

## **Covid-19 Guidelines: Nordic Pole Walking**

**Anyone who meets the following criteria **must not** attend programs at this time:**

- Been in close contact with a confirmed case of coronavirus in the last 14 days.
- Been in close contact with someone awaiting test results.
- Been overseas in the past month.
- Showing any cold or flu-like symptoms (cough, cold, sore throat or fever).
- Even if your symptoms are not related to coronavirus, please refrain from participating until you are fully recovered.

**Volunteer Leaders & Participants:**

- Volunteer leader must check all participants off attendance record.
- Must confirm contact details with Volunteer Leader for tracing purposes.

**Health & Hygiene:**

- All persons must wear a facemask.
- All persons are required to use hand sanitiser before/during/after program.
- Cover your nose & mouth with a tissue when you cough or sneeze, dispose of used tissue immediately and wash/sanitise hands. If no tissue, cough or sneeze into your upper sleeve or elbow.
- Try not to touch your eyes, nose or mouth.
- No physical contact e.g. handshakes, high fives, hugging etc.
- Where possible equipment should not be shared. If unavoidable refer to 'Cleaning Equipment' guidelines.
- Persons must not attend program if unwell. Any person appearing unwell will be requested to go home immediately.

**Social Distancing:**

- Where possible, stay at least 1.5 metres apart from other people.
- No more than 20 people in an outdoor group – as of 1<sup>st</sup> June 2020.

**Cleaning Equipment:**

- Hands are to be sanitised before touching poles.
- Poles must be thoroughly cleaned before & after use – paper towel/spray provided.
- Paper towel is to be disposed of immediately and hands washed/sanitised.

**First Aid:**

- If first aid is required, please remember to use a mask and gloves which have been provided in the first aid kits.
- When performing CPR, you may choose to use hands only CPR, not mouth to mouth to reduce your risk of infection from COVID-19.