stewards enquiries (details will be issued separately to specific racecourses)
- Gloves must be provided in the paddock for race day personnel working at the meeting (any standard of disposable gloves is acceptable)
- 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 (road paint, bollards, tape etc.)
- Stable staff are NOT permitted to enter the IHRA Sampling Unit or Security Offices
- All toilet facilities in the paddock must be deep cleaned prior to each race 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 race meeting (at a minimum twice daily)
- Designated social distancing markers for stakeholders to utilise while observing races should be placed around the track railings to promote social distancing (road paint will suffice)
- Loitering is NOT permitted in or around the racetrack – debriefing between Trainers and Drivers & Jockeys can be conducted by telephone

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

- Drivers must stop their vehicle at the entrance to the horsebox parking area and await instructions from this Official on where to park the vehicle
- Lorries will be parked where possible to minimise interaction between grooms as they arrive, possibly at alternate ends of the car park
- Trainers, grooms, and horsebox drivers must follow the instructions of the IHRA Official
- There will be social distancing markers for individuals approaching the entrance

### **Catering/Betting Facilities:**

- Catering facilities will be available on site for anyone attending the race meeting
- There will be on course betting facilities (Bookmakers) in operation at the race meeting.

### **Racecourse Presentations:**





A photograph of each winning horse and driver will be taken after each race only. No group presentations currently.

### **Press/Media:**

Only the minimum number of press and photographers needed to adequately cover racing fixtures in the initial phase will be permitted to attend. Instead a pool service of copy and photographs will be provided to ensure media organisations can report on Irish racing fixtures without needing to be on site. IHRA will send each racecourse a list of Journalists/Photographers which have obtained approved accreditation through IHRA prior to each race meeting. A copy of this list should also be provided to the main entrance by the racecourse.

Please note the following in relation to press/photographers:

- A designated area must be provided for press officials
- Journalists/Photographers should present at the main entrance upon arrival at the racecourse where approved names will be on the media list.
- It is mandatory that Journalists/Photographers always maintain social distancing (taking photos or conducting interviews) and ensure they are always at least two meters from other individuals
- Journalists/Photographers should leave the racecourse when their presence is no longer required or necessary
- To obtain prior approved accreditation please contact Donna Baldwin at the IHRA Office

### **Race cards:**

- Race cards will be printed as normal

### **Photo Finish Room:**

- The Photo Finish room must be cleaned and disinfected prior to and during each race meeting
- The number of people with access to Photo Finish rooms will be limited and Photo Finish staff and the IHRA Judge are encouraged to utilise vacant, adjoining rooms between races (please ensure these rooms are opened for use along with bathroom facilities nearby)

### **Race Starts:**



- The IHRA Official Starter will access the starting car in advance of first race and will then return to their car in between races
- A Perspex sheet should be fitted in the starting car between the driver and starter and radio communication should be used between them.
- Non-runners will be communicated by IHRA officials
- Gloves, masks, hand sanitiser and disinfectant wipes will be provided to the IHRA officials team prior to each race meeting (IHRA will provide)

### **Veterinary Facilities:**

- Racecourses 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)
- A door wedge or other means of wedging the door open should be provided in the Sampling Unit
- Large bottles of hand sanitizing gel (preferably in pump action dispenser to be operated by elbow) must be provided on this table for use by the team/stable staff 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 like supermarket checkouts)
- Social distancing markers of 2m must be provided at boundary doors to the Sampling Unit
- Social distancing markers of 3m (for horses) must be provided at the entrance to the stables where horses come in to be scanned
- ‘Social Distancing Bays’ for horse management will be put in place on each race day – racecourses must provide road quality spray paint in the stables complex for this purpose on the race day (a one way system will be in operation for this purpose: horses will enter the sampling unit via the rear entrance of the stables and leave via the front entrance to the unit)
- Disinfectant cleaning material must be provided for the Racecourse Veterinary Surgeons box

### **Please note the following:**

- Equine Passports: To reduce risk, an alternative system to check ‘flu vaccination status is being finalised with it being envisaged that passports will not be lodged on arrival. Further details will be communicated to Licensed Trainers
- Grooms are NOT permitted to enter the Sampling Unit – horse should be transferred from stable staff to Veterinary Assistant when ready to sample



- 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. Where a blood sample is required the IHRA Veterinary Assistant must hold the horse for the Veterinary Officer.

### **Toilet Provisions:**

To assist with social distancing all toilet facilities in the racecourse must be deep cleaned prior to each race day and opened for use during racing. Please ensure toilets have hot water and are fully stocked (liquid soap in large dispensers, toilet roll, paper towels) and disinfected regularly during each race meeting (at a minimum twice daily).

### **General Hygiene:**

- Bottles of antibacterial gel solutions/hand sanitising stations to be provided at various points throughout the racecourse (entrances and exits to paddocks etc. – please note these must be at least 60% alcohol based)
- Door handles, handrails, light switches, tap handles and any other obvious points of contact to be disinfected regularly during each race meeting (at a minimum twice daily)
- All surfaces in professional areas must be cleaned and disinfected regularly during the race meeting (surfaces in bathrooms and changing facilities, security offices, photo finish room, vets' boxes etc.) – gloves must be provided in these areas for use.
- Security Office/hut, Sampling Unit and Racecourse Veterinary Surgeons box must be cleaned and disinfected prior to and during each race meeting
- Soap and paper towels must be provided at the sink in the IHRA Sampling Unit
- Large bottles of sanitizing gel (preferably in pump action dispenser) must be provided in the paddock
- Disinfectant cleaning material for hard surfaces to be provided in the Sampling Unit and Racecourse Veterinary Surgeons box
- Door wedges or other means of wedging doors open should be provided throughout operational areas of the racecourse
- All doors and windows throughout the racecourse should be opened to enhance ventilation where possible



### **Racecourse Signage:**

- Signage to indicate parking areas, the location of the health screen check in area and entrance/exit points to the racecourse must be clearly displayed for all attendees
- Updated signage recommended by the government must be displayed throughout the racecourse premises in strategic areas (paddock, officials, media, etc.)
- Social distancing floor markers must be provided outside the Health Screening Check-In Area with additional markers/tape left inside the building for the operators to use each day
- Social distancing markers of 2m must be provided on the ground at the Sampling Unit (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 Stable Yard and Veterinary Facilities (attached separately) should be displayed at all racecourses
- Signage on the door of the designated Isolation Room is required

For HSE signage, please access:

<https://www.hse.ie/eng/services/news/newsfeatures/covid19updates/partner-resources/>

### **Racecourse Parking:**

- Racecourses should have a well thought out traffic system for people and vehicles (particularly around the Health Screening Check in Area and entrance and exit points)
- Parking must be provided within the paddock for Drivers & Jockeys to assist with social distancing
- Trainers driving their own personal cars should park where directed and enter the Health Screening Check-In area prior to parking in the paddock (where possible)
- Please see Horsebox Car Park (above) for information to assist with the parking of horseboxes



### **Procedure for Checking Passports:**

Passports will not be checked at race days upon entry during racing behind closed doors, however the following is mandatory for all trainers prior to horses racing.

1. Trainers will need to submit a soft copy of their flu vaccinations to the IHRA office at [info@irishharnessracing.com](mailto:info@irishharnessracing.com)
2. The administration staff will send this documentation to the veterinary and welfare commission for approval.
3. Upon reviewing the soft copies and the veterinary and welfare commission's approval, the IHRA staff will inform trainers that they have cleared this process and are clear to race or if not, what is needed to be addressed.
4. No horse's entry will be accepted until the above steps are carried out first.

This process will give the horse a 'clean slate' and allow him/her to run without the passport needing to be inspected on race day, although it should still travel in the lorry for legal reasons. Future subsequent vaccinations between the pre-clearance and race day should be sent to the IHRA immediately for approval.

### **General COVID-19 procedures for all permitted attendees at race meetings:**

1. Do not come racing 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. always OBSERVE THE ADVISED COUGH/TISSUE ETIQUETTE.
5. Avoid going into areas on the racecourse unrelated to your work
6. Leave immediately after your last race
7. If you become unwell while racing, go immediately to your car and phone your GP or HSE 112 for expert advice.

