

RIDEWEST

Charity Cycle Brisbane To Longreach To Aid The Royal Flying Doctor Service

RideWest 2020 is a biennial charity bike ride raising much needed funds for the Royal Flying Doctor Service mental health program Wellness Out West. Our passion for this cause and the dedication of our cyclists and support crew have meant that we have decided to move forward with the 2020 event despite the challenging conditions that have been presented through the Covid-19 pandemic.

Rest assured that we are taking this very seriously and have implemented a plan to assist us with delivering this event in a safe way. We are following the Queensland Government's COVID Safe Event Checklist and have also developed this preparedness plan for our ride on the 3rd – 9th October.

We have:

- Coordinated with local health officials and are in constant review of advice from Queensland Government and the public health directions.
- Contacted all meeting spaces, hotels, and venues to confirm their COVID Safe Industry plans are in place.
- We have mandated that all cyclists and support crew will undertake a COVID test before we depart on 3 October.
- We have all infection control materials available (including hand sanitiser, disinfectants sprays and wipes, and personal protective equipment available if requested including gloves and face masks)
- All support crew have undergone infection control training.
- We are maintaining a record of all attendees for contact tracing purposes.
- We have determined steps for identifying and isolating attendees should they become unwell (including daily temperature testing).
- We will frequently disinfect surfaces repeatedly touched by support crew or riders.
- We will display signage at all stopping points including Statement of compliance and the following:
 - This is a COVID Safe site.
 - Contact details are required for tracing purposes upon entry.
 - Practice social distancing.
 - Wash your hands regularly.
 - Follow the rules and keep us all safe.

COVID Safety Toolbox

- Thermometers
- Face Masks
- Hand Sanitiser
- Gloves
- Disinfectant sprays
- Disinfectant wipes
- Tissues
- Measuring tape
- Clip boards and pens for contact tracing recording



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Required signs:

- Statement of compliance
- Hand Washing Hygiene
- QH Stop the Spread Sign
- Entry Signs with QR Code for contact tracing
- Ground markers for queuing – 1.5 m

Plan for Isolation if someone becomes ill

If a member of the RideWest team becomes unwell during our event, the following action will take place:

1. We will contact the nearest COVID testing facility to arrange for the person to be tested as soon as possible. A list of dedicated COVID-19 facilities and hospitals that will perform testing can be found at the end of this document.
2. Until that time, the unwell person will be isolated in a hotel/motel room. If we are midway between accommodation options, that person will be given a face mask and isolated in one of the 4 support vehicles. A member of the RideWest support crew will contact the nearest available motel and make arrangements for that person to have a contactless check-in and be isolated in a room.
3. The ride and the rest of the RideWest group will continue on as per usual.
4. **If that person's result is negative**, they will have the option to continue in the peloton/support crew.
5. **If that person's result is positive**, the ride will cease and all members of RideWest – riders and support crew - will be required to isolate in the nearest accommodation booked in our itinerary. Plans will then be made for car-pooling back to Brisbane in the support vehicles with minimal interaction with the local community along the way; or for a family member or friend to drive to the motel an individual is isolating in and take them back to their home as soon as possible.
6. Once home, all rider's, support crew and their family member (if applicable) agree to arrange a COVID test as soon as possible, and to self-isolate until their results are known.

Please note that no rider will be able to commence RideWest unless they have agreed to the above plan.

Managing psychosocial risks

To manage stress from Covid-19, we will:

- Regularly check in with cyclists and support crew to see how they are and if there are any event related stressors that need to be addressed
- Be well informed with information from official sources and regularly share this with cyclists and support crew as new, relevant information comes to hand.
- Where cyclists or support crew are distressed about the challenging conditions caused by the pandemic, acknowledge their feelings about the situation and reassure them we are doing what we can in the circumstances
- Inform cyclists and support crew of their rights in regard to withdrawing from the event should they not feel comfortable to proceed.

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- Provide cyclists and support crew with a point of contact to discuss their concerns and to find workplace information in a central place.
- Refer workers to appropriate channels to support mental health and wellbeing, such as the Coronavirus Mental Wellbeing Support Service.

Where to go if your concerned or have complaints:

In the first instance please discuss with a member of the RideWest organising committee (John Sloman, Petrea Sloman, Rob Sendall or Tanya Minton at ride.west@hallchadwickqld.com.au or (07) 3212 2500). If you are unsatisfied with the response of the team, you can contact:

WHS Queensland on 1300 362 128

or

13QGOV (13 74 68)



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COVID-19 TESTING FACILITIES

OAKEY

Oakey dedicated COVID-19 centre

Pathology service: Sullivan Nicolaides

Address: 5 Cherry St, Oakey, 4401

How to find us: Downs Rural Medical

Phone: -

Opening Hours: 08:00-16:00 M-F

Booking needed: No

GP referral needed: Yes

Children tested: Yes

Notes: Children 5-12 years, can be tested. Drop in clinic

CHINCHILLA

Chinchilla dedicated COVID-19 centre

Pathology service: Sullivan Nicolaides

Address: 58 Middle St, Chinchilla, 4413

How to find us: Chinchilla Medical Practice

Phone: -

Opening Hours: 07:00-14:00 M-F

Booking needed: No

GP referral needed: Yes

Children tested: Yes

Notes: Children 5-12 years, can be tested. Drop in clinic

ROMA

Roma dedicated COVID-19 centre

Pathology service: Sullivan Nicolaides

Address: 27 Quintin St, Roma, 4455

Phone: -

Opening Hours: 07:00-15:30 M-F

Booking needed: No

GP referral needed: Yes

Children tested: Yes

Notes: Children 5-12 years, can be tested

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Roma Hospital

Pathology service: Pathology Queensland
Address: 197-243 McDowall St, Roma, 4455
Phone: -
Opening Hours: 13:00-14:00 T, W, T, F
Booking needed: -
GP referral needed: No
Children tested: Yes

MITCHELL

Mitchell General Hospital

Pathology service: Pathology Queensland
Address: 95 Ann St, Mitchell, 4465
Phone: -
Opening Hours: 12:00-13:00 Tue + Thur
Booking needed: -
GP referral needed: No
Children tested: Yes

AUGATHELLA

Augathella General Hospital

Pathology service: Pathology Queensland
Address: Cavanagh St, Augathella, 4477
Phone: -
Opening Hours: 12:00-14:00 Tue + Thur
Booking needed: -
GP referral needed: No
Children tested: Yes

BLACKALL

Black Stump Medical Centre

Pathology service: Sullivan Nicolaidis
Address: 78 Thistle Street, Blackall, 4472
Phone: 07 4657 4677
Opening Hours: 09:15-16:00 M-F
Booking needed: -
GP referral needed: No
Children tested: Yes



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Blackall Hospital

Pathology service: Pathology Queensland

Address: Shamrock Street, Blackall, 4472

Phone: 07 4650 7700

Opening Hours: 24/7 Testing

Booking needed: -

GP referral needed: No

Children tested: Yes

Notes: Patients required to call prior.

LONGREACH

Longreach dedicated COVID-19 centre

Pathology service: Sullivan Nicolaides

Address: Shop 4, 109 Eagle St, Longreach, 4730

Phone: -

Opening Hours: 07:30-13:30 M-F

Booking needed: No

GP referral needed: Yes

Children tested: Yes

Notes: Children 5-12 years, can be tested

Longreach Family Medical Practice

Pathology service: Pathology Queensland

Address: 109 Eagle Street, Longreach, 4730

How to find us: Iningai Health Arcade

Phone: 07 4658 3866

Opening Hours: 08:30-17:00 M-F (Excl. pub hols)

Booking needed: -

GP referral needed: No

Children tested: Yes

Notes: Patients required to call prior.

Longreach Hospital

Pathology service: Pathology Queensland

Address: Jabiru Street, Longreach, 4730

Phone: 07 4658 4700

Opening Hours: 24/7 testing

Booking needed: -

GP referral needed: No

Children tested: Yes

Notes: Patients required to call prior.

A list of other Fever & Testing clinics in towns that we pass through, but don't stay in, are listed at <https://www.health.qld.gov.au/centralwest/menu/coronavirus>