

## COVID Safety Guidance 2022

EWS are currently working within the guidance set out by the Scottish Government regarding Covid which suggests a vigilant approach with flexibility and an emphasis on common sense prevailing.

Consideration to the welfare and safety of our riders, staff and fans is always paramount. The following guidance provides advice on steps you can take to help reduce the risk of transmission of COVID-19 to create a safer environment.

- Continue with appropriate protective measures including the use of face coverings to be considered in enclosed areas which are used for a prolonged period of time >15mins
- regular hand washing/use of hand sanitiser
- Utilise outdoor workspaces and well ventilated offices

Below is an updated list of symptoms that are connected with Covid. Please let your Line Manager or the Event Director know if you feel unwell so that we can ensure that you are properly looked after and time off to recover is arranged.

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick