

**MUSCULAR  
DYSTROPHY** **NSW**

YOUR NEUROMUSCULAR SUPPORT COMMUNITY



# COVID SAFE FOR FACE-TO-FACE

Keeping people safe during Covid-19

# COVERED IN THIS TRAINING

- Travelling to camp
- Hand hygiene
- Pre-Camp & Arriving at Camp
- Daily screening
- Close Contacts
- Outbreaks
- Physical distancing
- PPE & Hygiene products
- Self-monitoring
- Outbreak management
- Essential training

If you have any questions about this training, please get in touch with Mitch: [mitch.taylor@mdnsw.org.au](mailto:mitch.taylor@mdnsw.org.au)

# TRAVELLING TO CAMP

Where possible, staff and volunteers will drive to camp.

Those who take **public transport** must:

- Wear a mask\*, as is mandated by NSW Health orders
- Try to maintain 1.5m distance from other passengers
- Avoid touching your face and mask

\***Surgical masks** are recommended:

<https://www.volunteering.com.au/wp-content/uploads/2021/09/DCJ%20-%20Cloth%20Mask%20Alert.PDF>



## **BEFORE CAMP**

**MDNSW will carry out pre-screening of all participants, staff and volunteers**

The **Covid-19 Safe Checklist for Workers & Volunteers** will be emailed **1-2 days** before the activity / event to check-in with everyone to make sure they are well enough to attend.

The checklist will include questions to see if you or a household member have tested positive to Covid-19 in the past 10 days.

**If the answer is yes, let us know ASAP.**

# ON ARRIVAL AT CAMP

- Meet MDNSW Camp staff at the Motel at the Sydney Academy of Sport, Narrabeen
- Everyone will need to take a **Rapid Antigen Test (RAT)** before entering Camp.
- Tests will be supplied by MDNSW.
- Anyone testing positive will need to return home.
- If you are experiencing any flu-like symptoms, you **must not** attend the camp.
- All camp attendees will take another Rapid Antigen Test/s during camp (Day 3).



# AT CAMP

## KEEP YOUR HANDS CLEAN

Hand hygiene is the gold standard for preventing infectious diseases such as Covid-19.

Wash hands:

- After sneezing or coughing
- After going to the toilet
- Before and after assisting campers with meals or personal care
- Before and after cleaning surfaces
- Before and after eating.

Watch these short videos on the correct way to clean hands:

**Hand washing technique** <https://youtu.be/lisgnbMfKvI>

**Hand rub technique** <https://youtu.be/B3eq5fLzAOo>



## AT CAMP Daily Self-screening

- Anyone who identifies any flu-like symptoms during Camp must report to the Camp Registered Nurse.
- Likewise, if your camper / participant experiences any symptoms throughout Camp, please notify MDNSW staff or the Camp RN.

Note: Influenza can impact the health of campers almost as much as Covid-19.

