

BROOME HORSE RIDERS' CLUB COVID PLAN



Remain at least 1.5 metres from others.

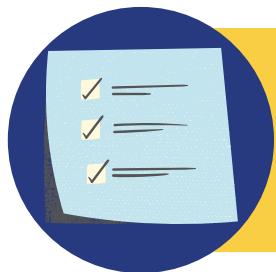
Wash your hands with soap & water for 20 seconds regularly.



If you feel sick, have tested positive for COVID or are awaiting a COVID test result please stay home.

Ask for help! Other agistees are happy to help look after your horse if you are unable to come out to the grounds.

HELP



Have a plan at your yard with instructions, feeding schedule & daily routine. Ask a committee member to print out and/or laminate a schedule for you!

#StopTheSpread

7 Steps to prevent the spread of COVID-19

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose, and mouth
- 03** Cover your mouth when you cough using a tissue or the bend of your elbow
- 04** Avoid crowded places and close contact with anyone who has fever or cough
- 05** Stay home if you feel unwell
- 06** Seek medical care early if you have a fever, coughs, and difficulty breathing—but call first
- 07** Get information from trusted sources

Source: World Health Organization

Contact Us: secretary@bhrc.net.au