For any further questions or queries in relation to these protocols please feel free to contact:

James Levis at [james.levis@irishharnessracing.com](mailto:james.levis@irishharnessracing.com)



## **Protocols for Infection Control**

### **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 considering 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 COVID19
- 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 races go immediately to your car and call your GP
- Do not attend if you are over 70 years of age or if you are in an at risk group – 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 Racecourses

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 Racecourse 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**

At present there is no advice from the Department of Health regarding the universal wearing of face masks. Certain roles within the Racecourse may involve greater potential for contact than others and so you may be required to wear a mask.

- Face masks will be required for staff members working indoors and security staff.
- See Protocols for Jockeys for specific recommendations for these groups.
- Face coverings for all others will be determined from Government recommendations when available.

As with the wearing of gloves, there are concerns that the wearing of face masks leads to complacency. The wearing of a face mask 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

#### **Do not:**

- touch the mask while wearing it - if you do, clean your hands properly
- not use a damp or wet mask
- 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, handheld equipment
- Remember regular hand washing / sanitising

Please refer to Protocols for Disinfection and Hygiene at Racecourses

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



## **Protocols for Health Screening**

### **ATTENDEES include:**

i. <b><u>IHRA Staff and Stewards</u></b>	<b><u>vii. Drivers &amp; Jockeys</u></b>
ii. <b><u>Commentator</u></b>	<b><u>viii. Trainers</u></b>
iii. <b><u>Camera &amp; Broadcasting Staff</u></b>	<b><u>ix. Grooms (incl. Box Drivers)</u></b>
iv. <b><u>Red Cross Personnel</u></b>	<b><u>xi. Health Screening Personnel</u></b>
v. <b><u>Veterinary Staff</u></b>	<b><u>xii. Bookmakers &amp; Clerks</u></b>
vi. <b><u>Track Maintenance Staff</u></b>	<b><u>xiii. Additional IHRA Members</u></b>

### **PART 1: PRE-RETURN SCREENING:**

- To be completed by all attendees by 6pm two days before they expect to attend their first race meeting and by no later than 6pm the day before their next race meeting
- The responses to the questionnaire will go directly to the IHRA
- All attendees at a race meeting must be pre-approved to attend based on the responses included in the questionnaire
- The IHRA will follow up with those on whom there may be concerns and this person must not attend until clearance is given
- Do not come racing if you have symptoms of fever, cough, or shortness of breath or if you are in a high-risk group (as set out by HSE guidelines).

#### **The questionnaire will include the following questions:**

1. Did you get a diagnosis of COVID19?
2. Do you think you may have had COVID19 but were not tested?
3. Have you been in contact with someone who got COVID19 in the last 14 days?
4. Do you currently have flu-like symptoms, including fever, cough, or shortness of breath?
5. Do any of your household members currently have flu-like symptoms, including fever, cough, or shortness of breath?
6. Do any of your household members work within a healthcare facility?
7. Have you travelled abroad within the last 14 days?
8. Have any of household members travelled abroad within the last 14 days?
9. Have you suffered any injury whilst in isolation or required hospitalization for treatment of an injury?
10. Did you suffer from any other illness or medical issue whilst in isolation?



**PLEASE NOTE:** Any rider from abroad, including the UK but not Northern Ireland, wishing to ride in Ireland will be required to self-isolate in Ireland for 2 weeks prior to riding at an Irish Racecourse. Please refer to Protocols for International Travel (included separately) and DFA guidelines <https://www.dfa.ie/travel/travel-advice/coronavirus/>

## **PART 2: SCREENING UPON RETURN TO RACING**

- Daily review of all attendees due to attend a meeting via a screening questionnaire
- All attendees will be required to complete health screening by no later than 6pm the day before the next meeting they are due to attend
- Only those with pre-clearance will be allowed access to the race meeting

The screening questionnaire will include the following questions:

1. In the last 24hours have you any symptoms of fever, cough, or shortness of breath?
2. Have you or any member of your household had contact with a confirmed case or probable case of Covid-19 in the last 14 days?
3. Have you or a member of your household travelled abroad in the last 14 days?

- Anyone wishing to attend a race meeting who had previously been approved are obliged to report any feeling of being unwell or any new contact with a known case of COVID19 to the Covid 19 Compliance Officer and not attend a race meeting
- Continued entry to the Racecourse will be based upon clearance given by IHRA in advance based on completion of above

All the above measures will be completed on every attendee to an Irish Horse race meeting prior to admission being granted.



## **Protocols for Attendees to Gain Entry to a Race Meeting**

### **Who can attend?**

- IHRA Officials/employees working at the race meeting
- IHRA Stewards working at the race meeting
- Ambulance Provider (as required to service the race meeting)
- Racecourse Vets
- Commentator
- Jockeys riding in the race meeting
- Trainers with a horse running at the fixture may attend. Should the Trainer be unable to attend the fixture they may send one Authorised Representative in their place
- One groom per horse running on the day
- Farrier working at the race meeting
- Journalists/Photographers with prior approved accreditation through the IHRA office
- Other racecourse service providers
- Bookmakers & Bookmakers Clerks
- Additional IHRA Members

### **Before you come racing the first time:**

- EVERYONE must register for Health Screening (details will be issued separately) and complete the baseline questionnaire by 6pm two days before your first meeting

### **Before you attend your next race meeting:**

- EVERYONE must complete a screening questionnaire by no later than 6pm the day before their next race meeting
- This must be completed EVERY TIME you come racing, even if that means completing the questionnaire every day
- If you have not completed it before racing the next day you will not be granted entry, no exceptions
- It is imperative that you are truthful with your answers



### **Upon arrival at the race meeting:**

- Go immediately to the Health Screening Check-In Area
- Three stages:
  1. Name checked from list of preauthorised attendees.
  2. Proof of completion of pre-race day Health Screening Questionnaire
- You need to pass all three stages to gain entry
  1. If your name is not on the list - No Entry
  2. If you have no proof of completing the questionnaire - No Entry.
- Please see Protocols for Health Screening Check-In at Racecourses for full details

This process has been developed to ensure the safety of everyone attending a race meeting behind closed doors. It is imperative that you follow the instructions given to you.

No exceptions will be made, even for those who will be attending racing every day - your pre-race day Health Screening questionnaire is only valid for 24 hours.



## **Protocols for Health Screening Check-In at Racecourses**

### **INSTRUCTIONS FOR OPERATORS**

#### **Set Up**

- There must be one specific entrance and exit, consideration needs to be given to allow one person leave before another enters, where that person is returning to their car or the paddock. This should be controlled by the operators
- Confirm attendee is on the checklist, and has completed the pre-screening health check before proceeding to check your temperature – Covid-19 Compliance Officer to observe
- Collect IHRA Radio for communication with Officials during the day

#### **Step 1**

- Social distance markers to be placed on ground leading up to the entrance (to be put in place by racecourse)
- Attendees to enter one at a time in line with social distancing
- Markers in front of each table to advise attendee to stand behind this line
- Attendee to confirm with operator that they are on the checklist (form of ID required) and proof of the completed pre-Health Screening questionnaire.
- Operators and attendee to be always at least 2m apart
- If both checklist and Health Screening are successful, attendee progresses to step 2.

#### **Step 2**

- Attendee to progress through the temperature screening system
- Operator will monitor and record attendees for temperature reading
- If temperature normal, attendee is granted access
- Wrist band placed on table for attendee to pick up and place on arm themselves - (wristbands will be colour coded based on areas of permitted access)
- Attendee to enter racecourse via the Health Screening Check-In Area or through one of the other of two designated gates as advised (gate to drive vehicle into enclosure or paddock)



## **General Requirements**

- Barrier system set up to allow one-way flow of traffic through the stations (barrier system to provide by racecourse)
- Room temperature must be kept at a constant level (preferably no heating)
- Social distance markers to be in place on ground outside the Health Screening Check-In Area and on the floor inside
- Doors and windows to be open where possible to improve ventilation
- Hand sanitiser to be available at entrance to Health Screening Check-In Area for all to use upon arrival
- Gloves to be worn by Operators along with regular hand washing and regular changing of gloves
- Face masks/shields to be worn by Operators

## **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 provider to ensure all their members are informed of Health Screening procedures, particularly those who are not licensed by the IHRA
- See procedures below regarding management of failed Health Screening
- IHRA Security Team will be available to assist with any attendee not on the checklist
- Any attempts to bypass the system must be reported to IHRA Head of Security. Disciplinary action will be taken in line with the Acting Stewards of the IHRA on the day
- You will have the support of the Covid-19 Compliance Officer at each meeting
- You will have the support of the IHRA Medical Officer, either at the race meeting or remotely via mobile phone

### **Checklist:**

- IHRA staff, Jockeys, Trainers and grooms to show identification for admission - please place the ID on the table for the operator to compare to the checklist provided by the IHRA office prior to the race day to prevent cross contamination



- IHRA to provide each racecourse with list of approved Journalists/Photographers, Broadcasting staff, Veterinary Staff & Medical Team permitted to attend (racecourse to print list and give to operator in Health Screening Check-in Building)

### **Health Screening Checklist:**

- All attendees will have been advised to register and complete the Health Screening Questionnaire by no later than 6pm two days before they expect to attend their first race meeting and by no later than 6pm the day before their next race meeting
- The operator will be provided with a list of confirmed attendees.

## **INSTRUCTIONS FOR ATTENDEES**

### **Introduction**

- Education of all attendees will be carried out by written and verbal instruction prior to resumption of racing
- Health Screening is mandatory for ALL racecourse attendees at EVERY race meeting
- This will be strictly enforced with a zero-tolerance policy
- Three components are required and all three must be completed before entry will be granted:
  1. Proof of ID to compare with pre-determined list
  2. Proof of Pre-Health Screening Questionnaire is completed

There will be no exceptions.

### **Upon Arrival at the Racecourse**

- Identify where the Health Screening Check-In Area is and go there immediately
- Have your proof of Identification in your possession if applicable
- Sanitise your hands before entering the area

### **Step 1**

- Place your form of ID on the first table and your confirmation of your completed Health Screening Questionnaire on the second table and step back behind the designated lines





- Proceed into the Racecourse through the designated entrance
- Return to your car if you are required to bring your car into the paddock

### **General Requirements**

- Always abide by the instructions of the Operators
- Always maintain at least 2m distance from others, including the Operators



## **Protocols for Medical Provision**

### **AMBULANCES AND PERSONNEL**

- Ambulance provision in accordance with usual track requirements
- Order of Malta personnel numbers in accordance with crew requirements per ambulance
- Ambulance crews for track ambulance will consist of two OMAC personnel and one senior paramedic per ambulance
- Ambulances to be disinfected throughout the day as per provider protocols

### **PERSONAL PROTECTIVE EQUIPMENT**

- All personnel travelling in an ambulance during racing are required to wear a standard surgical mask in accordance with HSE HCW guidelines.
- Aprons and gloves should be worn in addition to surgical masks, in anticipation of treating an injured driver
- Fallen drivers who are ambulatory and with no obvious injury shall return as usual in the back of the ambulance
- Treatment of drivers who require management on the course will proceed as follows:
  - All attendees: Surgical mask, apron, and gloves
  - Airway or Cervical Spine management / Oxygen administration: FFP3, goggles/visor and gown

Please note where full PPE is required, another member of the team may be required to briefly control cervical spine and airway while full PPE is donned by the appropriate person, if this is not possible then PPE donning takes priority.

### **ASSESSMENT OF DRIVER POST-FALL**

- If driver sustains minor injuries, the driver may be treated on site
- If using the Ambulance, ensure doors and windows are open where possible and the ambulance is disinfected after use
- If driver sustains major injuries, the medics will call 112 for a HSE ambulance to transport the injured driver to nearest hospital.



## **ISOLATION ROOM**

- An Isolation Room will be identified at each Racecourse and the Ambulance Personnel will be made aware of its location on the day
- All attendees will be pre-screened (please see Protocols for Health Screening) to reduce the likelihood of someone attending with symptoms of Covid-19
- Any attendee who becomes unwell during the day has been asked to return to their car and call their GP
- In the event someone presents to the Medical team with any symptoms suggestive of Covid-19 they should be immediately placed in the Isolation room and assessed with appropriate PPE as per HSE Guidelines

## **OTHER CONSIDERATIONS**

### **General:**

- Always maintain 2m distance from colleagues and participants when possible
- Hand hygiene and cough etiquette remain paramount
- Please do not attend if you are unwell
- Please note there will be no catering available at the Racecourse
- Restrict movements to within your working area
- Use your car as a base either beside the medical room or on the track if inclement weather
- Avoid congregating in the Medical Room

### **Health Screening**

All racecourse attendees will be subject to health screening and symptom monitoring. Temperature checks will be carried out in accordance with Department of Health guidelines.

- Please see Protocols for Health Screening and Protocols for Health Screening Check-In at Racecourses

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



## **Protocols for Disinfection and Hygiene at Racecourses**

### **General:**

- Ventilation: ensure window and doors of all indoor spaces are wedged open
- Hot water must be available in all areas including medical room, veterinary unit, and all toilet facilities for hand washing
- Ensure there are adequate hand towels, soap, and bins throughout the racecourse
- Ensure adequate hand sanitiser is available at the Health Screening Check-In Area and within the paddock
- 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 enclosures 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 Racing:**

A deep clean of all racecourse premises should be performed in advance of a race meeting. 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:**

- Health Screening Check-In Area
- Stewards Room (including any additional Steward Room facilities)
- Photo Finish/Judges Room
- Stewards Box
- Veterinary Units
- Medical Room
- Security Huts in paddock
- Designated Isolation Room
- All toilet facilities



### **Special attention to be given to:**

- Door handles
- Hand-rails – internal and external including staircases
- Barriers
- Hard surfaces including work tops, tables, and chairs
- Light switches
- Tap handles
- Toilets

### **Specific Areas:**

- Stewards Room table and chairs (additional Stewards Room in use at some racecourses)

### **Paddock:**

- Veterinary boxes and unit including worktops, tables, and chairs
- Outside taps

### **Security Office/Huts:**

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

### **During Racing:**

- Disinfection of all the above areas must be undertaken at regular intervals during racing, at a minimum twice during racing
- Disinfection materials to be left in the Veterinary Unit and Medical Room where IHRA staff will disinfect after every contact
- Regular restocking of hand sanitising gel, paper towels, toilet rolls and emptying of bins throughout race day



### **After Racing:**

A deep clean as described above will be required after every race meeting

### **Starting Car:**

Starting car should be power washed with detergent and sprayed with disinfectant before each race meeting and again after racing

### **Covid-19 and disinfection:**

Covid-19 can live on surfaces for up to nine days and can survive in the air for several 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.

### **Method of Application:**

**High touch areas:** Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, 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 exceedingly 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, outside of veterinary boxes, handrails in stands or on stairwells, 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 or battery powered sprayer (both 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 race meeting.

**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.

Example:

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

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

**Battery powered sprayers:** This method of spraying has become extremely 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. 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 Race day Veterinary Operations**

### **INTRODUCTION**

All aspects of race day operations are currently being kept under review by IHRA to develop and document safe procedures. As part of this, the IHRA have drafted this protocol for racehorse casualty management with the IHRA Integrity Welfare Committee and associated veterinary practices involved.

### **DEALING WITH A CASUALTY**

Detailed protocols are in development with the Integrity & Welfare Committee, which will include specific guidance to manage the following higher risk scenarios

- Recumbent horse. Several people are usually needed to move a horse which is unable to rise. Drag mats may be useful to reduce the number of people needed
- Euthanasia. This necessitates close contact between the veterinary surgeon and the handler. Time of procedure to be minimized but this can be challenging, for example on first circuit
- Horse needing several people to assist to load onto ambulance
- Screening of a casualty.

