



Easing of Restrictions – What it means to RDA Groups

(updated 14th September 2020 – new information is marked in blue)

This advice is aimed to support RDA groups to get back to activity but as rules are now changing all the time this information is only correct based on the prevailing rules and interpretation at the time it was released. RDA National Office cannot take any responsibility for impacts to groups if these regulations, guidance or interpretations change. We have included links to relevant sections of government websites to help you with this. **Please be aware of any local restrictions as this document does NOT contain information in relation to local restrictions.**

Advice for all parts of the UK

- The guidance from different governments is getting increasingly complex with local lockdowns and restrictions coming into force as well as changes to the numbers of people who can gather. It is every group's responsibility to keep up with changes to any restrictions that affect their group and ensure they are adhering to them. This may mean a change to your protocols and risk assessment at short notice. Please consider this when developing your plans and inviting participants and volunteers to sessions.
- Social distancing (2M/6FT) remains a key message for everyone not from the same household and is the most effective way to protect everyone. Hand hygiene also remains a critical defence from contamination.
- Trustee checklists and Covid-19 Risk Assessment should be completed and emailed to RDA National Office Groupsupport@rda.org.uk before the group can be signed off as ready and any RDA activity can begin.

Wales – Keep Wales Safe

Following the First Minister's announcement on 11 September, stricter restrictions are now in place for indoor activities – with up to six from one household (or extended household). It is also mandatory to wear face coverings in any indoor public environment. However, they have maintained the limit of 30 for all outdoor gatherings and given our sessions are outdoors, this will remain in place. We recommend for those with covered or indoor arenas to check with their local authority as per previous guidance.

Groups can now have gatherings of up to 30 people as long as they are outside and are following Covid-19 secure guidelines and are taking reasonable steps to mitigate the risk of transmission. There is no limit on the number of households. Risk Assessments should be available for all to see. All activity must be outdoors or in indoor arenas with 2 m social distancing. Indoor or covered arenas can be used following the opening of indoor facilities but you are also advised to check with your local authority and insurer.

It is now possible for a single household to join their household together with up to three other households to form an extended household. An extended household is treated as one household for the purposes of all the other rules and so there is no requirement for social distancing within the extended household. This may be beneficial if an extended household member is able to support a rider.

Further details can be found on the Welsh Government [website](#).

England – Stay alert

Following the announcement on 9 September where the ‘rule of six’ was announced, we have received confirmation this does not apply to our activities. This is because our activities either fall under organised sporting activities or under voluntary/ charitable activities, for example AGMs, training etc. We also manage any risks through undertaking risk assessments and following covid secure protocols.

Prior to this announcement we had been notified by British Equestrian that organised equestrian activities can now have larger group sizes. The grass roots sport/leisure guidance linked below now includes provision for “horse stables and arenas” and can be applied to riding activities in England providing that they have undertaken effective risk assessment to determine their ability to safely manage group sizes within a COVID-19 secure environment. This should be considered as part of your COVID-19 risk assessment that is signed off by National Office.

Though the upper limit for gatherings is at 30, it is very unlikely you will have a session with this number of individuals (coach, volunteers, participants). The key thing is to have the number that you can run the session safely and adhering to social distancing. This is not changed by the ‘rule of six’ announcement on 9 September.

Further information is available at [gov.uk](#)

A Group could also bring together up to 30 people for an AGM, or a group picnic, for example –and are following Covid-19 secure guidelines and are taking reasonable steps to mitigate the risk of transmission. **This can now include indoor environments.** Risk Assessments should be available for all to see. **This is not changed by the ‘rule of six’ announcement on 9 September.**

Social Distancing:-

- You should keep 2M away from people outside of your household
or
keep 1M away plus mitigate the risk of infection by taking other precautions (1M+) – the best mitigation is to set up ways to not have people facing each other e.g. rider looks away whilst stirrup is checked.
- You are at higher risk when you are within 2M of someone and have face-to-face contact with them.

Further details can be found on the DCMS [website](#).

Northern Ireland – Stay safe, save lives

Groups of up to 15 people from different households can meet outdoors, whilst maintaining social distancing of at least 2 m. Groups can meet outdoors for sports and organised activities as long as social distancing can be maintained between all attending. This can be more than 15 but the organiser must have carried out a risk assessment which meets the requirement of the Management

of Health and Safety at Work Regulations (Northern Ireland) 2000 and take all reasonable measures to limit the risk of transmission of the coronavirus.

Further details can be found on the Northern Ireland Direct [website](#).

Scotland – Staying safe, protect others, save lives

We have today (14 September) received confirmation that the restrictions around a maximum gathering of six from two households that was announced on 10 September does not apply to our activities as they are classed as organised sporting activities that have risk assessments in place following covid secure guidelines.

It is vital that we recognise that we have a responsibility to keep everyone safe and work to reduce the spread of Coronavirus to avoid further lockdowns and restrictions being put in place. With the recent figures increasing it demonstrates the virus has not gone away and we all have our part to play in suppressing the spread, therefore we encourage all groups to promote the Protect Scotland App, more info on the App can be found here: <https://www.gov.scot/news/protect-scotland-app-launches/>

People from different households can meet outdoors, up to a max of 30 people, including the coach and any volunteers needed. A coach can now deliver sessions to multiple groups of up to 30 in a day but they should ensure these bubbles of 30 do not mix.

Whilst groups can now have up to 30 people at sessions, please make sure only those who are needed for the session attend to reduce the risk of contamination.

Children under 12 years old do not need to maintain physical distance between themselves, but anyone 12 and over must still maintain physical distance with them and all others.

The Scottish Government confirmed that indoors spaces can open from the 31st August 2020.

It is important that all guidance should be read in conjunction with Horse Scotland's Approved Sport specific Phase Three guidance for risks assessments, physical distancing, hygiene measures which is available [here](#).

When opening indoor facilities please refer to the Sport Scotland guidance on getting [facilities fit for sport](#).

Where a participant with a disability requires functional support to enable their participation in physical activity and sport this can be provided without maintaining physical distancing. This support can be provided by a coach or other individual. In such circumstance the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment. For instance, providing appropriate PPE, limiting the number of participants an individual provides functional support to, limiting the duration spent in close proximity, or a combination of actions.

A reminder that facilities should have a dedicated 'Covid Officer'. Further information about a Covid Officer can be found on the Getting Started page on www.myrda.org.uk.

Isle of Man - Stay Responsible

Social distancing measures have been lifted, but continue with hand hygiene and keep a track of who and where you have seen people. Remain vigilant.

Guernsey – Protect and Preserve Life

Return to normal activity – social distancing and controlled and uncontrolled environments are no longer required. Still maintain diaries to assist contact tracing and continue with good hand hygiene and respect personal spaces.

Jersey - Stay Safe Together

With effect from 8th August, Jersey has entered Level 1 of Safe Exit Framework.

Social distancing of 1M with anyone you don't live with wherever practical; from 26th June limited physical contact with a few outside your household is now proportionately safe. It is recommended that exercise takes place outside, however low and moderate activity can take place inside as long as hygiene can be maintained and physical distancing can be maintained.

A gathering of up to 40 people maximum is allowed in RDA, if everyone can maintain social distancing. Details of those in attendance must be held to support contact tracing if needed. There must be a designated lead organiser and Covid-19 guidelines met.