Basic Approach to Coronavirus-related Horseracing Safety

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Japan Racing Association

TABLE OF CONTENTS

1 Introduction
2 Basic Approach to Infection Prevention
3 Risk Assessment

(1) Risk of contact infection

(2) Risk of airborne infection

(3) Risk of public gathering places
(4) Risk by area according to current local infection situation

4 Concrete Measures to Be Taken

(1) General
(2) Visitor safety
(3) Stable staff safety
(4) Employee safety
(5) Owner and media personnel safety
(6) Managing facilities
a) Entrances to venue b) Parade ring, grandstand, winner's circle, etc.
c) General indoor facilities d) Betting windows e) Lobbies, rest areas
f) Restrooms g) Restaurants, fast-food corners, shops, etc.
h) Children's play facilities i) Visitor attractions, events, etc.
(7) Public information

5 Handling of Confirmed Infection of Stable Staff, Employee

1 Introduction

This document is based on the government's “Basic Policies for Novel Coronavirus Disease Control” (dated March 28, 2020), decided by the Headquarters for Novel Coronavirus Disease Control (hereinafter, “Basic Policies”) and on the Expert Meeting on the Novel Coronavirus Disease Control “Analysis of the Response to the Novel Coronavirus (COVID-19) and Recommendations” (dated May 4, 2020), hereinafter, “Recommendations.” This document organizes the basic points and the measures to be implemented in order to prevent the spread of coronavirus infection at racecourses and off-track betting facilities (hereinafter, “OTBs”).

Basic Policies states that facilities outside the high-alert areas “in which clusters have not emerged are strongly encouraged to limit entrance or guidance of visitors, wear masks, “thoroughly wash hands and provide disinfectant, as well as strictly avoid the “three Cs, maintain good ventilation, and maintain distance. In view of this and to establish the basic coronavirus countermeasures as a prerequisite to holding races and to the sale of betting tickets at racecourses or off-track betting facilities, the basic points of concerns in preventing the spread of the coronavirus have been established.

In stipulating measures to prevent the spread of coronavirus, this document draws on Clause 4.2 of Recommendations, “Points to note regarding guidelines by specific industry for preventing spread of infection spread,” as well as the recommendations in the attachment “Example of practicing ‘New Life’ ” and “Regarding Maintenance and Mitigation of Emergency Measures” (dated May 4, 2020 and released by the Cabinet Secretariat Office for Novel Coronavirus Disease Control).

In holding races and in the selling of betting tickets at racecourses or OTBs (as part of the business administration of horse-racing entrusted by Article 4 of the Horse Racing Act), after gaining sufficient understanding of the effect and content of the Basic Policies and taking into consideration the many different types of facilities, while staying in keeping with the “Basic Approach to Coronavirus-related Horseracing Safety” and “Concrete Measures to Be Taken,” we have endeavored proactively to stop the spread of the coronavirus.

In addition, and in order to better evaluate whether races can or cannot be held or whether betting tickets can or cannot be sold at racecourses and OTBs, we have worked continuously and closely with the governors of prefectures and areas where such venues are located and have responded appropriately in keeping with their requests.

This document will be revised and updated as necessary in keeping with policy and countermeasure changes and to reflect the expert knowledge of the spread of the coronavirus and its trends.

2 Basic Approach to Infection Prevention

Taking into consideration the structure and scale of racecourse venues or off-track betting facilities as well as the areas inside and around the facilities, these are the maximum measures that can be taken to prevent the spread of the coronavirus to the general public at venues (hereinafter, “visitors”), jockeys, trainers, stable connections (hereinafter, “stable staff”), executives, employees and private business persons entering the venues (hereinafter, “workers”), racehorse owners and media personnel.

The risk of spreading the virus is thought to be particularly high where the so-called 3 Cs occur -- (1) closed spaces (poorly ventilated spaces), (2) crowded places (where many people are gathered nearby) and (3) close-contact settings (such as conversations or talking within arm’s length). This document explains what is to be avoided and how best to protect not only yourself from infection but also how to best protect others from becoming infected.

3 Risk Assessment

We will evaluate the risk of infection and the countermeasures to it along the main routes of infection 1) contact infection and 2) airborne infection, and assess the risk, infection routes and contact between visitors, stable staff, employees, owners and media personnel.

Also, as popular race days see the movement of many people across prefectural borders, we will, in Nos. 3 and 4 below, look at the risks involved.

