

OWNERS – RETURNING TO THE RACECOURSE

We are delighted to see owners returning to courses. Below you will find a step by step guide to returning, along with the BHA's full protocols as well as an extensive Q&A on why the current guidance remains in its present form.

It is encouraging to see so many of you taking the opportunity to go to the races under these protocols and we encourage you to get in contact at info@roa.co.uk with any suggestions as to how racecourses might be able to improve the owner experience.

Step 1:

- Upon entry of your horse a confirmation email will be sent by the racecourse outlining the PASS weblink to register the two nominated names who will be attending the racecourse.
- Please check your spam / junk mail filter in case the email has gone into these areas.

Step 2:

- Once your horse has been declared a further confirmation of declaration email will be sent by the course along with the PASS link <https://www.rcapass.com/>, providing another opportunity to register the two nominated names who will be attending the racecourse.
- This email will be after 2pm on the day of declaration.
- For any PASS queries please contact the PASS helpdesk on 01933 270333 or by email pass@weatherbys.co.uk
- Details on using the PASS system can also be found on our PASScard page: <https://www.roa.co.uk/raceday/pass.html>

Step 3:

- Owners will have until 4pm on the day before the race meeting to nominate the two attendees names
- **Please note badges will not be sent in advance and owners will receive wristbands/badges upon arrival at the racecourse.**

Step 4

Before arrival, owners are asked to:

A) Complete a short online COVID-19 learning module:

- <https://www.roa.co.uk/raceday/covid19/return/elearning.html> (*Appendix 1 below*)
- Please watch the videos, fill in the online form, and confirm that you have understood the information provided
- If you have any problems with the learning, please contact: info@roa.co.uk, or call us on 01183 385680
- You will receive a confirmation email when you have completed the learning, but you are not required to present this on arrival at the racecourse

This only needs to be completed **once** – before your first visit to the racecourse

B) Assess your own health using the personal health assessment questions:

- <https://www.roa.co.uk/raceday/covid19/return/health-questionnaire.html> (*Appendix 2 below*)
- Please do this before each visit to the racecourse, to help minimise the risk for you and other owners

C) Familiarise yourself with the guidance for owners attending a behind closed door race meeting below.

- This is updated regularly and provides important information to help support you in preparing for and attending the racecourse, so please read this short document before each racecourse visit

Step 5:

- Upon arrival at the racecourse owners will be asked a series of health questions and will be required to complete a temperature check.
- You will also need to show photo ID to gain admittance. This could be driving license, passport etc.

Step 6:

- Once admitted owners will have a designated entrance to the racecourse, along with designated areas on course.

APPENDIX 1 – COVID-19 ELEARNING MODULE

How does COVID-19 spread from person to person?

Like any living organism, viruses like to multiply and spread to make sure they'll survive. SARS-CoV-2 spreads from person to person through droplets that an infected person sneezes or coughs out.

These droplets carrying SARS-CoV-2 can enter your body through the mucous membranes (wet parts) of your face – your eyes, nose and mouth – which provide a direct pathway to your throat and lungs. The good news is that it can't get in through other parts of your body like your skin or your hair, but you might be surprised just how easily it can get to the mucous membranes of your face.

First of all, the droplets from someone's cough or sneeze might fall directly into your eyes, nose or mouth if you're close enough to the infected person, letting the virus enter your system straight away. Or, the droplets might fall onto a surface where you then put your hands. If you don't wash your hands, you could move the virus into your eyes, nose or mouth and become infected. The infected person might also get the droplets on their hands if they cough or sneeze into them, and then place them on a surface, where you pick them up.

Direct membrane-to-membrane contact can also spread the virus. This could happen by kissing or by sharing items that go in your mouth, eyes or nose, like cutlery, cups, straws, bottles or cosmetics.

Can COVID-19 spread through the air?

So far, studies show that people are mainly catching COVID-19 through larger respiratory droplets when they are close to an infected person or when these droplets fall on a surface that they then touch, rather than the virus hanging out in the air. The latest advice (9 July 2020) from the World Health Organization confirms that the virus can spread through the air while patients in hospital are having particular types of treatment (known as aerosol-generating procedures). Healthcare workers already know to take extra precautions when these treatments are happening.

Outside of medical settings, there are a small number of studies that suggest the possibility of the virus spreading from an infected person, short distances through the air in poorly-ventilated, indoor, crowded places. On extensive investigation of these clusters, it was found that these still may have occurred by droplets from coughs or sneezes either landing directly on a person or landing on surfaces, particularly where hand hygiene and physical distancing were not maintained.

