

Bibbulmun Track Foundation Covid-19 Safety Protocols for Events.

COVID-19 is a moving feast as new strains spread through the community and guidelines constantly change. Federal and State regulations will override any guidelines below as they are implemented. The date at the end of this document indicates its currency and it is reviewed as new guidelines come into place.

Refer to <https://www.wa.gov.au/government/covid-19-coronavirus> for updates.

1. Do not attend an event if you are tested positive with COVID-19 until all symptoms have cleared and you have returned a negative PCR or RAT.
2. If you have symptoms (outlined below) you must return a negative PCR or take a RAT and isolate for 24hrs if you have a negative result and take another RAT and have another negative result before attending a walk. If you have a positive RAT result we recommend that you have a PCR test and follow the government guidelines.
3. If you have been deemed a close contact (with or without symptoms) you must isolate for 7 days from the date of contact and return a negative test (PCR or RAT) result at the end of those 7 days.

Typical COVID-19 symptoms (including but not limited to):

- *respiratory symptoms (even if mild), cough, and/or shortness of breath*
- *a fever*
- *sore throat*
- *unexplained itchy eyes*
- *loss of smell or distorted sense of taste*
- *chills/night sweats*
- *fatigue*
- *headache*
- *runny nose or acute blocked nose*
- *unexplained diarrhoea*

Everyone must practice good hygiene to protect against infection and prevent the virus spreading.

- *please practice social distancing as much as possible. This includes while walking, on breaks or at a campsite.*
- *cover your coughs and sneezes with your elbow or a tissue*
- *put used tissues straight into your rubbish bag*
- *use alcohol-based hand sanitisers often, including before and after eating and after going to the toilet*
- *avoid touching your eyes, nose and mouth*
- *avoid sharing food or equipment including trekking poles*
- *not use alcohol-free hand rubs. They have not been shown to be effective against COVID-19.*

Our guides have received extra training to keep you safe and may ask you to follow other safety precautions while you are on your walk.

Enjoy your walk on the Bibbulmun Track!

Updated 17/3/22