### **WHO NEEDS TO BE INVOLVED?**

- The over-arching principle will be that the minimum number of people needed to manage the casualty safely and effectively should be deployed
- At least one dedicated experienced horse handler is to be available to handle the horse in these critical situations – ideally vehicle based according to track but to be preplanned – part of the detailed protocol being developed
- The veterinary surgeon, track stewards, driver, and horse handler only available at same distance
- The people involved will be documented after the incident if tracing is required





## **MANAGEMENT OF HORSE/STAFF AROUND THE VETERINARY UNIT**

- Working with IHRA Officials to mark out appropriate social distancing markers on the ground at the entrance to Veterinary Units if they are not already in place
- Tape or ground paint marking a boundary at the entrance to the Veterinary Unit
- A further mark 2 m back from this (as in supermarkets at the check-out)
- Warm water, soap, and paper towels next to the sink in the Unit
- Cleaning material for the hard surfaces and a means of applying them
- Door wedge for main door into Veterinary Unit office so that it can be wedged open

## **MINIMIZING INTEGRITY STAFF/TRAINER INTERACTIONS**

- Only necessary examinations to be performed, such as assessing injuries
- No endoscopy service to be performed on track
- Where possible, examinations should be carried out outside
- When carried out in the box, an awareness of social distancing to be maintained as far as possible
- Ideally, an assistant will be provided to work in the yard with the veterinary surgeon to reduce contact between themselves/staff during assessment and treatment of casualties

## **MINIMIZING THE NEED FOR FURTHER HOME VETERINARY SURGEON ATTENDANCE THAT DAY**

- As per usual practice, as much treatment will be given on track as appropriate and reasonably possible in the 'first aid' environment to reduce/avoid the need for a further Veterinary Surgeon visit later the same day
- Communication of what has been done will be via WhatsApp/follow up e mail rather than paper

## **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 IHRA/racecourse policy
- Please use your own car for breaks/refreshments
- Only veterinary surgeons should attend – no students, family, additional people in the vehicle
- If you become unwell while at the races go immediately to your car and call your GP
- Do not attend if you are over 70 years of age or if you are in an at risk group – please visit <https://www2.hse.ie/conditions/coronavirus/at-risk-groups.html>

### **Health Screening:**

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

### **Travel:**

Please refer to Protocols for International Travel

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



## **Protocols for Drivers**

### **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 COVID19
- 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 races go immediately to your car and call your GP
- In addition to general race day safety equipment, all drivers will be required to wear a driver's balaclava under their helmet and a face mask, to cover their mouth while on the track.
- Do not attend if you are over 70 years of age or if you are in an at risk group – please visit <https://www2.hse.ie/conditions/coronavirus/at-risk-groups.html>
- Health screening – please see Protocols for Health Screening and Protocols for Health Screening Check-In at Racecourses

### **Before and after race:**

- Drivers must listen carefully for the call to go to parade which may come over the Public Address
- It is preferred that drivers base themselves from their cars for the day.
- 2m social distancing must always be kept between each person, 5m distancing between horses.
- Stand apart from your trainer in the paddock before the race, 2m distance
- At the start make use of the available space to walk around keeping distance from other horses where possible
- On pulling up walk back in separately keeping your distance from other horses, do not walk alongside another horse discussing the race with your colleague
- Debrief with trainers to be avoided, do this via telephone when racing is over
- Winners enclosure: follow instructions of photographer and keep 2m distance from trainer/ groom
- No celebratory hugs currently



### **Other Requirements:**

- No car-pooling unless it is strictly with a fellow driver with whom you share accommodation
- Entry to the racecourse will be through a designated entrance which will be communicated to you prior to racing
- You will be allowed to park in the enclosures close to the paddock to allow use of your car between races
- No loitering around the paddock or enclosures and no congregating together in groups, 2m distance always everywhere
- Do not arrive early and leave as soon as you have finished
- There will be no catering facilities so please bring your own food and drinks

### **Travel:**

**Please see protocols on International Travel**

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



## **Protocols for Trainers**

### **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
- If you become unwell while at the races go immediately to your car and call your GP
- Do not attend if you are over 70 years of age or if you are in an at risk group – please visit <https://www2.hse.ie/conditions/coronavirus/at-risk-groups.html>
- Trainers with a horse running at the fixture may attend. Should the Trainer be unable to attend the fixture they may send one Authorised Representative in their place
- Where a trainer has more than two runners, no more than two grooms should travel in one vehicle
- Trainers can enter via the Health Screening Check-In Area or via the paddock (after completion of Health Screening Check-In)
- Stable staff must enter the racecourse via the paddock (after completion of Health Screening Check-In)
- Health screening – please see Protocols for Health Screening and Protocols for Health Screening Check-In at Racecourses

### **Before and after a race:**

- Debrief between trainers and Drivers to be avoided, do this via telephone when racing is over
- Winners enclosure: follow instructions of photographer and keep 2m distance from driver/ groom
- No celebratory hugs or hand shaking currently



### **Racecourse Paddock:**

- No Equine Passports will be lodged or physically handled by the IHRA. A web-based system of remote pre-clearance of vaccination status is in operation by the IHRA with markings available digitally to the veterinary team for identification checks
- Trainers and their Staff will be asked to comply with racecourse specific measures to always ensure social distancing including management of spacing on arrival and horse traffic around the yard to warm up/cool down
- Trainers and their Staff will not be permitted to enter the IHRA Security Office or Sampling Unit
- Horses will be microchip scanned as usual on entry using a new E-scanner – Trainers and their Staff are asked to ensure that they are prepared for this to make it as rapid and safe as possible – Staff must not be simultaneously carrying kit or on the phone
- In relation to the Sampling Unit, Trainers/their Staff will be asked to transfer the horse to be sampled to IHRA staff and to remain outside both Unit and stable – the witnessing procedure will be via the E-scanners which will be in operation

### **Other Requirements:**

- Trainers with a horse running at the fixture may attend. Should the Trainer be unable to attend the fixture they may send one Authorised Representative in their place
- Connections are NOT permitted to attend the race meeting
- Trainers can enter via the Health Screening Check-In Area or via the paddock (after completion of Health Screening Check-In)
- Stable staff must enter the racecourse via the paddock (after completion of Health Screening Check-In)
- Trainers driving their own personal cars should park where directed and enter through the Health Screening Check-In Area or via the paddock (after completion of Health Screening Check-In)
- Proof of ID will be required to gain access to the racecourse - please leave the form of ID on the table for the Operator to cross check with the list of attendees to prevent cross contamination
- No loitering around the paddock and no congregating together in groups, 2m distance always everywhere
- Do not arrive excessively early and leave as soon as you have finished
- There will be no catering facilities so please bring your own food and drink and make any staff you are sending to work at the race meeting aware of this point



**Travel:**

Please refer to Protocols for International Travel

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



## **Protocols for Groom's**

### **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
- If you become unwell while at the races go immediately to the vehicle you travelled in and call your GP
- Do not attend if you are over 70 years of age or if you are in an at risk group – please visit <https://www2.hse.ie/conditions/coronavirus/at-risk-groups.html>
- Where a trainer has more than two runners, no more than two people should travel in one vehicle
- Grooms must go to the Health Screening Check-In Area immediately upon arrival to complete health screening and can then enter the racecourse via the paddock
- There will be no catering facilities at the racecourse
- Health screening – please see Protocols for Health Screening and Protocols for Health Screening Check-In at Racecourses

### **Before and after a race:**

- Debrief after the race with Drivers to be avoided
- Winners enclosure: follow instructions of photographer and keep 2m distance from trainer/driver
- No celebratory hugs or hand shaking currently

### **Racecourse Stables Complex:**

- No Equine Passports will be lodged or physically handled by the IHRA. A web-based system of remote pre-clearance of vaccination status is in operation by the IHRA with markings available digitally to the veterinary team for identification checks
- Grooms will be asked to comply with racecourse specific measures to always ensure social distancing including management of spacing on arrival and horse traffic around the paddock to warm up/cool down





- Grooms will not be permitted to enter the IHRA Security Office or Sampling Unit
- Horses will be microchip scanned as usual on entry using a new E-scanner –Grooms are asked to ensure that they are prepared for this to make it as rapid and safe as possible – Staff must not be simultaneously carrying kit or on the phone
- Staff are asked to be aware that when bringing kit in, that horses will be managed as they come in, particularly with young horses/kit on wheels care is needed please.
- Staff are asked to be particularly aware of maintaining social distance at ‘pinch’ points during the day, for example when passing each other on walkways to the paddock, when collecting horses’ post-race, etc.
- In relation to the Sampling Unit, Trainers/their Staff will be asked to transfer the horse to be sampled to IHRA staff and to remain outside both Unit and stable – the witnessing procedure will be via the E-scanners which will be in operation
- The patience and cooperation of staff is requested as everyone endeavours to work together in a safe working environment

### **Other Requirements:**

- Grooms must enter the racecourse via the paddock (following completion of Health Screening)
- Proof of ID will be required to gain access to the racecourse - please leave the form of ID on the table for the Operator to cross check with the list of attendees in order to prevent cross contamination.
- No loitering around the paddock and no congregating together in groups, 2m distance always everywhere.
- Do not arrive excessively early and leave as soon as you have finished
- There will be no catering facilities so please bring your own food and drink

### **Travel:**

Please refer to Protocols for International Travel

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



## **Protocols for Press/Photographers**

### **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
- If you become unwell while at the races go immediately to your car and call your GP
- Do not attend if you are over 70 years of age or if you are in an at risk group – please visit <https://www2.hse.ie/conditions/coronavirus/at-risk-groups.html>
- Health screening – please see Protocols for Health Screening and Protocols for Health Screening Check-In at Racecourses
- Prior press accreditation is required for journalists and photographers to attend race meetings
- Only the minimum number of press and photographers needed to adequately cover racing fixtures in the initial phase will be permitted to attend.
- IHRA will send each racecourse a list of Journalists/Photographers which have obtained approved accreditation through IHRA prior to each race meeting. A copy of this list will also be provided to the Health Screening Check-In Area of the racecourse.
- To obtain prior approved accreditation, please contact IHRA office.

