



### Club Continuity Plan - 17.5.2020

The intent of this Plan is not to alarm anyone or cause panic. This is a plan in the event of a member being diagnosed with COVID-19 and steps to follow.

In January 2020 the World Health Organization (WHO) declared the outbreak of a new coronavirus disease in Hubei Province, China to be a Public Health Emergency of International Concern. WHO stated there is a high risk of the 2019 coronavirus disease (COVID-19) spreading to other countries around the world. The disease has the potential to drive significant business and operational impact on us as members of Port Pacers Running Club. It is critical that we have a clear plan and lines of communications with you as our members, and third-party entities.

Our guiding principles as we continue to move forward:

1. Keep Port Pacers Running Club members safe
2. Continue to run our sessions to support the physical and mental health of our members
3. Do our part to slow community spread of the virus where there appear to be outbreaks, so that the most vulnerable people are able to get the care they need.

#### How COVID-19 spreads

Let's start with the World Health Organisation's information about the spread of COVID-19.

When someone who has COVID-19 coughs or exhales they release droplets of infected fluid. Most of these droplets fall on nearby surfaces and objects – such as desks, tables or telephones. People could catch COVID-19 by touching contaminated surfaces or objects – and then touching their eyes, nose or mouth. If they are standing within one meter of a person with COVID-19 they can catch it by breathing in droplets coughed out, or exhaled by them.

In other words, COVID-19 spreads in a similar way to flu. Most persons infected with COVID-19 experience mild symptoms and recover. However, some go on to experience more serious illness and may require hospital care. Risk of serious illness rises with age: people over 40 seem to be more vulnerable than those under 40. People with weakened immune systems and people with conditions such as diabetes, heart and lung disease are also more vulnerable to serious illness.

The following checklist is our guidelines in the case that you as a member suspect you may have COVID-19. Or, that a family member has become infected with COVID-19, a household member or anyone you have been in contact with.

What if I suspect I have symptoms of COVID-19?

- It is important that you stay away from our run sessions and activities even if you have only mild symptoms or have had to take simple medications (e.g. paracetamol, ibuprofen) which may mask the symptoms
- We need to take every precaution to not spread a possible case of COVID-19
- If you have symptoms and suspect you may have COVID-19 - see your nearest emergency hospital for testing, or call your local GP as many pathologists are now able to test for COVID-19

What if I am diagnosed with COVID-19?

- Notify the club via the secretary or president.

Secretary – Kylie Brown	secretary@portpacersrunningclub.com	0408880998
President – Jon Binskin	president@portpacersrunningclub.com	0423737917

We will ask you to submit a list of anyone in our club that you have had contact with in the past 14 days. Please notify anyone in your personal life that you have been diagnosed with COVID-19 - anyone you have had contact with should also self-isolate themselves and monitor themselves for symptoms.

- Follow all medical advice to recover from your infection as soon as possible.
- Once cleared from the infection (being given the all-clear from a medical professional) - you are to self-isolate and avoid joining club sessions or activities for a period of 14 days minimum.

What if a Family Member or Household Member is diagnosed with COVID-19?

- You are to self-isolate and avoid joining club sessions or activities for 14 days.
- You should monitor yourself for symptoms for 14 days and take your temperature twice a day
- If you develop even a mild cough or low grade fever (i.e. a temperature of 37.3 C or more) you should stay at home and self-isolate. You should also telephone your healthcare provider or the local public health department, giving them details of your symptoms. You may be asked to go to your nearest hospital to be tested. Do not attend club sessions or activities.

What if I have recently travelled to an area with known cases of COVID-19?

- You must not attend club sessions or activities for 14 days and self-isolate or longer as prescribed
- If you have returned from an area where COVID-19 is spreading you should monitor yourself for symptoms for 14 days and take your temperature twice a day
- If you develop even a mild cough or low grade fever (i.e. a temperature of 37.3 C or more) you should stay at home and self-isolate. This means avoiding close contact (one meter or nearer) with other people, including family members. You should also telephone your healthcare provider or the local public health department, giving them details of their recent travel and symptoms

What if a member is diagnosed with COVID-19?

- The committee will advise NSW Health immediately and seek advice for members.
- The club runs will be closed for a minimum of 14 days or as prescribed by NSW Health, Office of Sport, Athletics NSW and Port Macquarie Hastings Council.

In the case of the running club closing temporarily, we are fortunate to have all the technology to create virtual running events for healthy members.