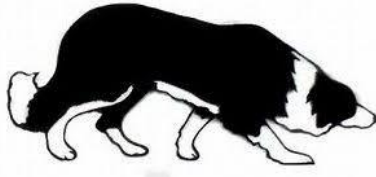


# How do I stay safe while at a sheepdog trial?



The risk of getting coronavirus during a sheepdog trial is low but not zero, and since many of our fellow handlers are of retirement age and at increased risk for severe illness, we need to do what we can to keep everyone safe. Here are some suggestions:

1. Maintain social distancing: stay 6 feet apart and avoid handshaking, hugging, or kissing. This won't be easy when we see each other so infrequently, but these measures have been very successful at slowing the epidemic.
2. Don't touch your face! The virus enters your body through your eyes, nose and mouth. If you have touched an infected surface and then touch your face, you could get ill.
3. Please wear a face covering in all public areas and inside porta potties. Face coverings capture your respiratory droplets and prevent most of the virus from getting into the air. They also remind you not to touch your face!
4. Sanitize your hands after touching shared surfaces, like gates. Trial hosts may provide hand sanitizer at these spots but you should bring your own just in case.
5. Porta potties probably represent the highest risk. Please use sanitizer BEFORE and AFTER you enter. Pump the doors open and closed several times before you go inside to help clear any aerosolized virus particles. If possible, block the door open after you are finished.
6. Bring your own chair – don't expect the trial host to have extras.
7. By all means, stay home if you are experiencing any symptoms or have reason to believe you may have been in contact with someone who has COVID-19.
8. Don't crowd around the judge's tent or the scoreboard. Take a picture of the scores so you can look at it elsewhere to avoid congregating in one spot.
9. Bring your own food.