How can I protect myself from catching COVID-19?

Washing your hands often and properly is the best way to stop yourself from catching COVID-19. Wash your hands with soap and water for at least 20 seconds (or the time it takes to sing *Happy Birthday* twice). Clean your hands often, particularly before you eat and after you go to the toilet. If you don't have access to soap and water, use an alcohol-based hand sanitiser.






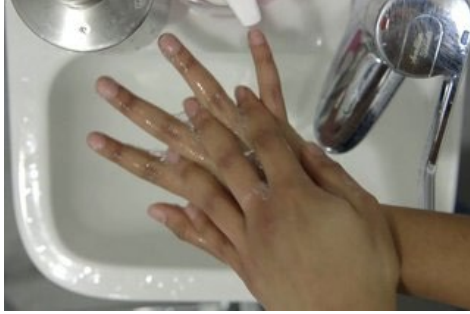




You should also try not to touch your face. This can be harder than it sounds, because we naturally touch our faces often! See if you can pay attention to how often you put your hands on your face, and then gradually try to do it less.

If someone is sick and coughing or sneezing, you should try to stand 1.5 metres away from them, to stop any droplets getting into your system. How far is 1.5 metres? It's about the length of a shopping trolley. Imagine keeping this between you and anyone who seems to be unwell. We have now updated our advice to ask people to practice 'social distancing', which means staying 1.5 metres away from all people.

We're also asking that people who are sick, with any kind of virus, stay at home when they're unwell so they don't cough or sneeze any droplets onto other people or surfaces others might touch.

NHS GUIDANCE ON HOW TO WASH YOUR HANDS

You should wash your hands for the amount of time it takes to sing "Happy Birthday" twice (around 20 seconds):

<p>1. Wet your hands with water.</p> 	<p>2. Apply enough soap to cover your hands</p> 
<p>3. Rub your hands together.</p> 	<p>4. Use one hand to rub the back of the other hand and clean in between the fingers. Do the same with the other hand</p> 
<p>5. Rub your hands together and clean in between your fingers</p> 	<p>6. Rub the back of your fingers against your palms</p> 
<p>7. Rub your thumb using your other hand. Do the same with the other thumb.</p> 	<p>8. Rub the tips of your fingers on the palm of your other hand. Do the same with other hand</p> 

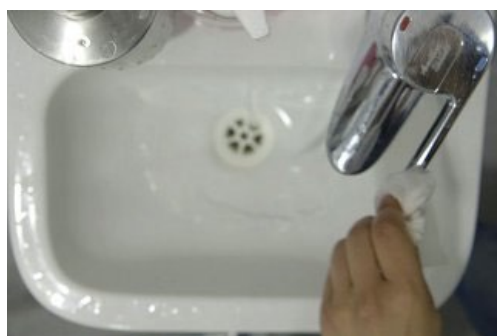
9. Rinse your hands with water



10. Dry your hands completely with a disposable towel.



11. Use the disposable towel to turn off the tap.
If you do not have immediate access to soap and water then use alcohol-based handrub if available.



You should wash your hands:

- after using the toilet or changing a nappy
- before and after handling raw foods like meat and vegetables
- before eating or handling food
- after blowing your nose, sneezing or coughing
- before and after treating a cut or wound
- after touching animals, including pets, their food and after cleaning their cages

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can spread illnesses such as food poisoning, flu or diarrhoea. It can help stop people picking up infections and spreading them to others. It can also help stop spreading infections when you're visiting someone in hospital or another healthcare setting.




BBC GUIDE TO SOCIAL DISTANCING AND SELF ISOLATION

Social distancing means keeping apart from people to restrict the spread of coronavirus. Rules are different in each UK nation.

You should still ideally stay 2m (6ft) apart, but if that's not possible, you can stay 1m (3ft) apart with extra precautions such as face coverings and not sitting face-to-face.

In Scotland the exemptions to the 2m rule are only in some premises such as pubs and restaurants, and face coverings are compulsory in shops.

Rules and guidance on meeting up

	England	Scotland	Wales	Northern Ireland
 How many people outdoors?	Six from different households. No limit if from two households	Up to 15 from up to five households, 2m apart	Any number from two households	Up to 30 outdoors
 At what distance?	1m 'plus'	2m apart (less in some premises)	2m apart (less in some premises)	1m apart
 Indoors	Two households	Eight people from three households	Two households can form one 'extended household'	Up to six people

In Wales, while the 2m rule remains, the guidance is changing to reflect the fact that it is not realistic to stay that far apart in somewhere like a hairdresser's shop.