<https://www.health.gov.au/health-alerts/covid-19/symptoms-and-variants>

<https://www.health.gov.au/health-topics/flu-influenza#symptoms>





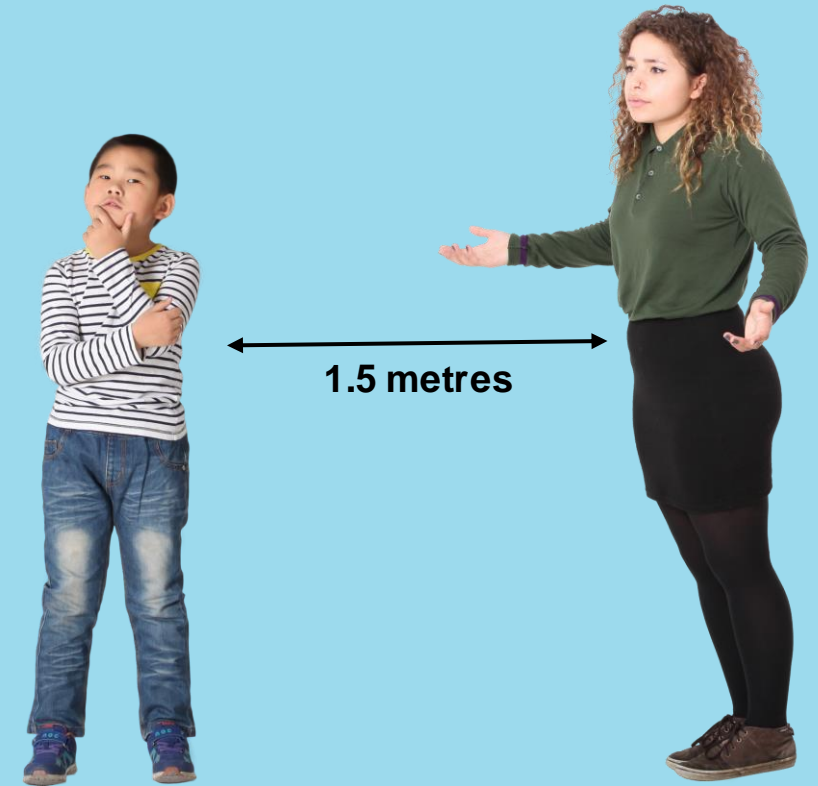
# AT CAMP

## Physical Distancing

Physical / Social Distancing is another key measure for keeping workers and participants safe.

- **Wherever possible**, make sure you maintain a **1.5m** distance from other team members and participants.
- Indoors there should be 1 person per **2 square metres**.
- Follow the capacity limits signs placed in the Camp by the Covid Safety Officers.
- When providing **personal care supports**, **PPE** (personal protective equipment) provided.

Watch this video on **The Importance of Physical Distancing**  
<https://youtu.be/WNuUgjmbj38>



# AT CAMP

## Cough and sneeze etiquette

### Cover it!

- When coughing or sneezing, use a tissue to cover your nose and mouth.
- Dispose of the tissue in the bin afterwards.
- If you don't have a tissue, cough or sneeze into your elbow.

### Wash your hands!

- After coughing, sneezing or blowing your nose, wash your hands with soap and water
- Use alcohol-based hand sanitisers if you do not have access to soap and water

<https://www.health.nsw.gov.au/pandemic/Publications/cough-etiquette.pdf>



# PERSONAL PROTECTIVE EQUIPMENT (PPE)

## MASKS

Even though masks are not mandated, we still require them, in order to help protect our Campers who are at a high risk of infection.

- Surgical masks are to be worn indoors except when eating or drinking or sleeping.
- Masks will be provided and should be replaced throughout the day if they get dirty or damp.
- Let MDNSW staff know if you run out of masks
- Sanitise your hands before retrieving a mask from the box and putting it on
- Remove masks by the ear straps after use and dispose in a bin or in a rubbish bag provided after use.

**Watch this video on How to safely wear a face mask:**

<https://vimeo.com/456378944>



# PERSONAL PROTECTIVE EQUIPMENT (PPE)

## GLOVES

- Use disposable gloves when providing personal care supports like mealtime support, medical administration support or toileting support.
- Sanitise hands **before and after** wearing gloves.
- Remove gloves carefully and dispose in a nearby bin.



Watch this video on donning and doffing disposable gloves: <https://youtu.be/KHR5do-b7zY>

# PERSONAL PROTECTIVE EQUIPMENT (PPE)

## EYE PROTECTION

- MDNSW will provide eye protection (goggles) in the event of an outbreak of Covid-19
- Sanitise hands **before and after** wearing applying goggles.
- Face shields may also be utilised by Camp Nurses or in the event of a Covid-19 Outbreak.



