



COVID-19 What it means to Groups in Scotland

Advice to all parts of 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.

Scotland – Protection Levels

Update

Glasgow moved from level three to level two on 5 June, while Edinburgh, Midlothian, Dundee, East Dunbartonshire, Renfrewshire, East Renfrewshire, North, South, and East Ayrshire, North and South Lanarkshire, Clackmannanshire and Stirling remained in level two. Highland, Argyll & Bute, Aberdeen, Aberdeenshire, Moray, Angus, Perth & Kinross, Falkirk, Fife, Inverclyde, East and West Lothian, West Dunbartonshire, Dumfries and Galloway and the Borders are currently in level one.

It is expected that the rule relaxation expected for 28 June will now not take place for a further 3 weeks, 9 August. However, it is expected that all parts of Scotland will be in Level 0 from 19 July and there may be further relaxation to rules on physical distancing.

RDA Sessions

From 26 April outdoor sporting activities have been able to have a maximum of 30 participants (including coaches and volunteers). This limit increases to 50 in Level 2 areas, but we do not consider that RDA sessions would benefit from this as it is unlikely we would ever breach 30.

Outdoor sport includes activity in arenas that meet the requirements of the [BHS covered arenas](#) report. If your arena does not meet these criteria, then it cannot be used. It is recommended to check with your local authority and insurers about use of covered and indoor arenas. All other indoor activities are not permitted.

Indoor individual activities may also take place – this includes 1:1 coaching that follows safeguarding requirements (overseen by a second individual socially distanced at all times) such as a mechanical horse in a stable or where individuals can always be socially distanced.

You are also permitted to have 1 side walker from outside the household/ bubble of the rider from 17 May in Level 0, 1 and 2 areas. This side walker should be on the opposite side of the equine to the leader. **From 21 June you are also permitted to have 2 side walkers from outside the household/ bubble where this is necessary in Level 0, and 1 areas. More information on side walkers can be found [here](#).**

We have received advice that states that if you have toilet (accessible from outdoors or indoors) and follow this [guidance](#) these toilets can remain open in all levels. You should also record/ risk assess the procedures you have in place, demonstrating the toilet is for emergency use only, then you have put everything in place you can to keep everyone safe and have demonstrated you have mitigated the risk as much as possible.

For groups that hire their facilities, this is permitted both outdoors and in covered arenas as long as this meets the requirements of the [BHS covered arenas](#) report.

Carriage Driving

From 17 May Carriage Driving may commence across all of Scotland that is in Level 2 or lower. It is unable to commence in areas that have stayed at Level 3. You must follow the [RDA Carriage Driving Protocols](#) when Carriage Driving.

Travel

From 26 April all restrictions for travel around Scotland, and across Britain, has been lifted, including for sport and physical activity. **From June however, due to the Delta COVID-19 variant, Restrictions have been introduced for travel to Scotland from Blackburn, Darwen, Bolton, Manchester and Salford.**

Supporting disabled participants

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 under this most recent easing of restrictions. This support can be provided by a coach or other individual. In such circumstances 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. There are further restrictions if you choose to do this and so please ensure you read our guidance on [Supporting Disabled People during COVID-19](#) and [face coverings](#).

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.

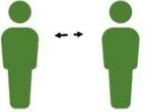
It is vital that we recognise that we have a responsibility to keep everyone safe and work to reduce the spread of Coronavirus to avoid further lockdowns and restrictions being put in place. With the recent figures increasing it demonstrates the virus has not gone away and we all have our part to play 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/>

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

We are also aware that guidance has been produced for schools on taking trips and visits outside of schools which some of the schools you may be working with will be following: [Coronavirus \(COVID-19\): guidance for school visits and trips - gov.scot \(www.gov.scot\)](#)

What can we do in Scotland (From 21 June 2021)

Category	Regulations and guidance
 <p>National guidance– SOCIAL</p>	<p>In Level 2 you can meet in groups of up to 6 from 3 households in an indoor public place such as a café, pub or restaurant or at a home and can stay overnight.</p> <p>You can meet in groups of up to 8 from 8 households outdoors, in a private garden or a public place like a park or an outdoor area of a café</p> <p>These numbers do not include children under 12</p>
 <p>RDA meetings</p>	<p>You can travel anywhere in Scotland</p> <p>RDA recommendation: Continue to avoid face to face meetings if they can be undertaken by other means (e.g. Zoom). Only undertake face to face activities if you have to (e.g. First Aid training). These must be risk assessed with mitigation in place.</p>
 <p>RDA sessions</p>	<p>In Level 2: outdoor sessions can have a maximum of 50 people (including coaches and volunteer). In Level 3 it is 30. Carriage driving can resume in Levels 0, 1 and 2.</p> <p>Outdoors includes facilities in line with the BHS Covered Arena Report. Recommend to check with local authority and insurers about use of covered and indoor arenas.</p> <p>Indoor sessions may resume. If this is on a 1:1 basis with a coach safeguarding controls must be in place (supervised socially distanced by another individual).</p> <p>From 17 May, in Levels 0, 1 and 2, 1 side walker from outside the rider's household/bubble on the opposite side of the equine to the leader is permitted. From 21 June 2 side walkers are permitted from outside the rider's household/bubble in Levels 0 and 1. All side walkers must wear face coverings.</p>
 <p>Social Distance (SD)</p>	<p>2m if aged over 17, 17 and under can have reduced social distancing if in 'field of play' in sport not before or after sessions, under 12s are not required to socially distance between themselves.</p> <p>A dispensation for disability allows a short term breach of social distancing to allow disabled participants to access sport (e.g. support to mount/ dismount)</p>
	<p>Recommended to collect and keep details of attendees for 21 days</p>
 <p>Face coverings Outdoors</p>	<p>Face coverings must be worn if breaching social distancing for a specific purpose (see social distancing) or for the 1 side walker who is not in the rider's household/ bubble.</p> <p>Face coverings can be worn in sessions by others —not a substitute for social distancing</p>
 <p>Travel</p>	<p>From 26 April all restrictions for travel around Scotland, and across Britain, are lifted, including for sport and physical activity.</p> <p>Restrictions have been introduced for travel to Scotland from Blackburn, Darwen, Bolton, Manchester and Salford.</p>