The only people you do not have to distance yourself from are those you live with and those you have linked to in a **support bubble**.

In England, Scotland and Northern Ireland, single adults living alone - or single parents with children under 18 - can form a bubble with one other household of any size, and visit each other's homes. In Wales, two households of any size can now join up in a similar **"extended household"**.

Also, in Scotland, children aged 11 or under no longer have to socially distance with others outside.

Who can I meet outside?

Outdoors in England, up to 30 people from two households can meet, or a maximum of six people can meet from multiple households. People from different households must maintain social distancing throughout.

People who are **clinically vulnerable and are "shielding"** can now gather in groups of up to six people outdoors, including individuals outside of their household.

- **In Scotland**, up to 15 people from five different households can meet outdoors.
- In Northern Ireland, up to 30 people who are not in the same household can meet outdoors.
- In Wales, **any number of people from two different households can now meet** outdoors.

How do I safely host guests in my home?

- In England, two households up to a maximum of 30 people can meet indoors and overnight stays are allowed.
- In Scotland, **up to eight people** from three different households can meet indoors while social distancing. In Northern Ireland, **groups of up to six people** not in the same household can meet indoors.
- In Wales, indoor meetings are still not allowed, but with indoor bars and restaurants due to reopen in August that will presumably be relaxed.

The guidance encourages people to keep windows and doors open for ventilation.

If you have guests coming for a meal, put crockery and cutlery in a dishwasher or hot soapy water (and then rinse in cold water) immediately after use.

Experts recommend the following:

- Wash hands before and after preparing food, eating and washing up
- Put food straight on plates and don't use large serving bowls
- Avoid serving cold food which needs "handling" before and during meals, like cold meats or salads
- Use detergent or soapy water to regularly wipe down tables and chairs where people put hands, fingers and elbows - then wash the cloth.

What about a socially-distanced meal out?

Pubs, restaurants and cafes have been able to reopen indoors in England and Northern Ireland, as long as they follow safety guidelines.

You should expect to:

- Book ahead
- Give contact details
- Follow a one-way system
- Be offered table service only
- Staff should practise good hand hygiene and social distancing, but they **don't have to wear face coverings**.

What is self-isolation and who should do it?

Self-isolating means staying at home and not leaving it. People who have symptoms of coronavirus should isolate themselves for seven days and arrange **to get tested**. Symptoms include:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell

Other members of their household should isolate for 14 days and not leave their homes.

If you test positive you will be **contacted by contact tracers**, who will establish who else you might have passed on the infection to.

Anybody they deem to be at risk will have to isolate themselves for 14 days from the point of contact. In England, until recently, those categorised as "**clinically extremely vulnerable**", or "**shielders**" have also been self-isolating, but they can now go outside for exercise and meet up to five other people outdoors while social distancing if they want to. They can also **form a support bubble**.

From 1 August, shielding in England will be "**paused**". The guidance **in Northern Ireland** is similar, but different in **Wales** and **Scotland**.

GOVERNMENT ADVICE:

The advice for everyone is to follow this guidance.

1. The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough or a high temperature or a loss of, or change in, normal sense of taste or smell (anosmia).
2. If you develop these symptoms, however mild, or you have received a positive coronavirus (COVID-19) test result, then you should immediately self-isolate stay at home for at least 7 days from when your symptoms started. If you live with others, all other household members who remain well must stay at home and not leave the house for 14 days. See the [stay at home guidance](#) and this [explanatory diagram](#) for further information.
3. You do not need to call NHS 111 to go into self-isolation. If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the [NHS 111](#) online service. If you do not have internet access, you should call NHS 111. For a medical emergency dial 999
4. If you have any symptoms of coronavirus (COVID-19), you should arrange a test by visiting [NHS.UK](#), or contact 119 via telephone if you do not have internet access.
5. Wash your hands more often than usual, for 20 seconds using soap and water or hand sanitiser, particularly after coughing, sneezing and blowing your nose, before you eat or handle food, or when you get to work or arrive home
6. Cover your mouth and nose with disposable tissues when you cough or sneeze. If you do not have a tissue, sneeze into the crook of your elbow, not into your hand. Dispose of tissues into a disposable rubbish bag and immediately wash your hands with soap and water for 20 seconds or use hand sanitiser.
7. If you can, wear a face covering in enclosed public spaces where social distancing isn't possible and where you will come into contact with people you do not normally meet. Social distancing, hand washing and covering coughs and sneezes, remain the most important measures to prevent the spread of coronavirus (COVID-19). Face coverings do not replace these. See the [staying safe outside your home guidance](#), and you can find guidance on [how to wear and make a cloth face covering](#).
8. Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.

