

## COVID-19 Holiday Protocols

This information sheet focuses on precautions we must all take when participating in a Ramblers holiday. All of us need to make our own decisions on whether we wish to take part in a holiday [as a walker, leader or organiser]. A key source of information that we strongly advise everyone to consult when making these decisions is the comprehensive NSW Health Coronavirus webpage: <https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>. If your holiday is in another State or Territory you should consult the relevant State/Territory Health Authority.

**NOTE:** This information should be read in conjunction with WEA Ramblers Sydney Walk Protocols which set out the precautions [incl social distancing, personal hygiene and contact tracing] that apply to all **walks** offered on the holiday.

### Protecting fellow Ramblers

#### Do not join the holiday if you:

- are required to self-isolate (e.g. due to travel or known exposure to COVID-19)
- suspect you are infected or are awaiting test results
- have any flu-like symptoms (fever, cough, shortness of breath, chills, body aches, sore throat, headache or runny nose)
- are a vulnerable person. (Keep up-to-date with NSW Health information on who is vulnerable. If unsure, seek your doctor's advice).

#### Do not remain on the holiday if you:

- develop any flu-like symptoms (fever, cough, shortness of breath, chills, body aches, sore throat, headache or runny nose); inform your Ramblers holiday organiser immediately
- are newly required to get tested and self-isolate (e.g. because a site/area you have visited recently has been identified by NSW Health as a COVID-19 location); inform your Ramblers holiday organiser immediately.

#### Be prepared for changes

- organisers/leaders may need to cancel a holiday/walk at short notice if they are unwell and can find nobody to replace them. Please support them in putting their health, and that of fellow Ramblers, first
- holidays might be curtailed or suspended if government directives are altered, eg new restrictions on interstate and other travel may affect the holiday
- your situation may change during the holiday, e.g. a site/area you have visited recently may be identified by the relevant State/Territory Health authority as a COVID-19 location
- keep up-to-date with the relevant State/Territory Health Authority information before and during the holiday; Government advice and directives on COVID-19 can change unexpectedly.

### Accommodation

- while organisers will usually suggest accommodation options (e.g. a single establishment large enough to accommodate all participants, or a number of establishments in the holiday area), participants can stay elsewhere if they feel it is more suitable to their needs, while still allowing full participation in the holiday
- the NSW Government encourages accommodation businesses to have a COVID-safe plan which includes requirements for cleaning, social distancing, hygiene. For more information visit <https://www.nsw.gov.au/covid-19/covid-safe>. If your holiday is in another State or Territory visit the relevant authority website.
- participants may choose to share accommodation with other participants if they are satisfied they can minimise infection risk by, for example, hand sanitising before entering their shared room, maintaining a physical separation when together in the room.

## Travel

### To/from the holiday location, to/from walks and other activities:

- if you travel by public transport, please observe the NSW Government's social distancing and other precautions including wearing of face masks. For more information visit <https://transportnsw.info/covid-19/covid-19-safer-travel-guidance>. If your holiday is in another State or Territory you should consult the relevant State/Territory Health Authority.
- if you share a car you should generally wear a face mask
- minimise travel times on public transport and shared car trips.

## Meals and gatherings

- while organisers may suggest options for dining out on the holiday, participants need to make their own decision about where they dine
- Government directives and advice apply to restaurants and cafes; for more information visit <https://www.nsw.gov.au/covid-19/covid-safe> If your holiday travel is in another State or Territory visit the relevant Government authority.
- do not share food or drink
- take particular care with personal (and inter-personal) hygiene and social distancing when using shared kitchens and dining areas in holiday accommodation
- observe social distancing and personal hygiene precautions at holiday gatherings (eg walks briefing sessions).

## Social distancing and personal hygiene

### Avoiding physical contact

- Make sure you keep at least 1.5 metres from other people and avoid physical contact of any kind
- Create extra space away from people who are sneezing or coughing
- Wear a mask where mandated or recommended by Government. If your holiday is in another State or Territory you should consult the relevant State/Territory authority.

### Maintaining your hand-washing / sanitising routine

- Wash your hands with soap and water (applying the 20 second rule), or use hand sanitiser with at least 60% alcohol, as often as needed.
- Wash/sanitise your hands after touching public surfaces (such as on trains / buses / trams, using handrails, or toilets)
- Wash/sanitise your hands after sneezing or coughing
- Wash/sanitise your hands before preparing or eating meals, on entering your room, after using common areas in your accommodation.

### Covering every cough & sneeze

- Cover your coughs and sneezes (with your elbow or tissue)
- Dispose of tissues as soon as possible (use a plastic bag until you can dispose of them).

### Avoiding touching your face

- Because our eyes, mouth and nose are vulnerable to being a route for infection, always wash or sanitise your hands before touching your face.

### Not sharing food or drinks

- Do not share food or drink.

## Contact tracing

### Sign in at venues

Please observe Government directives about signing in at hospitality and other venues.

### If you are diagnosed with COVID-19:

- notify the WEA Ramblers Sydney President: [wearamblerssydney1@gmail.com](mailto:wearamblerssydney1@gmail.com) if you are diagnosed during, or within three weeks of participating in, a Ramblers holiday, or if otherwise advised by your doctor.

**COVIDSafe app**

- if you have chosen to put this app on your phone, please use it in public places.

WEA Ramblers Sydney will contact and advise holiday participants if we become aware of potential COVID-19 exposure occurring (or having occurred) during a Ramblers holiday.