### **Photographs/Interviews:**

- It is mandatory that you always maintain social distancing (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 currently



### **Other Requirements:**

- You will always require a form of ID to gain access to the racecourse - please leave the form of ID on the table for the Operator to scan to prevent cross contamination
- Journalists/Photographers should present at the Health Screening Check-In Building upon arrival at the racecourse where approved names will be on the media list
- You should leave the racecourse when your presence is no longer required or necessary
- No loitering around the paddock and no congregating together in groups, 2m distance always everywhere
- There will be no catering facilities so please bring your own food and drinks

### **Travel:**

Please see protocols for International Travel.

### **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 Medical Officer. Please see Health screening protocol for further details.

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



## **Protocols for International Travel**

### **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
- If you become unwell while at the races go immediately to your car and call your GP
- Do not attend if you are over 70 years of age or if you are in an at risk group – please visit <https://www2.hse.ie/conditions/coronavirus/at-risk-groups.html>
- Health screening – please see Protocols for Health Screening and Protocols for Health Screening Check-In at Racecourses

### **Travel:**

Please visit links to Government/Department of Foreign Affairs guidelines regarding travel:

<https://www.gov.ie/en/publication/b4020-travelling-to-ireland-during-the-covid-19-pandemic/>

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

IHRA Protocols for race meetings behind closed doors will comply with quarantine/self-restriction guidelines in line with Government policy.

The following will apply to ALL attendees at a race meeting (except for Drivers travelling on the elite athlete exemption).

### **Pre-departure Covid-19 PCR Test**

All passengers arriving in Ireland (except if your journey originates in Northern Ireland) are required to have a negative/'not detected' result from a pre-departure Covid-19 PCR antigen test carried out no more than 72 hours prior to arrival in Ireland.

You will be asked to show evidence of this negative/'not detected' result before boarding the airplane or ferry from the country you are travelling from and will be denied boarding if you cannot produce such evidence. Once you arrive in Ireland you must provide this evidence to Irish immigration officers. You should retain the written confirmation of your test result for at least 14 days.



#### Quarantine Requirements:

Effective from 4<sup>th</sup> February 2021, a legal requirement to quarantine has been introduced for all passengers arriving in Ireland (except if your journey originates in Northern Ireland) – with extremely limited exceptions.

- A 14-day quarantine period must be undertaken at the address specified on the Passenger Locator form
- Passengers who travel from another country to Ireland, and arrive via Northern Ireland, must also observe the mandatory quarantine regime.
- You may leave your place of residence during quarantine period to take a Covid-19 PCR antigen test no less than 5 days after your arrival.
- The necessary quarantine period may be lifted on receipt of a negative/'not detected' result from a Covid-19 PCR antigen test taken on day 5.

Passengers arriving into Ireland from high risk 'category 2' countries must do the following:

- A 14-day quarantine period must be undertaken at the address specified on the Passenger Locator form.
- Regardless of whether you have a negative/'not detected' Covid-19 PCR antigen test result you must complete the full 14 days of quarantine.

For a full list of Category 2 countries please visit:

<https://www.gov.ie/en/publication/b4020-travelling-to-ireland-during-the-covid-19-pandemic/>

Essential racecourse attendees will be asked to provide evidence of their pre-departure negative/'not detected' Covid-19 PCR antigen test result to the IHRA along with proof of date of arrival to Ireland in the form of flight/ferry tickets. Attendees will also be required to submit a negative/'not detected' Covid-19 PCR antigen test taken on or after day 5 of arrival to the IHRA before being permitted to access the racecourse.

For example: Trainer/Stable staff/Horse Transporter wishing to have a runner at an Irish race meeting will ALL be required to do the following before being granted permission to attend a race meeting:

- Inform the IHRA of the name and dates of person travelling.
- Provide the IHRA with a pre-departure negative/'not detected' Covid-19 PCR antigen test result – this will be their own responsibility and at their own expense.
- Provide evidence of date of arrival to Ireland to commence 14-day period of quarantine (flight/ferry tickets and accommodation details)
- Have a Covid-19 PCR antigen test taken no less than on Day 5 after arrival– this will be their own responsibility.
- Submit a negative/'not detected' Covid-19 PCR antigen test on or after day 5 result to the IHRA.
- The necessary quarantine period may be lifted on receipt of a negative/'not detected' result from a Covid-19 PCR antigen test taken on Day 5.



Please note quarantine in Ireland includes no work and no attendance at a race meeting. Alternatively, trainers from abroad may wish to send their horse to Ireland to be looked after by Irish staff upon agreement.

Irish Trained Runner Abroad:

All passengers arriving in Ireland (except if your journey originates in Northern Ireland) are required to have a negative/'not detected' result from a pre-departure Covid-19 PCR antigen test carried out no more than 72 hours prior to arrival in Ireland.

In addition, all arrivals to Ireland are required to undertake 14 days quarantine.

- Prior to travelling, inform the IHRA of dates of travel including return date to Ireland.
- Quarantine in Ireland for 14 days upon return.
- Have a Covid-19 PCR antigen test taken on Day 5 upon return – this will be their own responsibility (where travelling to/from a category 2 country testing is available through the public health system by contacting your GP)
- Submit a negative/'not detected' Covid-19 PCR antigen test on or after day 5 result to the IHRB.
- The necessary quarantine period may be lifted on receipt of a negative/'not detected' result from a Covid-19 PCR antigen test taken on Day 5.
- Please note quarantine in Ireland includes no work and no attendance at a race meeting.

Passengers undertaking a short journey abroad originating in Ireland, of less than 72 hours duration, may require a Covid-19 PCR antigen test taken in Ireland before departure to comply with the requirement to present a test result on return to Ireland. For specific advice in relation to a short journey abroad, please contact the IHRA in advance of travel.

**For the purposes of horse racing, no attendee is considered exempt from the quarantine periods outlined above.**

### **European Traffic Light System**

Green Region:

- No self-restriction period is necessary once the person travelling has a negative/'not detected' result from a Covid-19 PCR Antigen test carried out no more than 72 hours prior to arrival in Ireland.
- Upon arrival in Ireland, the person who has travelled must adhere to the local public health guidance.
- ALL those who wish to attend a race meeting in Ireland will be required to submit dates of travel and confirmation of a negative/'not detected' Covid-19 PCR test to the IHRA prior to attending a race meeting.

Orange Region:

- No self-restriction period is necessary once the person travelling has a negative/'not detected' result from a Covid-19 PCR Antigen test carried out no more than 72 hours prior to arrival in Ireland.



- Upon arrival in Ireland the person who has travelled must adhere to the local public health guidance.
- ALL those who wish to attend a race meeting in Ireland will be required to submit dates of travel and conformation of a negative/'not detected' Covid-19 PCR test to the IHRB prior to attending a race meeting.

Red/Grey Regions (and all other locations outside of Europe):

Please see separate advice for Category 2 Countries

- Have a negative/'not detected' result from a Covid-19 PCR antigen test carried out no more than 72 hours prior to arrival in Ireland.
- Upon arrival in Ireland the person who has travelled must adhere to the local public health guidance
- Self-restrict in Ireland for 14 days upon return which includes no work, no riding out and no attendance at a race meeting.
- The necessary self-restriction may be lifted on receipt of a negative/'not detected' result from a Covid-19 PCR antigen test taken on Day 5 – this applies to all those travelling from a Red/Grey Region and all other locations outside of Europe.
- This includes persons travelling into Ireland from a Red/Grey Region and all other locations outside of Europe and Irish attendees travelling to and from these regions.
- ALL those who wish to attend a race meeting in Ireland will be required to submit dates of travel and confirmation of a negative/'not detected' Covid-19 PCR test to the IHRA prior to attending a race meeting.

