

**TOP END DRUM
RUNNERS INC**



SAFETY PLAN

General Information

What is COVID-19

Coronaviruses are a large family of viruses that cause respiratory infections. These can range from the common cold to more serious diseases. COVID-19 is a disease caused by a new form of coronavirus. It was first reported in December 2019 in Wuhan City in China.

Symptoms

Symptoms of COVID-19 can range from mild illness to pneumonia. Some people will recover easily, and others may get very sick very quickly.

People with coronavirus may experience:

- fever
- symptoms such as coughing, a sore throat and fatigue
- shortness of breath

If you are concerned you may have COVID-19:

- use the [symptom checker](#)
- see how to [seek medical attention](#)
- see more about [testing](#)



[healthdirect Coronavirus \(COVID-19\) Symptom Checker](#)

Answer questions about your symptoms to see if you need to seek medical help or get tested. This tool is available online at any time.

If you do not have any symptoms, you should still [protect yourself and others](#).

How it spreads

The virus can spread from person to person through:

- close contact with an infectious person (including in the 48 hours before they had [symptoms](#))
- contact with droplets from an infected person's cough or sneeze
- touching objects or surfaces (like doorknobs or tables) that have droplets from an infected person, and then touching your mouth or face

COVID-19 is a new disease, so there is no existing immunity in our community. This means that COVID-19 could spread widely and quickly.

Protect yourself and others

Everyone must do the following things to slow the spread of COVID-19 and protect those who are most at risk.

See important advice on:

- [good hygiene](#)
- [social distancing](#)
- [public gatherings](#)
- [self-isolation](#)

How to seek medical attention

If you are sick and think you have symptoms of COVID-19, seek medical advice. If you want to talk to someone about your symptoms, call the National Coronavirus Helpline for advice.

National Coronavirus Helpline

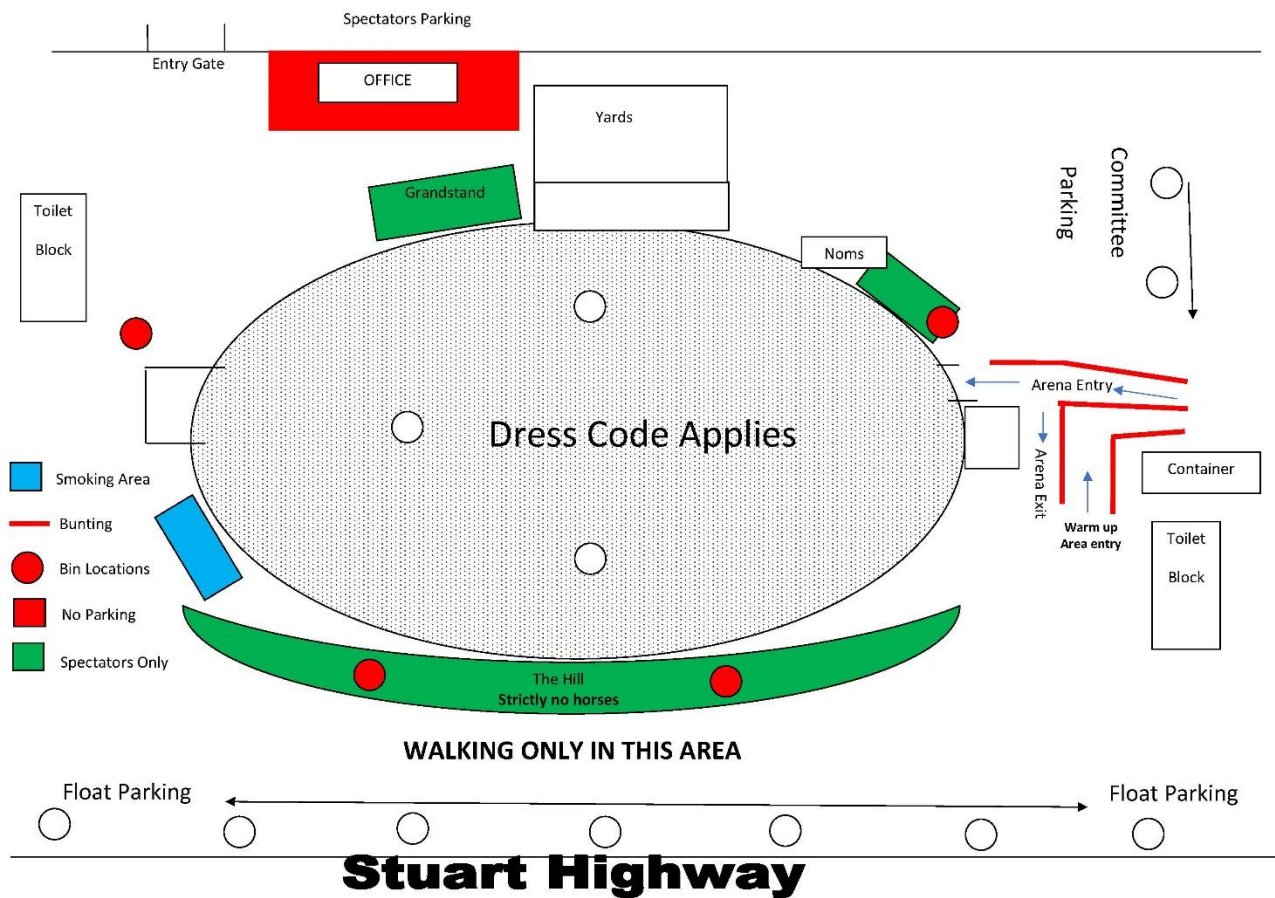
Call this line if you are seeking information on coronavirus. The line operates 24 hours a day, seven days a week.

