

16 March 2020

SAEF Executive Committee

Discipline Association Presidents

Provincial Federation Presidents

Dear All

COVID-19 : BANNING OF ALL EVENTS WHERE A 100 OR MORE PEOPLE MAY GATHER.

The announcement regarding South Africa's response to the Covid-19 pandemic, made on 15 March 2020 by the Honorable President Cyril Ramaphosa during his address on National Television, refers.

The SAEF appreciates the amount of work and incredible investment every organiser puts into their event. While the SAEF does not itself organise any events, it is the caretaker of equestrian sport in South Africa. It is therefore that we need as a matter of urgency, to ensure that all South African equestrians are protected from being exposed to the Coronavirus.

In light of the escalating numbers of persons affected by the virus and the restrictions imposed by the President Ramaphosa last night, the SAEF regrettable need to announce the following restrictions within the equestrian environment.

1. **ALL** Equestrian Events with the possibility of a **HUNDRED (100)** or more attendees will be cancelled or postponed to a later date with immediate effect.
2. This status quo will continue until at least the end of the Easter holidays but may also be extended as per the government's further instructions.
3. We would like to caution all disciplines and show holding bodies to be cautious of scheduling big events up to the end of May 2020.

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Vice President: Hannes van Aswegen
Secretary General: Wessel Strauss
Treasurer: Neil Smith
Athletes' Rep: Nicola Sime-Riley

Legal: Adv Johann Raubenheimer
Discipline Associations Rep: Robert Lord
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We would also like to urge all equestrians to take note of the Summary of the President's address:

Government of South Africa declared the National State of Disaster

- Infected individuals as of Sunday 15 March 2020: 61
- Internal Transmission is occurring
- Appealed to SA to limit contact between persons
- Announced a travel ban from high-risk countries such as Italy, Iran, South Korea, Spain, Germany, the United Kingdom, the United States and China as of 18 March 2020.

South Africans are to refrain from travelling to:

- The United Kingdom, the United States, Europe, China, Iran and South Korea.
- People who visited high-risk countries as of mid-February – are required to present for testing

South Africa has 72 ports of entry via land, sea and airport

- There are 53 land ports, 35 of them shut down as of Monday
- Two out of 8 seaports closed for passengers
- Non-essential travel prohibited
- Non-essential domestic travel to be stopped

Groups of people

- Limit contact between groups of people
- Gatherings of more than 100 are prohibited
- All mass celebrations during public holidays cancelled
- Organisers to put in place stringent measures for less-than-100-people events

Schools

- Schools will be closed from Wednesday, 18 March 2020
- Schools will remain closed until after Easter

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Business

- Mining, retail banking & farming to introduce measures for hygiene control
- Shopping Malls and Entertainment centres to bolster hygiene control

Citizens to Change behaviour

- Wash hands frequently with soap and water or hand sanitisers for a minimum of 20 seconds
- Cover nose and mouth when you cough or sneeze, cover with a tissue or flexed elbow
- Avoid anyone with flu-like symptoms
- Minimise physical contact
- Use the elbow greeting, no shaking hands

We would like to ask our members to not lend an ear to hearsay regarding COVID-19, but rather get the facts. The best way to do this is to go to the website of The National Institute for Communicable Diseases. The NICD is the national public health institute of South Africa, providing reference microbiology, virology, epidemiology, surveillance and public health research to support the government's response to communicable disease threats. Their website provides accurate details regarding COVID-19. Please access their website, by clicking the link below.

<http://www.nicd.ac.za/>

HEREWITH GUIDELINES REGARDING SYMPTOMS AND PROCESSES THAT SHOULD BE FOLLOWED IF YOU SUSPECT YOU HAVE CONTRACTED THE CORONAVIRUS

Do I have to get tested for the COVID-2019 virus?

People who contract Coronavirus 2019 may take from 1 to 14 days to develop symptoms. You should only be tested for particular reasons, and there is a specific process you have to follow to undergo the test for COVID-19. Here is how it works.

Here are some facts you need to know about testing and how to get tested without possibly exposing too many people to the virus.

Doctors can only treat the symptoms of COVID-19. The symptoms to look out for, along with the other risk factors in this article, include:

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- Fever
- Cough
- Shortness of breath or difficulty breathing

These symptoms overlap with the symptoms of seasonal flu. This means that you have to be aware of the **specific risk factors below**. If you meet the conditions for testing, you need to follow the steps to contact your healthcare provider.

Get tested when this happens

There are clear testing guidelines from the World Health Organization and the National Institute for Communicable Diseases. You will need to be tested for the COVID-19 virus if you have:

- A severe acute respiratory illness, with fever or history of fever and cough with pneumonia, or
- Acute respiratory distress syndrome (based on the clinical signs or X-ray findings) that requires you to be admitted to hospital

And:

- A documented travel history to any country where COVID-19 has occurred within 14 days before symptoms start
- Had close physical contact with a person with COVID-19 while they had symptoms
- Had close contact with patients with severe acute respiratory infections (specifically if it has not been confirmed what caused the symptoms, and you are a healthcare professional).

How to get tested and how COVID-19 is diagnosed

COVID-19 is diagnosed by using DNA analysis to test for the COVID-19 virus. The process uses polymerase chain reaction (PCR) molecular testing on a sample from the nose, throat or chest.

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If you present with symptoms and meet the criteria for testing, do the following:

1. Contact your doctor who will assess your risk and guide the testing process.
2. Stay at home and avoid contact with others. Follow preventive practices to prevent the possible transmission and follow your doctor's advice about treating your symptoms while waiting for the tests results.

Stay safe, wash your hands and look after yourselves.

Kind Regards



Wessel Strauss

Secretary General

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