**Passengers undertaking a short journey abroad originating in Ireland, of less than 72 hours duration, may require a Covid-19 PCR antigen test taken in Ireland before departure to comply with the requirement to present a test result on return to Ireland. For specific advice in relation to a short journey abroad please contact the IHRA in advance of travel.**

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/filelibrary/coronavirus/covid-19-public-health-passenger-locator-form.pdf>

Stabling – Please see advice above:

Persons travelling from a Red/Grey (and all other regions outside of Europe) will be required to self-restrict in Ireland for 14 days upon arrival. The necessary period of self-restriction may be lifted on receipt of a negative/'not detected' result from a Covid-19 PCR antigen test taken on Day 5 – this applies to all those travelling to/from a Red or Grey Region and all other locations outside of Europe. Please note they will be unavailable for work riding or care of the horse during this period of self-restriction.

Jockey – Please see advice above:



If you wish to use a jockey currently residing in your own jurisdiction which is in a Red or Grey Region and all other locations outside of Europe, they will need to complete 14 days self-restriction in Ireland. The necessary period of self-restriction may be lifted on receipt of a negative/'not detected' Covid-19 PCR antigen test taken on Day 5 before being allowed to attend a race meeting/racecourse premises. Please note they will be unavailable for work riding or care of the horse during this period of self-restriction. Please refer to Protocols for International Travel for Jockeys (Elite Athlete Exemption).

Connections – Please see advice above:

Any trainer or trainer's representative wishing to attend an Irish Race meeting from a Red or Grey Region and all other locations outside of Europe where they have a runner, will be required to complete 14 days self-restriction in Ireland upon arrival. The necessary period of self-restriction may be lifted on receipt of a negative/'not detected' Covid-19 PCR antigen test taken on Day 5 before being allowed to attend a race meeting/racecourse premises. Should the Trainer be unable to attend the fixture they may send one Authorised Representative. Please note no owners or other connections are permitted.

Other Requirements:

Please refer to other protocols in this document for specific advice at each racecourse paying particular attention to the Protocol for Horse Transporters:

- Protocols for Infection Control
- Protocols for Health Screening and Health Screening Check-In at Racecourses
- Protocols for Jockeys / Protocols for International Travel for Jockeys
- Protocols for Trainers / Protocols for Grooms
- Protocols for Horse Transporters
- Protocols for Press/Photographers

Permission to race will be a discretion of the IHRA Protocols are subject to change based on Government guidance.

Permission to race will be a discretion of the IHRA Protocols are subject to change based on Government guidance.

Irish Based Licence Holders Travelling Abroad to Compete in Group/Graded Races:

Pre-Travel:

- Notification to IHRA as soon as the person is aware of an upcoming entry abroad.
- Daily symptom and temperature monitoring prior to travel to be reported to IHRA.





- A negative/'not detected' Covid-19 PCR antigen test 24-72 hours before the race day (to be arranged through IHRA)
- Details of activities and any countries travelled to in preceding 14 days.
- Knowledge of Racing Protocols in place in the country to which you are travelling.
- The following details to be logged with the IHRA.
  - Name and date of birth
  - Copy of passport
  - Dates of travel (departure and return)
  - Full event details (country, racecourse, race, horse, and date) that licence holder is attending
  - Names of any countries that jockey will visit or transit through during the trip
  - Confirmation that jockey will be travelling solely to and from the venue for racing purposes only
  - Confirmation that the jockey will self-isolate when not attending the racecourse
  - Confirmation of accredited laboratory testing arrangements upon return to Ireland if applicable
  - Self-restriction address upon return to Ireland

#### **Travel arrangements to that Country:**

- Where possible travel to and from a country to be limited to same day • All flight details to be logged with IHRB in advance
- Adherence to all airport and flight protocols is paramount, including use of fast-track facilities and the wearing of face coverings.
- Social distancing to always apply while in airport.

#### **Transfers to and from the Racecourse:**

- Use of a hire car to travel alone to the Racecourse is preferable.
- Use of Taxis service under current Government guidelines for this sector, including wearing of face covering.
- If travelling in a car with another person wear a face covering • Do not use Public transport

#### **Health Screening**

- Pre-travel requirements as above to include a negative/'not detected' Covid-19 PCR antigen test 24-72 hours before the race day.
- Following health screening requirements in line with the racing authority of the country to which you are travelling.
- Racing authority of that country to be informed of travel and protocols of that jurisdiction to be reviewed and understood.

#### **Use of Racecourse Facilities**

- Strict adherence to protocols of the racing authority of the country to which you are travelling.



- Social distancing is always crucial to ensure no close contact with anyone else on the race day, including connections and other jockeys.
- Remain outside for as much time as possible and otherwise remain in your own changing area.
- Face covering to be always worn while on the racecourse and as required by local authority during a race along with good hygiene practices applied.

#### Overnight:

- Aim to return to Ireland on the same day as the race if possible.
- Transfers from Racecourse to Hotel as outlined above.
- Ensure hotel has:
  - Adequate cleaning protocols.
  - Appropriate staff use of PPE,
  - Staff adherence to social distancing,
  - Adequate signage
  - Provision of adequate hand sanitiser stations
  - Regular cleaning of common touch surfaces
- Self-restriction of movements overnight:
  - Remain in hotel at all times
  - No socialising with friends, family, or connections
  - No use of hotel restaurants or bars
  - Do not use hotel gym / spa
- Transfer back to Racecourse or airport the following morning as outlined above Procedure upon return and for the following 14 days.
- On return, movements must be restricted for 14 days other than for sporting activities.
- Covid-19 PCR antigen test must be taken at the earliest opportunity upon return and no later than three days after return, to be arranged through IHRA.
- Subsequent test 7 days later
- Daily symptom check with IHRA
- Daily temperature checks
- Strict adherence to HRI Protocols for race meetings behind closed doors upon return to Irish racecourses
- You must travel to the races alone.
- Continue to wear a face always covering while on the racecourse.
- You will be required to self-restrict your movements outside of racing activities to include:
  - Do not use public transport
  - Limit visitors at your home to close family and the travel group
  - Do not visit others, even if you usually care for them
  - Do not go to the shops or pharmacy unless it is necessary – where possible order your groceries online or have some family or friends drop them off
  - Do not meet face-to-face with older people, anyone with a long-term medical condition or pregnant women



### **Training:**

- Upon receipt of a negative/'not detected' Covid-19 test at Day 7 on return home, a jockey may return to training by riding out
- You may only ride out in one yard for the next 7 days. Do not travel to different yards.
- You must travel to the yard alone and do not share transport with anyone else
- You must always socially distance from your colleagues
- Do not use any of the indoor facilities such as tack room or canteen facilities
- Use your own tack and disinfect thoroughly after use
- A face covering must be worn, except when on horseback
- Leave the premises as soon as you have finished riding out
- Hand washing and cough etiquette remain vitally important
- Stay at home and contact your GP if you feel unwell
- Self-restrict your movements at all other times when not riding out Management of suspected COVID-19 Cases
- Isolation facilities and appropriate PPE are available at all Irish Racecourses should someone become unwell with suspected symptoms of Covid-19
- Any suspected case of Covid-19 upon return will be dealt with in line with HSE and Public Health Guidelines

The IHRA also reserves the right to require further tests as necessary and dictated by the individual circumstances. Any breach in Protocols will be referred to the IHRA Permission to race will be a discretion of the IHRA Protocols are subject to change based on Government guidance.