When, after evaluating the risks, it is determined that even concrete measures are found to be insufficient, or if a request is made by a prefectural governor, etc. the sale of betting tickets will be suspended or postponed.

(1) Risk of contact infection
Identify places, such as doorknobs, that come into repeated contact with a large number of unspecified people. Beware of areas of particular high contact, such as (betting machines, payout machines, betting cards, tables, chair backs, armrests, doorknobs, light switches, telephones, keyboards, tablets, touch panels, cash registers, faucets, handrails, elevator buttons, and vending machines.)

(2) Risk of airborne infection
Evaluate the ventilation of the premises and whether distance can be maintained away from other people and if there are places in the venue where people shout or speak in loud voices.

(3) Risk as public gathering place

When evaluating the risks involved in selling betting tickets at a racecourse or an off-track betting facility under the current conditions, one must look to previous conditions in evaluating whether there is the chance of a large number of people gathering at the site, whether among them will be those who have crossed prefectural borders, and whether appropriate physical distance can be maintained between other people at the site.

In addition, the number of people that can be accommodated by the facilities and the surrounding area must be assessed in order to know how to limit entrance in accordance with the Basic Policies (also in areas where have been asked to voluntarily refrain from leaving their homes).

(4) Risk by area's infection status of area

The effect on the facility needs to be evaluated in the event a spread of infection is announced in the area where the facility is located. If such a risk exists, the ability to be able to respond to it must be strengthened.

4 Concrete Measures to Be Taken

(1) General

-- As stated in Recommendations, implementing thorough preventive measures, such as avoiding contact between people and maintaining distance (if possible 2 meters, but at least 1 meter), to stop the spread of the virus is crucial. The following measures should be taken as necessary.

-- Mark floors and put up ropes to indicate or determine a 2-meter distance (at least 1 meter) between visitors.

-- In order to avoid from gathering in specific areas, limit the number of people allowed in specific areas and make use of P.A. announcements to remind not to gather.

-- If, as a preventive measure to infection, it is necessary to restrict entrance to facilities, introduce methods that are in keeping with the operation of the facility, such as the following.

-- Hold horseraces without spectators.

-- Restrict the number of races that can be bet on.

-- Restrict the times when betting tickets can be sold and when payouts can be made.

-- Reduce racing footage provided.

-- Reduce odds information provided.

-- Reduce the number of manned betting windows.

-- Reduce the number of chairs, the areas for eating and drinking and empty areas where people can congregate.

-- Keep people entering the venue in orderly lines.

-- Recommend use of the COVID-19 Contact-Confirming Application and other similar devices offered by local governments.
-- In the event someone is suspected of having contracted the virus, plan to be able to quickly respond and communicate with the local public health center.
-- The elderly and those suffering from chronic illness are at greater risk of becoming seriously ill if infected, so examine plans for a more thorough response.
-- If someone at the venue collapses and is suspected of being infected, take measures such as the following.
-- Promptly isolate the afflicted person from other visitors.
-- Personnel in charge are to wear the appropriate masks, gloves, face shields, etc., as well as thoroughly wash and disinfect their hands before and after responding.
-- Request emergency transport to a medical institution and take efforts to remain informed regarding the situation.
-- If the afflicted person is found to be infected, cooperate with the public health center etc. for a prompt release of information, while also taking proper measures for disinfection etc. following the incident.

(2) Visitor safety

-- In addition to making an advance request for a body temperature check, the following symptoms would call for persons to refrain from visiting the venue and should be posted in clear view on the homepage as well as at the entrance to the venue.
-- Fever
-- Cough, headache or sore throat
-- If you have had close contact with a person testing positive for coronavirus
-- If, within the past 14 days, you have come into close contact with a person who has travelled to a region or country that has been placed under government restriction or that requires those arriving from such to stay under observation, or if you have come into close contact with a resident of such region or country.
-- If, when making one’s rounds, someone who looks to be ill is seen, speak to the person and have his or her temperature taken. If the person is running a fever, he or she is not permitted to stay on the premises and should be encouraged to monitor one’s or be examined at a medical facility.
-- Observe proper etiquette when coughing, wear a mask, wash and disinfect hands. If, when outside and proper distance from others (more than 2 meters) can be maintained, it is permitted to remove one’s mask to prevent heatstroke (the same applies to references to masks below). Also, hand sanitizer should be of a kind appropriate to the facility and care should be taken that it does not run out (the same applies to references to hand sanitizer below).
-- Do not shout or speak in a loud voice. Observe proper etiquette while watching a race.
-- At betting ticket windows, souvenir booths, or when selling food and drink, employees are to wear masks or face shields or an acrylic sanitary barrier or vinyl