At the current time and based on our understanding of what is known so far, COVID-19 can make anyone seriously ill, but for some people the risk is higher. You can find more information on higher risk groups on [NHS.UK](#). As more information emerges, recommendations may change.

COVID-19 EARNING MODULE

CONFIRMATION

As registered individuals, owners should also ensure they have read and understood:

- the BHA's specific COVID-19 requirements that sit within the Rules of Racing :

COVID-19 Requirements

The BHA requires all individuals wishing to gain admission to a racecourse to complete the online education and questionnaire prior to the fixture. All attendees at the racecourse must also pass the on-site screening protocols. If anyone is found or otherwise reported to have deliberately provided incorrect information or failed to provide relevant information they will be refused access to or will be removed from the racecourse and will be reported to the BHA for a breach of Rule (J) 24 of the Rules of Racing for misleading BHA Officials. All attendees permitted to enter the Racecourse must also comply with the following requirements until further notice:

- 1) Comply with all current Government requirements and the Racecourse Terms of Condition and Entry.
- 2) Comply with all instructions and directions given by the BHA and Racecourse Social Distancing Officers.
- 3) Observe all social distancing protocols and directions unless not reasonably practicable as part of an attendee's role.
- 4) Assist other attendees on site to follow social distancing advice including hand hygiene and report any deficiencies.
- 5) Where required, wear face coverings or appropriate PPE.
- 6) Maintain personal hygiene including but not limited to washing of hands, use of hand sanitiser, avoiding touching of face, observing cough/tissue etiquette.
- 7) Follow all racecourse signage and obey the instructions of staff and officials who are enforcing social distancing and other protocols.
- 8) Avoid areas of the racecourse unrelated to your role.
- 9) Leave immediately after your last race, or when you have completed your duties.

Owners permitted to enter must also remain within the Owner Zone and not enter or attempt to enter any other part of the Racecourse. All other attendees, with the exception of essential racecourse staff, must not enter or attempt to enter the Owner Zone unless express permission is provided by the Racecourse or BHA in advance and no other alternative is available. Any breach of these requirements will be reported to the Stewards who can impose a caution, a fine or refer the matter to the BHA for consideration of disqualification, suspension or exclusion. In addition, the Racecourse Managing Executive can remove attendees from the racecourse. If an attendee is removed, they will be referred to the BHA and not permitted to enter any racecourse for a minimum of 7 days. This document will be continuously updated in accordance with current Government guidance. All attendees should review this document each time they attend the racecourse. 3 July 2020

- the guidelines for owners attending behind closed door race meetings,
- before each visit to the racecourse, owners and guests should self-assess themselves using the Personal Health Assessment (Appendix 2)

Forename *	
Surname *	
Postcode *	

I confirm that I have read and understood the online learning documentation*

Signed _____

APPENDIX 2

PERSONAL HEALTH ASSESSMENT

Unlike participants and raceday workers, owners will not be required to complete a mandatory health screening questionnaire prior to attending the racecourse. This reflects the fact that owners will be on course for a shorter period, they will not interact with other raceday attendees, and are more able to maintain social distancing at all times.

However, to minimise risk for yourself and other owners, we ask that all owners assess their own health ahead of attending every fixture. To do this, owners should ask themselves five questions:

1. Are you in a vulnerable person category, as [defined by NHS guidance](#)?

If yes, please consider carefully whether you should attend a race-meeting. If you need further advice, please contact your GP.

2. Do you have a fever, cough, and/or a loss of sense of smell or taste? These are symptoms of Covid-19 infection.

If yes, you cannot attend a racecourse until you have contacted NHS 111 and completed any testing or quarantine period.

3. Have you been contacted by NHS Test and Treat within the last 7 days and advised to self-isolate?

If yes, you cannot attend a racecourse.

4. Have you travelled from a country not on the [UK Government exempt list](#) in the last 14 days?

If yes, you cannot attend a racecourse until you have completed 14 days quarantine from the date of your return to the UK unless you are [exempt from border rules in the UK](#).

5. In the past 7 days have you had contact with any laboratory-confirmed Covid-19 patients when you were NOT wearing the appropriate PPE or in the past 14 days has any member of your household had symptoms of Covid-19?

If yes, you cannot attend a racecourse until you have contacted NHS 111 and completed any testing or quarantine period.

Owners are not required to submit their responses but must answer the questions truthfully and stay away from all racecourses if required.