## **Public Health Passenger Locator Form**

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

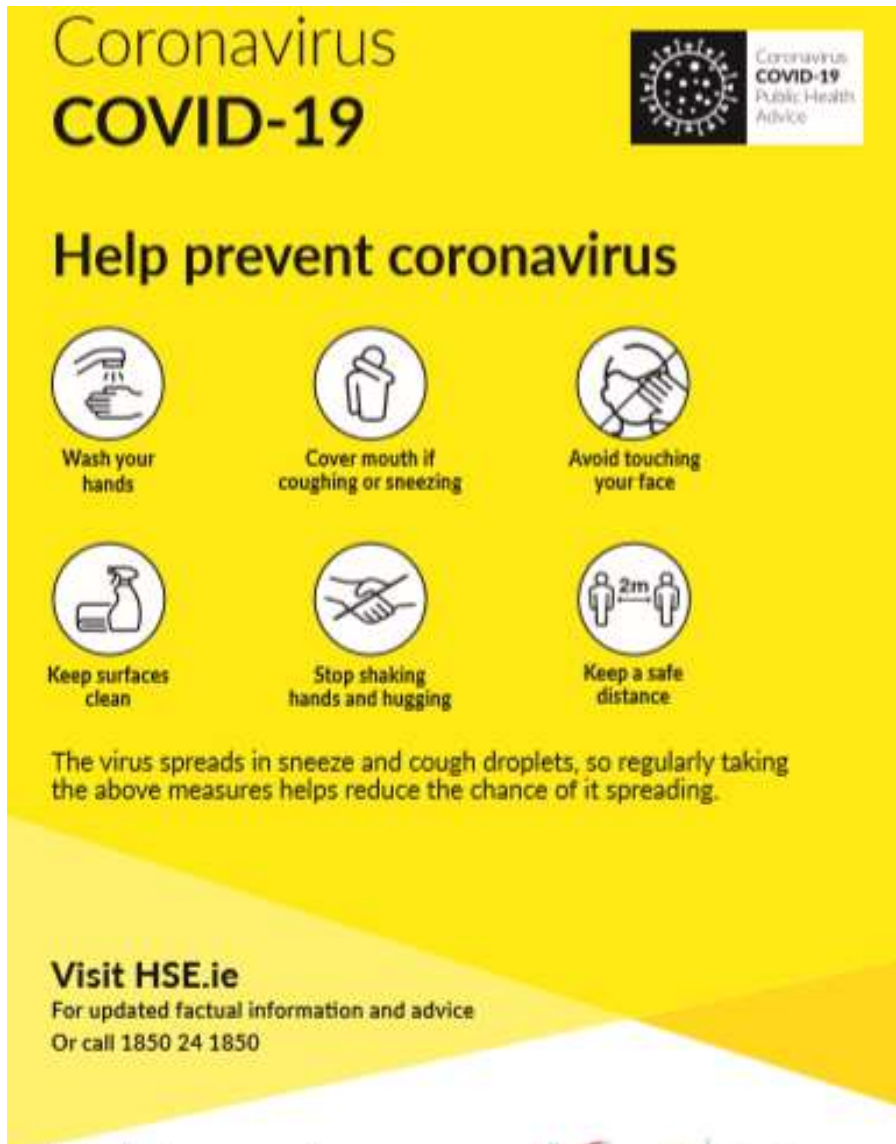
<https://www2.hse.ie/file-library/coronavirus/covid-19-public-health-passenger-locator-form.pdf>

## **COVID-19 Travel Advice**

For travel advice please visit:

- <https://www.gov.ie/en/publication/b4020-travelling-to-ireland-during-the-covid-19-pandemic/>
- <https://www.gov.ie/en/campaigns/75d92-covid-19-travel-advice/>
- <https://www.dfa.ie/travel/travel-advice/coronavirus/>




## Help Prevent 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

## Covid-19 Symptoms

# Coronavirus COVID-19

Coronavirus  
**COVID-19**  
Public Health  
Advice

## 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.

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

- Wash
- Cover
- Avoid
- Clean
- Stop
- Distance

**Protection from coronavirus.  
It's in our hands.**

Rialtas na hÉireann  
Government of Ireland



## **HSE Patient Information Sheet for self-isolation at home**

# Patient information sheet for self-isolation at home

VS 1. 03/04/2020



Coronavirus  
COVID-19

## The information in this leaflet is for people who:

- are self-isolating at home because they have symptoms of Coronavirus (COVID-19)
- are waiting to be tested for Coronavirus
- have been tested and are positive for Coronavirus
- have been tested and are negative for Coronavirus

## What is self-isolation?

We are not testing everyone with symptoms of Coronavirus but this does not mean that you do not have Coronavirus. Even if you have mild symptoms you can still spread Coronavirus to others. **We are asking everyone with symptoms of Coronavirus to self-isolate for 14 days from when they first get symptoms.**

Self-isolation means you stay at home and avoid contact with other people, including those in your household. The advice on self-isolation below will help control the spread of Coronavirus.

## What kind of symptoms could I expect to feel with Coronavirus?

Not everyone who has Coronavirus will have the same symptoms. Four in five people who get it will have mild symptoms. They will recover on their own at home with rest and care.

## Symptoms of Coronavirus

**Very common symptoms** are fever, fatigue, any kind of cough or muscle pain.

**Less common symptoms** are sore throat, mild shortness of breath, runny or blocked nose, or headache.

**Occasional symptoms** are diarrhoea, nausea or vomiting.

### Watch out for signs that you are getting worse:

- If you start to feel very unwell, especially if your breathing changes or becomes difficult, telephone your doctor immediately.
- If you are very short of breath and cannot reach someone, call the emergency services on 112 or 999.



Visit [HSE.ie](https://www.hse.ie) for updated factual information and advice, or call 1850 24 1850



Minister for Health  
Commissioner of Health





**Patient Information sheet for self-isolation at home**

**Keep yourself safe and well while self-isolating at home**

- It is very easy to become anxious and lonely when you have to spend time on your own. But remember, you can always pick up the phone and call a friend! For more information on minding your mental health during the Coronavirus outbreak go to [www.hse.ie](http://www.hse.ie) or [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie). Older people can telephone the charity **Alone** on 0818 222 024 from Monday to Sunday, 8am to 8pm.
- Try and keep active by getting up and moving around as much as possible. If you have your own outdoor space, you can go out to get some fresh air but please keep away from other people, including neighbours. Keep a distance of at least 1 metre (3ft) but where possible 2 metres (6 feet) from other people.
- Eat well and drink plenty of fluids to keep you hydrated.
- Take paracetamol for your fever, muscle aches or headaches.
- Avoid alcohol if you are feeling unwell.
- Do not smoke or vape.
- Make sure you have someone to check in on you regularly to make sure you are well.

**Keeping everyone safe and well while you self-isolate at home**

**1. Stay at home**

- Do not go out except if you have your own outdoor space to get some fresh air.
- Phone family or neighbours and ask for help if you need groceries, other shopping or medications.

**2. Keep away from other people in your home as much as you can**

- Stay in a separate room with a window you can open, if possible.
- If you have to go into the same room with other people at home you should try to keep at least

1 metre (3 ft) and where possible 2 metres away from them. Wash your hands regularly. When you cough or sneeze, cover your mouth and nose with a clean tissue. Put used tissues into the bin. Use the inside of your elbow if you don't have a tissue.

- If you can, use a separate toilet and bathroom to the rest of the people in your home.
- If you don't have your own toilet and bathroom, make sure to keep the toilet and bathroom very clean (see advice below).

**3. Clean your hands**

- Clean your hands regularly. **This is one of the most important things you can do.**
- Try not to touch your face.

**4. Cover your coughs and sneezes**

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Place used tissues into a plastic waste bag (see note below for managing rubbish), and immediately clean your hands with alcohol hand rub or wash your hands with soap and water for at least 20 seconds.



Visit [HSE.ie](http://HSE.ie) for updated factual information and advice, or call 1850 24 1850



Minister for Health  
 Government of Ireland

## Patient Information sheet for self-isolation at home



Coronavirus  
COVID-19

### 5. Do not share things

- Do not share food, dishes, drinking glasses, cups, knives, forks and spoons or other items with other people in your household.
- Wash kitchen items in a dishwasher or with washing up liquid and hot water, after use. If you are not well enough, someone else in the house can do this for you. The person should use household or rubber gloves if available. Wash and dry the gloves after each use. They should wash their hands thoroughly with soap and water after taking off the gloves.
- Do not share towels, bedding or other items with other people in your household (see laundry advice below).
- If you use remote controls or games consoles clean them thoroughly before anyone else in the house uses them.
- If you cough or sneeze on a screen, a phone, or game console, wipe the screen clean immediately.

### 6. Do not have visitors in your home

- Do not invite or allow unnecessary visitors to come into the home.
- If someone urgently needs to come to the house, keep at least 1 metre (3ft) and where possible 2 metres (6.5ft) away from them and advise them that you are not well.

### 7. Toileting and bathing

- If possible use a toilet that no one else is using.
- If that is not possible and you do not have your own toilet or bathroom, clean your hands before entering, after using the toilet and before you leave the room.
- If you have a bath or shower, clean any surfaces you have touched afterwards.
- Do not share your towels with anyone else.

