

COVID-19

WHAT YOU NEED TO KNOW

COVID-19 is a respiratory disease caused by a recently discovered coronavirus. It spreads via droplets from the nose or mouth expelled when a person coughs, sneezes or exhales. The viral incubation period, that is time between catching the virus and showing symptoms, range between 1-14 days.

The most common symptoms are fever, tiredness and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea. Some people become infected but don't develop symptoms or become unwell.

From what we know thus far, about four in five people recover without needing special treatment. About one in six become seriously ill and develop difficulty breathing and about 1 in 50 sadly pass away.

The risk of catching COVID-19 from someone with no symptoms is very low, because the virus spreads via droplets expelled by coughing. However, it is possible to catch the disease from someone with very mild symptoms, including a cough.

HOW TO MINIMISE THE SPREAD OF INFECTION

To minimise the risk of spreading the infection, wash your hands thoroughly with an alcohol-based rub or soap and water, cover your mouth and nose when coughing and sneezing, and keep at least a metre away from other people coughing and sneezing.

People who have been overseas, or have been in close contact with someone with COVID-19, should self-isolate for 14 days from the date of departure or close contact. They should also register with Healthline (0800 358 5453).

KORU POLICY

- Any member that have spent time overseas is asked not to come to the club for the 14 days from return date or until medically cleared.
- If a member shows cold symptoms, we ask them to stay at home and visit their local GP or call the Healthline. If a visit to the local GP results in the member being tested for COVID-19 they are asked to contact us if they were at the club recently and should not return to the club until a negative test result is received or they have recovered from the COVID-19 virus.
- We will endeavour to have hand disinfectant at the club
- We have instructed our cleaning people to pay extra attention to door handles and surfaces, and will talk to Interclub captains to ensure that club stays clean
- Racquet bump, instead of shaking hands after a match
- Keep sweat towels in your bag when not using them
- Keep physical distance when instructing students

- Encourage players to use hand sanitiser, especially in group sessions if using shared equipment such as balls, racquets or supplementary lesson aids
- The effectiveness of wearing masks for prevention purposes is minimal, even if worn correctly. A viral face mask would be useful for an infected person to wear; however, such a person should stay at home and contact their family GP.
- COVID-19 – Healthline 0800 3585453
- covering coughs and sneezes with disposable tissues or clothing, or coughing/sneezing into your elbow
- disposing of used tissues appropriately in a bin
- Washing hands with soap and water and drying them thoroughly or using hand sanitiser.