

Covid-19

Guide for Bowling Clubs

The purpose of this document is to provide interim guidance on preventing the spread of COVID-19 in our Bowling Clubs and to protect our members, volunteers and workers. Reports suggest that older people, particularly those with pre-existing health problems are more likely to get severe illness.

So, it is important that Bowling Clubs are prepared for any escalation of the virus within New Zealand by having processes in place to limit the spread of COVID-19 in their facilities. This information should be read in conjunction with other information available through government health agencies.

Preventing the spread of the Virus

Transmission of COVID-19 is considered to occur primarily through respiratory droplets and secretions. The virus is most likely to spread from person to person through:

- direct contact with a person while they are infectious
- contact with droplets when a person with a confirmed infection coughs or sneezes
- touching objects or surfaces that were contaminated by droplets (like those from a cough or sneeze) from a person with a confirmed infection and then touching your mouth or face.
- If you're feeling unwell stay away from the club and other public areas and consult with your doctor (by phone).

COVID-19 transmission is similar to that of the influenza virus and it is recommended that standard droplet and contact precautions are used when managing a person with suspect COVID-19 infection.

Hand hygiene should be strongly promoted and encouraged, and equipment and facilities should be thoroughly cleaned and wiped down as usual following use.

All Members & Visitors Should Practice Good Hygiene by:

- Covering coughs and sneezes with disposable tissues or elbow
- 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 or blowing your nose
- Reduce face to face contact closer than 1 metre for more than 15 minutes
- Don't shake hands, hug or kiss.

We encourage all Bowling Clubs to have a plan to help reduce the possible spread of the Covid-19 virus within our bowling community.

For Clubs to Consider:

- There is presently no rationale to close or cancel sporting events at the club, but this may change as the situation evolves.
- Anyone with flu-symptoms or feeling unwell should avoid the risk of spreading their infection, whatever that infection may be, by staying at home and recovering.
- For those hosting sporting events, whatever their size, attendees and participants should stay up to date on the government's latest advice on how to avoid catching or spreading the virus, which is here.

- As the situation progresses, we might advise the frail, elderly and those with pre-existing health conditions (to be defined) to stay away from gatherings as part of general advice aimed at minimising unnecessary contact with others
- Club should discourage handshakes, kisses or hugs and encourage verbal greetings only.
- Bowlers should not shake hands before or after the event – a simple “good bowls” statement will suffice.
- Bowlers should not pick up their opponents or teammate bowls.
- Bowlers should wash their hands thoroughly before and after a game
- Clubs should consider providing hand sanitiser products for members and visitors to use, such as at the bar and entering the clubhouse.

There is presently no reason people should stop doing their daily sport and physical activities as they normally would, and we encourage our members to remain as fit and healthy as they can, and bowling is a great option.

What all of us can do to reduce the risk of catching Coronavirus (Covid-19):

- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze. **Catch it, Bin it, Kill it.**
- Put used tissues in the bin straight away.
- Wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available. Refer hand washing guidance.
- Try to avoid close contact with people who are unwell.
- Clean and disinfect frequently touched objects and surfaces.
- Do not touch your eyes, nose or mouth if your hands are not clean.
- If you have been exposed, it may take up to two weeks for symptoms to present. To keep yourself and others safe, you should isolate yourself from other people for 14 day.
- Discourage touching and direct contact with other people in the club.

If you have not been in contact with someone who has been infected with COVID-19, your risk of being infected is very low.

We are asking people to take simple, common-sense steps to avoid close contact with other people as much as possible, like you would with the seasonal flu virus. We know it is a stressful time, but taking these measures will help protect you, your family, and all New Zealand from COVID-19 and other common infectious diseases.

What does self-isolation mean?

Self-isolation means staying away from situations where you could infect other people. This means any situation where you may come in close contact with others (face to face contact closer than 1 metre for more than 15 minutes), such as social gatherings, work, sports clubs, school, child care/pre-school centres, university, polytechnic and other education providers, faith-based gatherings, aged care and health care facilities, sports gatherings, restaurants and all public gatherings.

If you are unsure if you should be self-isolating, or if you do not know where you can go, please contact Healthline for free on 0800 358 5453.

Note: All the above is subject to change and review