[1800 020 080](tel:1800020080)

To seek medical help from a doctor or hospital, call ahead of time to book an appointment.

What's new for Top End Drum Runners

Venue Map



- There is 1 entry into the Warm-Up Arena, 1 entry into the Main Arena and 1 exit out of the Main Arena

Physical distancing

- A minimum space of 1.5 metres between you and other people that are not from your household.
- If you need to be facing another person and closer than 1.5 metres apart minimise contact to less than 15 minutes.

Practice Good Hygiene

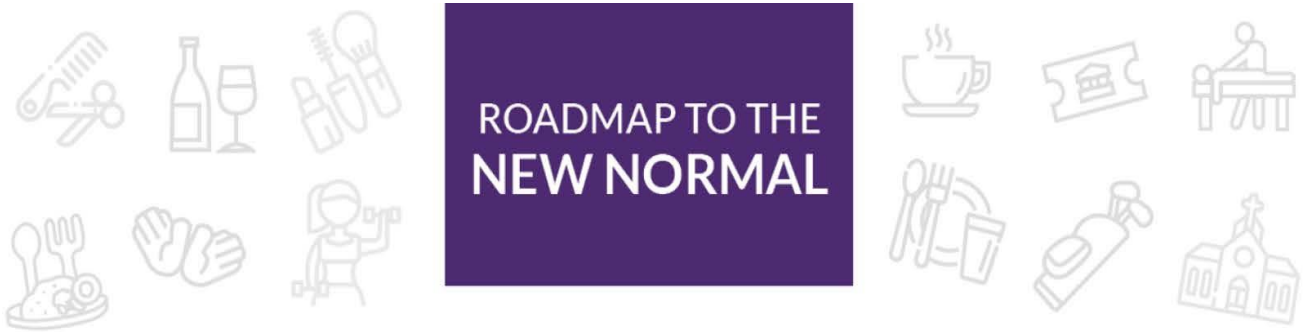
- Avoid touching your face and cough and sneeze into a tissue or into your elbow.
- Hand washing with soap and water for 20 seconds and use hand sanitiser before and after any contact with surfaces that is used by more than one person. Hand soap and sanitiser is provided in the toilets.
- Avoid sharing cups, utensils, and cigarettes.
- Toilets will be cleaned throughout the event.

Compliance

- If found non-compliant you will be asked to leave the grounds
- If you are feeling unwell, please do not attend the event
- Any serious breaches will be reported.

General

- TEDR Website has been updated with information to include:
 - Links to current COVID-19 information
 - Copy of this Safety Plan
 - Copy of the COVID-19 Statement of Commitment
- There is to be no sharing of any equipment (eg. whips, helmets etc)
- There is to be no hand shaking or high fives.
- We encourage you supply your own drinking bottles and water. However, there will be drinks available to purchase.
- If you are sick, please do not attend.
- The handling of money will be by 1 committee member only (collection of payout cash and distribution).
Nominations are completed and paid online.



Statement of Commitment

TOP END DRUM RUNNERS

782 STUART HIGHWAY BERRIMAH 0828

This business has submitted a COVID-19 Safety Plan
and has committed to adhere to:

- ✓ physical distancing measures
- ✓ health and hygiene principles

Reference Number
COVID19-CHK-168

For more information
coronavirus.nt.gov.au  SecureNT



Protect you and your family

wash your hands



Soap and water



Rub hands together



Between fingers



Back of hands
and wrists



Wash off soap



Dry well

for more information visit
www.health.nt.gov.au

Coronavirus
(COVID-19)

KEEPING YOUR DISTANCE.

Help stop the spread of coronavirus by keeping your distance. Remember, don't shake hands or exchange physical greetings. Wherever possible stay 1.5 metres apart and practise good hand hygiene, especially after being in public places.

**TOGETHER WE CAN HELP STOP
THE SPREAD AND STAY HEALTHY.**

Advice regarding **Coronavirus (COVID-19)** will change regularly. Keep up to date. Visit **health.gov.au**



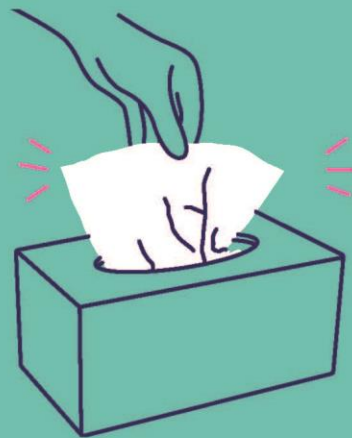
Australian Government

SIMPLE STEPS TO HELP STOP THE SPREAD.

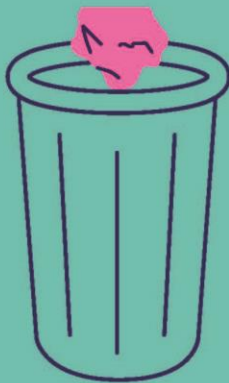
Cough or sneeze into your arm



Use a tissue



Bin the tissue



Wash your hands



HELP STOP THE SPREAD
AND STAY HEALTHY

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

For more information about **Coronavirus (COVID-19)** visit coronavirus.nt.gov.au