

COVID-19

RURAL AND REMOTE RESPONSE

Media release

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Have a ski trip, not a 'Me' trip: Be COVID safe...for everyone's sake

With the NSW and Victorian ski resorts starting to open for the 2020 ski season, rural doctors are warning skiers and snowboarders that they must do everything they can to be COVID safe.

Peak rural medical bodies, the Australian College of Rural and Remote Medicine (ACRRM) and Rural Doctors Association of Australia (RDAA), have warned that includes self-isolating and getting tested - even if you are already partway through your snow holiday.

“This season especially, don't let your ski trip become a 'Me' trip” **President of the Rural Doctors Association of Australia (RDAA), Dr John Hall, said.**

“Please do all you can to ensure a COVID safe experience not only for yourself, but for all those around you – both at the ski resorts and once you return home to your community or suburb.

“This is particularly crucial given the clusters we are seeing in Melbourne, and the possibility that infections from these clusters may make it to the ski resorts.

“We understand the last thing you will want to do is get COVID tested and self isolate if you start to sniffle, cough or get a fever while you are at the snow.

“But it is imperative you do just that!

“Where rapid testing is available, it may be possible to remain at your accommodation while you await your test result...and hopefully the result will be negative and you can get back on the slopes.

“But if the result is positive for COVID-19, you will need to get back home to self-isolate, rather than continue your holiday and risk the health of other skiers, boarders and staff.”

ACRRM President, Dr Ewen McPhee, said it is critical that skiers and boarders follow social distancing and hygiene practices while at the mountain resorts.

“Being COVID safe shouldn't stop as soon as you are on holiday” he said.

“It is crucial you maintain at least 1.5 metres distancing from others while you are on your ski trip, or on holiday at any other location for that matter.

“It is also imperative that you cover your mouth and nose when sneezing or coughing, practise good hand hygiene, and download the COVIDsafe app to enable faster tracing of potential coronavirus contacts.

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“We strongly recommend you take your own hand sanitiser with you when skiing or boarding, and at other holiday destinations, so you can use it after opening doors to exit toilet facilities and when touching other surfaces in shared areas.

“Carrying small packs of antiseptic wipes with you could also be very useful.

“COVID-19 is a serious disease, and it should be taken seriously.

“Please do all you can to protect yourself, your family and the wider community from COVID-19 this ski season and school holidays.”

Find more information on how to protect yourself, your family and community from COVID-19 at www.health.gov.au.

A high resolution photo of ACRRM President, Dr Ewen McPhee, is available here:
<https://www.rdaa.com.au/documents/item/968>

A high resolution photo of RDAA President, Dr John Hall, is available here:
<https://www.rdaa.com.au/documents/item/687>

Available for interview:

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