curtain is to be installed between seller and buyer to prevent airborne contamination. Tables and acrylic surfaces are to be cleaned and disinfected regularly.
-- Encourage betting ticket buying via the Internet
-- Encourage placing bets without using betting cards.
-- Do not distribute betting cards and pamphlets by hand. Offer them in displays.
-- Encourage to not replace betting cards or pencils once they have picked them up. Baskets to collect such can be placed around the venue.
-- The following measures should be taken in paid-seating or invited-guest areas.
  -- In principle, make seats reserved seating.
  -- Maintain sufficient distance between seats (Use alternate rows or leave empty seats on all sides).

(3) Stable staff safety
(Monitoring health)
-- Know the emergency contact numbers for all stable connections and know their work status.
-- Have stable workers monitor their own health and take their temperature each morning. If there is fever or cold symptoms, or any of the following, a worker is required to report this.
  -- Cough, difficulty breathing, general fatigue, sore throat, runny nose, stuffy nose, poor sense of smell or taste, eye pain or bloodshot eyes, headache, joint pain, muscle pain, diarrhea, nausea, vomiting, or if they are suspected of having been infected with the coronavirus.
  -- If there has been close contact with a person testing positive for coronavirus
  -- If, within the past 14 days, there has been close contact with a person who has travelled to a region or country that has been placed under government restriction or that requires those arriving from such to stay under observation, or if there has been close contact with a resident of such region or country.
-- In any of the above applies, urge the person to be examined at a medical facility or health center and record the results of the examination. If necessary, request that a person self-quarantine.
-- Emphasize the importance of preventive measures and encourage behavioral changes to promote this, including those in everyday life. To this end the Expert Meeting on Novel Coronavirus Disease Control announced its “10 tips for reducing contact by 80%” and “Example of practicing ‘New Life’ ” and other information that should become common knowledge and people should monitor their daily activity (for example, refrain from high-risk activities such as frequenting a nightlife area).
-- Demand proper etiquette be observed when coughing, masks be worn, and hands washed and disinfected.
-- Jockey clothing and workers’ wear are to cleaned regularly.
(Travel)
-- Stable staffs who are able to come to work by private car, should be encouraged to do so, while taking note of road and parking conditions and the need to drive safely.

(Accommodations)

-- During racing meets, the number of people to a room in the jockey quarters and accommodations for stable staff, should be kept to a minimum. When possible rooms should be private, but if the construction and number of rooms do not allow for this, the number of people allowed per room should be set. Those sharing a room should stay 2 meters apart (no less than 1 meter). Rooms may also be partitioned and room layout and size should be carefully considered.

-- Other than when sleeping, open windows at least twice every hour to allow for good ventilation. This applies not only to rooms, but to the whole building. If the accommodations are air-conditioned, there is no need to open the windows.

(Bath)

-- Require to go the bath in small groups and permit only a set number of people to gather.

-- Changing room lockers should be disinfected regularly.

-- Distance between lockers also needs to be maintained, 2 meters apart if possible (at least 1 meter apart).

-- Shared towels are not permitted.

-- Improve ventilation in the bathhouse.

-- In bathhouses, bathtubs and sauna rooms, must maintain distance between each other and keep conversations to a minimum.

-- Dryers must be disinfected and no shared goods, such as skincare products or brushes, are permitted.

(Food-related)

-- To eat meals in small groups, and no larger than a set number of people are permitted to gather.

-- Hands are to be washed thoroughly before meals.

-- When eating or drinking in the dining room, etc., seats should be removed or placed further apart, when possible at about 2 meters from each other. (At least 1 meter apart) Maintain distance and avoid sitting across from each other.

-- Consider replacing buffet-style dining with set menus. When serving meals at a buffet, have the staff dish out food onto small plates, serve customers or provide separate tongs or chopsticks for each diner, collect the tongs at the end and disinfect them.

(Break and rest areas)

-- Shared items (tables, chairs, etc.) and areas that come in frequent contact need to be disinfected regularly.

-- When making use of the break room or rest area, hands are to be washed thoroughly before and after entering the area.

-- When making use of the break room or rest area, have people maintain a distance of 2 meters from others (at last 1 meter). Request such as scheduling breaks at different times etc., to never have more than a certain number of people in the space at one time. The most important points of consideration in rest areas are being able to maintain distance from others (consider adding more rooms), proper ventilation and avoiding the “Three Cs.”

(Restrooms)

• Toilet bowls should be cleaned as usual, but areas used by the general public should be disinfected regularly.

• Indicate that toilet seats with lids should be closed before flushing.

• Use paper towels or personal-use towels, and eliminate the use of hand dryers.

(Waiting rooms)

-- In the waiting room before and after a race, have people maintain a distance of 2 meters from others (at last 1 meter) and limit the use of the room to a specified number of people at any one time by setting limits on entrance or changing the hours the room can be used etc. Amongst other things, in rest areas to maintain distance from others (consider adding more rooms), proper ventilation and avoiding the “Three Cs” should be ensured.

(Transport)

-- When transporting stable workers by bus or similar vehicle, take care to properly ventilate, wear masks or face shields and install a sanitary barrier or vinyl curtain between the driver and the passengers, and maintain a distance of 2 meters (at least 1 meter) between passengers. If traveling for 15 minutes or longer at a time, limit the number of passengers per vehicle, limit the overall number of passengers, increase the number of vehicles, or change the bus times. Amongst other things, to maintain distance from others (consider adding more rooms), proper ventilation and avoiding the “Three Cs” should be ensured.

(Facilities and equipment)

-- Try to have only one person handle a horse’s tack or other equipment and avoid sharing. Equipment and tack that must be shared should be disinfected regularly.

-- Shared equipments such as doorknobs, electric switches, handrails, straps, elevator buttons, trash cans, telephones, tables and chairs are to be frequently cleaned and disinfected.

-- Garbage should be collected frequently and if there is trash containing nasal mucous or saliva, it should be put in a plastic bag. Persons in charge of garbage collection or other cleaning duties should wear masks and gloves and wash hands thoroughly after completing their tasks.

(Access to lodgings and racecourse facilities by outside parties)

-- Access to facilities by outside parties will be permitted if access is deemed necessary and, if granted, the party will be required to follow the coronavirus prevention guidelines pertaining to employees in No. 4 – (4).

-- Thus, it is necessary to familiarize the establishments with which the outside parties are affiliated with the coronavirus preventive measures in the racing facilities.

(Restrictions on movement during racing meets)

-- During a racing meet, in order to reduce contact between visitors, staff from other stables, employees, racehorse owners, media personnel, parties will be restricted in their movement according to their respective roles.

(4) Employee safety

-- Know the emergency contact numbers for employees and know their work status.

-- Have employees monitor their health condition and take their temperature every morning. If there is fever, cold symptoms, or any of the following applies, they are required to report such.

-- Cough, difficulty breathing, general fatigue, sore throat, runny nose, stuffy nose, poor sense of smell or taste, eye pain or bloodshot eyes, headache, joint pain, muscle pain, diarrhea, nausea, vomiting, or if suspected of having been infected with the coronavirus.

-- If there has been close contact with a person testing positive for coronavirus

-- If, within the past 14 days, there has been close contact with a person who has travelled to a region or country that has been placed under government restriction or that requires those arriving from such to stay under observation, or if there has been close contact with a resident of such region or country.

-- If any of the above applies, urge that person to be examined at a medical facility or health center and record the results of the examination. If necessary, request that a person self-quarantine.

-- Emphasize the importance of preventive measures and encourage behavioral changes to promote this, including those in everyday life. To this end the Expert Meeting on Novel Coronavirus Disease Control announced its “10 tips for reducing contact by 80%” and “Example of practicing ‘New Life’ ” and other information that should become common knowledge and people should monitor their daily activity (for example, refrain from high-risk activities such as frequenting a nightlife area).

-- Demand proper manners be observed when coughing, that masks be worn, hands washed and disinfected.

-- Uniforms are to be cleaned regularly.

-- Make use of public announcements over a P.A. system or bulletin boards in order to reduce the need for employees to explain or give guidance to visitors concerning any of the above measures.

-- Make continued efforts to keep to a minimum the number of personnel needed for maintenance and operation of facilities.

-- Devise ways to lessen congestion, such as with staggered working hours when using public transportation. Workers able to come to work by private vehicle, should be encouraged to do so, while taking note of road and parking conditions and the need to drive safely.

(Restrictions on movement during racing meets)

-- During a racing meet, in order to reduce contact between visitors, staff from other stables, employees, racehorse owners, and media personnel, parties will be restricted in their movement according to their respective roles.

(5) Owner and media personnel safety

-- Know the emergency contact numbers for racehorse owners and media personnel.

-- Owners and media personnel are asked to monitor their health condition and take their temperature every morning and if they have a fever, or cold symptoms, or any of the following, refrain from entering the racing facilities.

-- Cough, difficulty breathing, general fatigue, sore throat, runny nose, stuffy nose, poor sense of smell or taste, eye pain or bloodshot eyes, headache, joint pain,

muscle pain, diarrhea, nausea, vomiting, or if they are suspected of having been infected with the coronavirus.

-- If there has been close contact with a person testing positive for coronavirus

-- If, within the past 14 days, there has been close contact with a person who has travelled to a region or country that has been placed under government restriction or that requires those arriving from such to stay under observation, or there has been close contact with a resident of such region or country.

-- Proper etiquette must be observed when coughing, masks worn, and hands washed and disinfected.

-- Racehorse owners are required to maintain proper distance between seats (every other row, or empty seats on all sides).

-- During a racing meet, in order to reduce contact between visitors, stable staff, employees, other racehorse owners, media personnel, parties will be restricted in their movement.

(6) Managing facilities

a) Entrances to venue

-- In order to maintain proper distance between visitors (social distancing), small groups (families etc.) are to wait in a standby line about 2 meters apart (at least 1 meter) from other groups.

(Admission ticket sales)

-- Employees are to wear masks or face shields or an acrylic sanitary barrier or vinyl curtain is to be installed between the ticket seller and the ticket purchaser to prevent airborne contamination. Tables and acrylic surfaces are to be disinfected regularly.

-- Cashless payment is to be encouraged.

-- Buttons on machines and other areas coming into frequent contact with unspecified people are to be disinfected regularly.

-- After touching buttons, access to hand sanitizer should be provided in the immediate area.

b) Parade ring, grandstand, winner’s circle, etc.

-- Marks on the floors and ropes can act as guides to proper distancing between visitors (social distancing) of about 2 meters if possible (at least 1 meter).

-- Security guards can call attention to limits on the number of people per area.

-- Inform of the proper etiquette to be observed when watching races, such as refraining from shouting.

-- Fences and other fixtures that come into frequent contact with people are to be disinfected regularly.

c) General indoor facilities

-- Need to be properly cleaned, disinfected and ventilated.

-- If lines form in certain areas (such as at a betting machine), request to maintain 2 meters as a rule of thumb (at least 1 meter) in maintaining distance away from other people and make efforts to prevent people from gathering closely.

-- Identify places, such as doorknobs, that come into repeated contact with many unspecified people. Pay attention to areas of particular high contact such as (betting machines, payout machines, betting cards, tables, chair backs, armrests, doorknobs, light switches, telephones, keyboards, tablets, touch panels, cash registers, faucets, handrails, elevator buttons, and vending machines) and disinfect them regularly.
-- Require cleaners and garbage collection and disposal personnel to wear masks and gloves.
-- Garbage should be collected regularly, and garbage bags should be tied tightly and not touched by a anyone other than the cleaning staff.
-- Hands should be thoroughly washed after cleaning or after collecting and disposing of garbage.

d) Betting windows

-- Encourage to place their bets with cashless in order to reduce the handling of cash.
-- When giving help face to face or making a sales transaction, workers are to wear masks or face shields or to have an acrylic sanitary barrier or transparent vinyl curtain between them and the customer in order to prevent the risk of airborne contamination.
--Tables and acrylic surfaces are to be disinfected regularly.
-- If a line forms at a betting window, efforts should be made encourage to keep apart by 2 meters from other people if possible (at least 1 meter) in order to prevent crowding.

e) Lobbies, rest areas

-- Caution about standing face to face when eating, drinking or talking.
-- During break periods, prevent from gathering by devising ways to maintain distance between them (aim for 2 meters if possible, no less than 1 meter)
-- Tables, chairs and other objects are to be cleaned and disinfected regularly.
-- When workers use an area, require them to wash and disinfect their hands upon entering and leaving the area.
-- Take the following measures in smoking areas.
    -- In outdoor smoking areas, ashtrays, etc. are to be placed at 2-meter intervals if possible (at least 1 meter) in order to keep distance. Plan a space where people will not congregate.
    -- In indoor smoking areas, avoid the Three Cs by all means and set limits on the number of people permitted in an area during times of congestion.
    -- Prohibit the use of indoor smoking areas if proper ventilation is not possible.

f) Restrooms

-- Regularly clean and disinfect areas that come into contact with the public.
-- Indicate that toilet seats with lids should be closed before flushing.
-- Use paper towels or personal-use towels, and eliminate the use of hand dryers.
-- (If restrooms are expected to be crowded) encourage to form lines with, if possible, 2 meters of space (at least 1 meter) between persons.

-- Provide liquid soap or hand sanitizer. Replenish sanitizer regularly.

g) Restaurants, fast-food corners, shops, etc.

Work with tenant businesses in taking the following measures.

-- Recommend paying with cashless to reduce the frequency of handling cash.

-- When face to face with customers, require workers to wear a mask or face shield, or install an acrylic sanitary barrier or transparent vinyl curtain between the vendor and the customer to avoid airborne contamination.

-- Tables and acrylic surfaces are to cleaned and disinfected regularly.

-- Where food and drink are offered, plan the seating arrangement of each establishment, and maintain distance between families and other groups of more than 2 meters. Avoid placing chairs across from each other when at all possible.

-- Set limits on the number of people during busy times.

-- Require proper ventilation in the facility.

-- Require tables, chairs, tableware etc. to be disinfected regularly.

-- Workers are to be in good health, wear masks or face guards and keep hands disinfected. Require customers also to use hand sanitizer before entering the establishment.

-- Uniforms are to be washed frequently.

-- Where merchandise is sold, do not provide samples likely to be handled by a large number of people.

h) Children's play facilities

-- Encourage visitors to wear masks, wash hands and use hand sanitizers.

-- Limit the number of people in order to prevent visitors from coming into close contact.

-- Be especially careful to keep body apparatuses and anything that comes into frequent contact with unspecified people cleaned and disinfected.

i) Visitor attractions, events, etc.

-- Avoid the Three Cs and keep groups apart by 2 meters when possible (at least 1 meter) and space apart from other people in order to prevent infection.

-- Urge participants not to cheer or shout.

-- If characters in costumes perform or mingle, caution them to be careful not to touch visitors.

(7) Public information

-- The following should be known to all visitors, stable staff, racehorse owners, and media personnel.

-- Made the decision to refrain from leaving your home depending on your health condition. Report your health condition when required or refrain from going to the workplace when necessary. (The same applies if you have a fever, cold symptoms, or any of the following: cough, difficulty breathing, general fatigue, sore throat, runny nose, stuffy nose, poor sense of smell or taste, eye pain or bloodshot eyes, headache, joint pain, muscle pain, diarrhea, nausea, vomiting, if you have had close contact with a person testing positive for coronavirus, if, within the past

14 days, you have come into close contact with a person who has travelled to a region or country that has been placed under government restriction or that requires those arriving from such to stay under observation, or if you have come into close contact with a resident of such region or country.)
-- In the case your condition worsens, know whom to contact and how they are to be contacted. and
-- Familiarize yourself with information released by the Expert Meeting on Novel Coronavirus Disease Control, including “10 tips for reducing contact by 80%”, “Example of practicing ‘New Life’ ”, and information on the prevention of discrimination toward persons who have recovered from the coronavirus (public information broadcasts and bulletins).
-- Avoid the Three ‘Cs after entering and after leaving the venue.
-- Reduce your use of cash by using cashless method of payments whenever possible.
-- Make use of the COVID-19 Contact-Confirming Application or other such device offered by local governments
-- Observe the material set forth here and the policies for the respective facilities.

5 Handling of Confirmed Infection of Stable Staff, Employee

-- Follow the instructions of the public health center or medical facility.
-- Cooperate with public health center inquiries and provide the needed information.
-- Determine the infected person’s range of activity and disinfect the workplace, etc.
-- Consider having persons that worked in the same place as the infected person self-quarantine at home.
-- Keep in mind the rights of the infected person, and be careful not to identify him or her. Also, with an aim to preventing further spread of the virus, be careful to protect personal data and handle it appropriately.
-- Whether the fact that a person was confirmed infected will be made public, and if so or how, will depend on the circumstances, and will take into consideration the protection of private information as well as public health.

Remarks: For more information regarding the implementation of infection-control measures at racecourses and OTBs, see the following.
• Coronavirus response (national policy, etc.)
https://corona.go.jp/en/

Reference
• “10 tips for reducing contact by 80%”
https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00116.html (Japanese)
https://corona.go.jp/prevention/pdf/en.10tips.pdf (English)
• “Example of practicing ‘New Life’ ”
https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_newlifestyle.html (Japanese)
https://corona.go.jp/prevention/pdf/en.newlifestyle.pdf (English)