

Newbury & Crookham Golf Club

Coronavirus (COVID-19) - Club Update

The safety and well-being of our staff, members and guests, are a priority

Advice to Members

1. How COVID-19 is spread

From what we know about other coronaviruses, the spread of COVID-19 is most likely to happen when there is close contact (within 2 metres or less) with an infected person. It is likely that the risk increases the longer someone has close contact with an infected person.

Respiratory secretions produced when an infected person coughs or sneezes containing the virus are most likely to be the main means of transmission.

There are two main routes by which people can spread COVID-19:

- infection can be spread to people who are nearby (within 2 metres) or possibly could be inhaled into the lungs.
- it is also possible that someone may become infected by touching a surface, object or the hand of an infected person that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes (such as touching a doorknob or shaking hands then touching own face)

There is currently little evidence that people who are without symptoms are infectious to others.

2. Preventing the spread of infection

There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus.

Public Health England (PHE) recommends that the following general cold and flu precautions are taken to help prevent people from catching and spreading COVID-19:

- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze. See Catch it, Bin it, Kill it
- put used tissues in the bin straight away
- wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available. See handwashing,
- try to avoid close contact with people who are unwell
- clean and disinfect frequently touched objects and surfaces
- do not touch your eyes, nose or mouth if your hands are not clean

If you are worried about symptoms, please call NHS 111. Do not go directly to your GP or other healthcare environments. Further information is available on the [PHE blog](#) and [NHS.UK](#).

FCO advice on people who have returned from affected countries can be found on the FCO website.

3. Signs and symptoms of COVID-19

The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 infection:

- cough
- difficulty in breathing
- fever

Generally, these infections can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease.

If you notice any of these symptoms, please do not attend the Club and notify us immediately. You will be advised to isolate yourself and not to come in contact with other people by NHS 111 or PHE if they are a carrier of, or have been in contact with, an infectious or contagious disease, such as COVID-19.

The safety and wellbeing of our staff, members and guests, is always of the utmost priority. Therefore, other steps we are taking as a Club are as follows:

- The General Manager will consider the most recent NHS advice at his weekly management meeting and will take action as considered appropriate.
- We will be communicating updates regularly to all staff and members.
- We have increased our cleaning routines at the Club.
- The team will be sanitising all door handles throughout our operating day.
- We will be providing hand sanitiser on the bar and in the golf shop.
- We will be refraining from handshakes.

It is hoped that members also will take some responsibility to protect themselves and the staff:

- Please follow the advice above and sanitise.
- Please wash hands with soap and hot water for at least 20 seconds.
- If you have been in contact with anyone or travelled from an infected area, do not attend the Club and notify us if you have.
- We would encourage you to refrain from handshakes and limit any unnecessary contact.

- Be vigilant for symptoms.

If you have any questions, queries or concerns, please do not hesitate to contact a member of the management team.