### 8. Household cleaning

- All surfaces, such as counters, table-tops, doorknobs, banisters, bathroom fixtures, toilets and toilet handles, phones, keyboards, tablets, and

bedside tables, should be cleaned every day with a cleaning product.

- Use your usual household products, like detergents and bleach as these are very good at getting rid of the virus. Follow the instructions on the manufacturer's label and check they can be used on the surface you are cleaning.
- Wear household or rubber gloves, if you have them, when cleaning surfaces or handling dirty laundry. Wash and dry them after use. Always wash your hands after you take off the gloves.
- Wash reusable cleaning cloths in a hot wash cycle of a washing machine after use.
- Put disposable gloves and cleaning cloths in a plastic waste bag after using them (see advice about managing rubbish below).

### 9. Laundry

- Wash laundry at the highest temperature that the material can stand.
- Tumble dry items and iron using a hot setting or steam iron.
- If you have household or rubber gloves you can wear them when handling dirty laundry. Hold laundry items away from yourself.
- Wash your hands after handling dirty laundry, whether you used gloves or not.
- Do not send laundry to a laundrette.

### 10. Managing rubbish

- Put all your personal waste including used tissues and all cleaning waste in a plastic rubbish bag.
- Tie the bag when it is almost full, place it into a second bin bag and tie it.
- Once the bag has been tied securely leave it somewhere safe and secure. The bags should be left for kept somewhere safe for three days before putting them out for collection by your waste company.
- You can put your other household waste out for collection without any delay.



Visit [HSE.ie](https://www.hse.ie) for updated factual information and advice, or call 1850 24 1850



Healthcare Ireland  
Government of Ireland





### How long do I have to self-isolate for:

**If you have symptoms but are not going to be tested:**

You can stop self-isolating at home after 14 days since you first developed any symptoms and you have had no temperature for the last 5 days.

**If you had the test and have Coronavirus:**

You can stop self-isolating at home after 14 days since you first developed any symptoms and you have had no temperature for the last 5 days.

**If you had the test and Coronavirus was not detected:**

It is possible that you have another infectious illness, such as flu. To reduce the risk of spreading that infection, continue to self-isolate, wash your hands regularly and sneeze and cough into a tissue until 48 hours have passed since you had symptoms. After 48 hours without symptoms, you can stop self-isolating.

**NOTE:**

Since Friday 27th of March 2020, Government advice is that people should stay at home except within certain limited circumstances. This is to reduce the spread of Coronavirus. Therefore, after you stop self-isolating you should follow the Government's advice.

### What should my household members do?

They should follow the advice provided in the leaflet 'Advice for people who share the same home with someone who has symptoms of Coronavirus.' People in the household need to restrict their movements for 14 days after you started to self-isolate. This means they should stay at home and avoid other people as much as possible.

If your test shows you don't have Coronavirus, they can return to normal activities straight way, following the current Government advice.

### What happens if there are children in the house?

- Do your best to follow this advice however we understand it may not always be possible.
- Children can get Coronavirus but in most cases they don't get very sick.
- If your child develops symptoms, they need to stay home until they have had no temperature for five days and after 14 days since they first developed any symptoms.

### Can my pets get Coronavirus?

- So far we have no strong evidence that pets such as dogs and cats can get Coronavirus.



Visit [HSE.ie](https://www.hse.ie) for updated factual information and advice, or call 1850 24 1850



Health and Education  
Communities of Ireland

# How to Handwash?



0 Wet hands with water.



1 Apply enough soap to cover all hand surfaces.



2 Rub hands palm to palm.



3 Right palm over left dorsum with interlocked fingers and vice versa.



4 Palm to palm with fingers interlaced.



5 Backs of fingers to opposing palms with fingers interlocked.



6 Rotational rubbing of left thumb clasped in right palm and vice versa.



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



8 Rinse hands with water.



9 Dry hands thoroughly with a single use towel.



10 Use towel to turn off faucet.



11 Your hands are now safe.



World Health Organization

Patient Safety

A commitment to your health care

SAVE LIVES  
Clean Your Hands

Visit [HSE.ie](https://www.hse.ie) for updated factual information and advice, or call 1850 24 1850



## Information for “Close Contacts” of a confirmed case of Coronavirus



### 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-19%2003.30.2020.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)

# COVER YOUR COUGH AND SNEEZE THE RIGHT WAY



## DO

Use a tissue and place it immediately in the bin.  
Wash your hands or use a hand sanitiser.



## DO

Cough or sneeze into your upper sleeve.  
Germs won't spread through your clothing.



## DON'T

Cough or sneeze into your hands. You'll end up  
spreading germs to everything you touch.





## DECLARATION BY PERSON ENTERING A TRACK DURING COVID-19 PANDEMIC

Due to the Covid-19 (Coronavirus) pandemic, the IHRA has implemented some initiatives to minimise exposure by limiting attendance at racetracks and meetings.

The following measures are in place at the venue.

- Only licensed participants and essential race day staff will be permitted entry to the venue.
- Other people (non-licensed) will be refused entry
- Social distancing - avoid shaking hands, stay 2 metres away from others
- Good hygiene practices, regularly wash and sanitise your hands

**Select from the list below by placing a ✓ in all applicable boxes:**

**I am...**

- (i) a licenced driver engaged to compete at today's meeting
- (ii) a licenced trainer with runners engaged to compete at today's meeting
- (iii) a registered stable staff of a trainer with runners engaged at today's meeting
- (iv) an essential staff member of IHRA
- (v) an essential race day staff
- (vi) an essential media representative

**Please Circle Y (Yes) or N (No) as appropriate**

**Have you travelled outside your home county in the last 14 days? Y/N**

**If yes, when/where? .....**

**If the answer to any of the following questions is 'Yes', entry to the racing venue will be refused unless a medical clearance can be provided.**

1. Have you travelled outside the island of Ireland in the last 14 days? **Y/N**
2. Do you have any cold or flu like symptoms? **Y/N**  
(such as fever, cough, sore throat, or shortness of breath.)
3. Have you been in contact with anyone who has returned from overseas travel within the last 14 days? **Y/N**
4. Have you had contact with a confirmed case of Covid-19? **Y/N**

I, ..... (print name) declare that the answers I have provided are true and correct and I acknowledge that as a person employed, engaged or participating in the Harness Racing Industry I may be subject to disciplinary action if I have knowingly or recklessly furnished false information to the IHRA, the Stewards or anyone else. I also acknowledge that entry to the racing venue may be refused at any time by security, officials or IHRA Staff.

Signature: ..... Date: /... / 2020 Meeting: ..... Entry Time: .....



## Waiver of Liability

Venue (“Event”): ..... Date: ...../..... / 2020

Due to the current pandemic affecting Ireland and the rest of the world, all participants and officials/workers attending the above race meeting should note the following:

- **COVID-19 is accepted as a risk for ALL attendees.**
- **COVID-19 holds greater risks for the older generation as per HSE Health advice.**
- **All attendees are doing so with the knowledge that COVID-19 is an on-going concern, although all measures are being taken, there are no guarantees and attendance is stringently at own risk.**

As a participant, due to the dangers advised above regarding entry requirements to harness racing venues, I the undersigned (the Participant), understand that attending the Event and participating in or working at the Event, carries with it inherent dangers and/or risks of physical injury, including serious injury such as permanent disability, paralysis and even death. I am voluntarily participating in or working at the Event with knowledge of the potential dangers and/or risks involved, and agree to assume any and all dangers and/or risks of illness, bodily injury or death, whether those dangers and/or risks are known or unknown.

In consideration of being allowed to participate in or work at the Event, I hereby agree to forever release and hold harmless Irish Harness Racing Association CLG (IHRA), their directors, employees, and volunteers in the event of injury or death to me.

**I, the Participant, have carefully read and fully understand this waiver and release and agree to release IHRA CLG from any liability for any illness, injury or other losses I incur, including acts of negligence or omissions to the fullest extent permitted by law. I also acknowledge and agree that I am signing this waiver of my own free will.**

By signing this release and waiver form I:

- (a) expressly state that I have read this document and fully understand and accept its contents.
- (b) warrant that all the information contained in this application is true and correct; and
- (c) acknowledge that the IHRA has relied on the accuracy of this information in allowing me to participate in or work at the Event.

Executed at, ..... on ...../..... /2020

Signature: ..... Name: .....