# AT CAMP

## Keeping surfaces clean

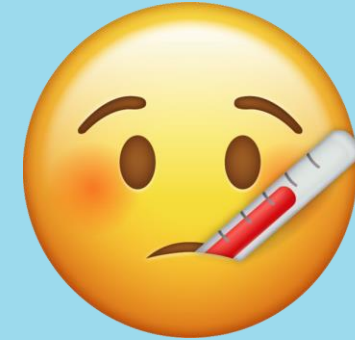
### Anti-bacterial wipes:

- Wipe down surfaces and objects that participants interact with.
- Wipe down toys or sporting equipment after use
- Wipe down high touch surfaces in cabins including keypads, light switches, doorknobs and bathroom taps
- Tabletops and chairs will be cleaned by Centre staff, advise MDNSW Staff if this doesn't appear to be happening.
- Wipe down handles and other high touch areas in the MDNSW Van if it is used to transport participants.
- Discard anti-bacterial wipes in a bin after use.



# AT CAMP

## Self-monitoring



What if I become unwell with flu-like symptoms during camp?

- Ensure you are wearing a face mask
- Isolate yourself from others if you can
- Contact MDNSW staff or Camp Nurse immediately preferably by phone, don't walk around looking for them.
- Take a RAT test – administered by the Camp Nurse.
- If directed by the Camp Nurse to go home, go home by the most direct route:
  - Attend a testing clinic, find one near you here: <https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics>
  - Self-isolate until you receive your test results (usually within 48 hours)
  - Keep MDNSW team updated.

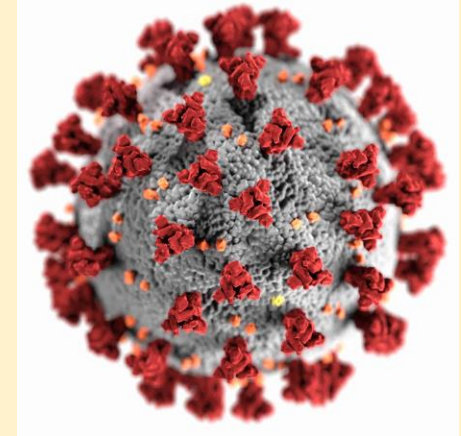
# AT CAMP

## Covid-19 Outbreak management

If a participant, volunteer, staff member or visitor tests positive to Covid-19 during routine testing, or if the person tests positive after experiencing flu-like symptoms.

MDNSW will act quickly to mitigate risk to other participants, staff and volunteers by:

- Enacting the [First 24 Hours Checklist](#)
- Isolating the infected person and those considered close contacts by the current CDNA Guidelines: [CDNA national guidelines for the prevention, control and public health management of COVID-19 outbreaks in residential care facilities in Australia | Australian Government Department of Health](#)
- Evacuate the Camp or weekend and notify parents/guardians of the need to collect their child ASAP, using the [Outbreak Management Procedure for Camps and Weekends](#) located in Camper Folders.



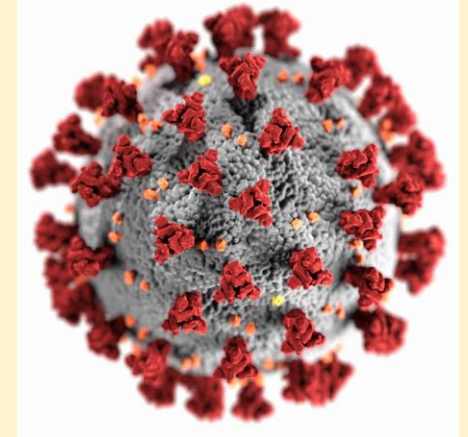


# AFTER CAMP

## Covid-19 Outbreak management

What if I become unwell with flu like symptoms and/or test positive for Covid-19 **AFTER** camp?

- If unwell, take a RAT or PCR test.
- If you test positive and were recently at Camp, notify Camp Manager Mitch or MDNSW staff immediately.
- If you test positive, or experience symptoms of infection within **48 hours after camp**, notify us so that the necessary follow up can occur.



# THANKS!

Thanks for completing this training, which is vital for the safety of everyone at Camp, including you.

Please **scan the QR code**  and submit your details to confirm you have completed this training,

OR **click this link:** <https://forms.office.com/r/yHZWFm8ajF>

If you have any questions about this training, please get in touch with Mitch:

[mitch.taylor@mdnsw.org.au](mailto:mitch.taylor@mdnsw.org.au)

