



Covid-19 Plan

The covid-19 pandemic situation is constantly changing and Pistol NZ needs to be appraised of these changes and make calls accordingly. Currently NZ is in Phase 1 – Stamp it out phase.

Phase	National decisions	PNZ guidelines
Phase 1 – National Stamp it out phase	<p>Announced 16 March 2020</p> <ul style="list-style-type: none"> -no gatherings of greater than 500 people -social distancing- 1.5m apart -frequent hand washing -use of hand sanitiser -all entrants to NZ have a mandatory 14 day isolation period -no handshakes, hongis or hugs 	<ul style="list-style-type: none"> -events may continue -ensure that participants are 1.5m apart (social distancing) when competing -all participants and helpers/assistants and visitors must be recorded with a contact phone number/email. This must be sent to the XO within 24 hours of the event concluding (in the event that a case is reported the Ministry of Health MoH will use this to contact people). Please place a sheet of paper next to the sign in book with two columns (name-must be legible, and phone number). If you are asked you can state that this is due to Covid-19 and will only be used by the MoH if required. All people on the site must sign this sheet of paper. -metal surfaces that have frequent contact (door handles etc) must be wiped throughout the day with alcohol based wipes, the cleaner needs to remain on the surface for a minimum of 10 seconds to be effective -Ensure that all participants know prior to event ‘any signs of illness participants must remain at home (entry fees will be returned, other costs are the responsibility of the participant)’ -match organiser has the discretion to request that any participant leave the competition if ill-health is suspected -toilets must contain plentiful supplies of soap and water -following events venues must be thoroughly cleaned (see guidelines from MoH below)

Please note: there is another announcement expected from the Prime Minister on the 19th March with new guidelines/requirements around numbers that may attend an event. This will supersede the numbers above.

Should an entry (with an entry fee) be postponed/cancelled entry fees must be refunded.

The following information is from the Ministry of health website... (as at 18 March 2020)

What are the signs and symptoms of COVID-19?

Symptoms of COVID-19 are similar to a range of other illnesses such as influenza and do not necessarily mean that you have COVID-19. Symptoms include:

- fever
- coughing
- difficulty breathing.

Difficulty breathing is a sign of possible pneumonia and requires immediate medical attention.

If you have these symptoms and have recently been to any country except those listed in the [countries and areas of concern under Category 2](#), or have been in close contact with someone confirmed with COVID-19, please contact Healthline (for free) on [0800 358 5453](#) (or [+64 9 358 5453](#) for international SIMs) or your doctor immediately.

How does COVID-19 spread?

Like the flu, COVID-19 can be transmitted from person to person. The scientific evidence confirms that COVID-19 is spread by droplets. This means that when an infected person coughs, sneezes or talks, they may generate droplets containing the virus. These droplets are too large to stay in the air for long, so they quickly settle on surrounding surfaces.

Droplet-spread diseases can be spread by:

- coughing and sneezing
- close personal contact
- contact with an object or surface with viral particles on it and then touching your mouth, nose or eyes.

That's why it's really important to practice good hygiene, regularly wash and thoroughly dry your hands and practice good cough etiquette.

How do I protect myself and others from COVID-19?

You should always practice good hygiene by:

- covering coughs and sneezes with disposable tissues
- washing hands for at least 20 seconds with water and soap and drying them thoroughly:
 - before eating or handling food
 - after using the toilet
 - after coughing, sneezing, blowing your nose or wiping children's noses
 - after caring for sick people.

People with symptoms of acute respiratory infection should practice good cough etiquette (maintain distance, cover coughs and sneezes with disposable tissues, and wash hands). If you have concerns, you can contact the dedicated COVID-19 Healthline for free on [0800 358 5453](#).

What should I do if I am immune-compromised or have immune-compromised children or whānau?

People with underlying medical conditions, such as a compromised immune system, liver disease, cancer, kidney disease, heart disease and diabetes mellitus, need to take more precautions to protect themselves against all infections, including COVID-19.

While New Zealand currently has very few cases of COVID-19 and no evidence of sustained person-to-person transmission in our communities, we recommend people take the following simple steps to protect yourself and others:

- Avoid close contact with people with cold or flu-like illnesses.
- Cover coughs and sneezes with disposable tissues or clothing.
- Wash hands for at least 20 seconds with water and soap and dry them thoroughly:
 - before eating or handling food
 - after using the toilet
 - after coughing, sneezing, blowing your nose or wiping children's noses
 - after caring for sick people.

Additional measures that you and your whānau and friends can take include:

- If you are immune-compromised, avoid staying with a person who is self-isolating (because they are a close contact of a confirmed case of COVID-19 or have recently travelled to any country except those listed in the [countries and areas of concern under Category 2.](#))
- You should stay at least 2 metres away from people who are unwell, if you are immune-compromised.
- It's also important that everyone helps to protect the safety of immunocompromised people living in our community. For example, if you're unwell, avoid contact with someone who is immune-compromised.
- We recommend checking [safe travel advice](#) about COVID-19 if you plan overseas travel.
- At this time, it wouldn't make sense for someone who is immune-compromised to wear a mask when in public to decrease risk for catching COVID-19. However, if your health care provider advises you to wear a mask when in public areas because you have a particularly vulnerable immune system, follow that advice.
- If you are taking immunosuppressive drugs we advise that you do not stop this medication without first consulting your GP or specialist.

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-health-advice-general-public/covid-19-novel-coronavirus-questions-and-answers>

COVID-19 - Advice for public events and mass gatherings

On 16 March 2020, the Government advised public events or mass gatherings where 500 or more people are together in one place, at one time should be cancelled. Examples include concerts, festivals and sports matches.

This page was last updated 16 March 2020.

Why we are cancelling mass gatherings

New Zealand's priority is slowing the spread of COVID-19. Mass gatherings such as concerts, sporting events and the like pose a high risk for transmission of infectious diseases.

Helping people avoid close contact with others as much as possible, like you would with the seasonal flu, is an effective measure to prevent the spread of COVID-19. These measures are intended to help protect you, your family and all of New Zealand from COVID-19.

Criteria for cancelling events

To slow the spread of COVID-19, gatherings of 500 people or more in close proximity will be cancelled. This includes festivals, fairs, sporting, religious and cultural events. This will be regularly reviewed.

The intent of the measures is to avoid non-essential gatherings which may facilitate the spread of COVID-19.

You should still attend school or work. The Ministry of Education will work with schools and universities to try to mitigate large congregations of people.

Refunds

In the first instance, please contact the event organiser. These measures were announced on the afternoon of Monday 16 March and it's likely event organisers will need some time to determine their process and obligations for any refunds, payment to suppliers etc.

Please be patient as they work through the process to meet any obligations they may have.

Attending public events

The following people should not attend events of any size:

- anyone who is unwell
- anyone arriving in New Zealand from any country except those listed in [Category 2](#), or been in close contact with someone confirmed with COVID-19 in the last 14 days is being asked to [self-isolate](#). Please also register your details with Healthline [0800 358 5453](tel:0800-358-5453) (or +64 9 358 5453 if using an international SIM) if you have not already.

How to minimise the risk of getting sick at an event of any size

The most important thing to do is practice good hygiene. This means:

- covering coughs and sneezes with disposable tissues or coughing/sneezing into your elbow
- disposing of used tissues appropriately in a bin
- washing hands for at least 20 seconds with soap and water and drying them thoroughly, or using hand sanitiser:
 - before eating or handling food
 - after using the toilet
 - after coughing, sneezing, blowing your nose or wiping children's noses
 - after touching public surfaces
- trying to keep 2 metres away from people who are unwell
- limiting alcohol and drug use (as this may affect your ability to adequately follow the advice above).

The measures above are especially important for people who have existing health conditions, such as those with diabetes, renal failure, chronic lung disease or compromised immune systems.

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-information-specific-audiences/covid-19-advice-public-events-and-mass-gatherings>

General cleaning information for COVID-19

This page was last updated 20 February 2020.

This page provides information about cleaning processes to prevent the spread of COVID-19. This can be used by education providers (eg, schools and universities) and accommodation providers (eg, hotels and motels) or in any other public place.

Always wear disposable gloves when cleaning. When finished, place used gloves in a rubbish bin. Wash your hands immediately after handling these items.

Clean your hands

Regardless of whether you wore disposable gloves while cleaning, you should wash your hands regularly. You should wash your hands thoroughly with soap and water for at least 20 seconds, making sure you dry them thoroughly. You can use hand sanitiser (containing at least 60 percent alcohol) if soap and water are not available and if your hands are not visibly dirty. If using hand sanitiser, cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose and mouth with unwashed hands.

Guidance for cleaning personnel

- Wash items such as dishes, drinking glasses, cups and eating utensils in the dishwasher (you should use a commercial cleaner if you have one) or use soap/detergent and water to wash them thoroughly.
- Clean all 'high-touch' surfaces such as desks, counters, table tops, doorknobs, bathroom fixtures, toilets, phones, keyboards and bedside tables every day with antiseptic wipes or disinfectant, including bleach solutions.
- Clean toilets with a separate set of cleaning equipment (disposable cleaning cloths, mops, etc).
- Clean floors with disinfectant or bleach solution, starting from one end of the premises to another (from the exit inwards) every day.
- Wash laundry items such as bedding, towels, tea towels, cushion covers and other fabrics and dry thoroughly outside or with a dryer. Wear disposable gloves while handling soiled items. Wash hands immediately after removing gloves or after handling these items.
- Read and follow directions on the labels of laundry or clothing and detergent. In general, wash and dry laundry and clothing with the warmest temperatures recommended on the label.

You should read all cleaning product labels and follow the recommendations provided on them. Product labels contain instructions for safe and effective use of the cleaning product, including precautions you should take when applying the product, such as wearing gloves or aprons and making sure you have good ventilation (eg, open windows) while you use it.

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-information-specific-audiences/general-cleaning-information-covid-19>

