

ROAD TO RESTART



ARE YOU READY?

Before considering these questions, refer to the **Road to Restart Guidance Notes**.

Even though legal limits have been removed in England (19 July), most legal limits in Scotland (19 July) and all limits (9 August) we continue to suggest you put measures in place to protect your volunteers and participants.

The Health and Safety Executive make it clear that workplaces (this includes premises used by voluntary organisations) must be kept safe even if the wider rules have changed.

We therefore continue to require to you as part of RDA restart to continue to provide **hand sanitising or hot hand washing facilities** to be used by all prior to and following RDA session as well as periodically.

We strongly recommend if you are coming into close contact (<1m) you continue to wear a face covering. In all other scenarios face coverings are optional. Face coverings are primarily to protect others, please bear in mind we may well have participants and volunteers who may be vulnerable to COVID-19 and may be unable to be vaccinated. Face coverings may also reassure people where they are lacking in confidence in coming back.

We recommend that you wipe down tack and hats with sanitiser between participants and you continue to socially distance where you can.

If you work with a school, care home etc. you should continue to follow any specific COVID-19 requirements that they may have to ensure the individuals in their care continue to come to RDA sessions.

Venues and Equipment

Is your venue ready for the Group to return? If you are able to answer yes to every question, your venue is ready.

- Q. Have you (or venue owners) cleaned the premises and all equipment?
- Q. Do you have enough soap/hand sanitiser, disposable hand towels with foot pedal bins and facilities, to enable everyone attending to follow the necessary hygiene standards?
- Q. Are you able to sanitise equipment and tack **between participants** where you plan to do so ensuring are using products that are equine and **tack/equipment friendly**?
- Q. Are there signs up to remind everyone to protect others that they should **continue to practice good hand hygiene**? (Templates are available on MyRDA)

Equines

Are your equines ready to start working in sessions? If you are able to answer **yes** to every question, your equines are ready.

- Q. Are your equines fit for work? **Any concerns about equines being 'fresh' and the risks associated should be fully explored in any risk assessments.**

- Q. Have your equines been assessed? (COVID Assessment and Induction Sheet)
- Q. Have your equines been inducted? (COVID Assessment and Induction Sheet)
- Q. Have your equines been acclimatised to the COVID related environment including sanitisers and [face coverings](#)?

Volunteers / Staff

Are your volunteers / staff willing and able to help at sessions? If you are able to answer yes to every question, your volunteers/ staff are ready.

- Q. Have you contacted all your volunteers to check if they are able and willing to attend RDA?
- Q. Do you have enough volunteers / staff who are able to support activities required to run sessions?
- Q. Have you contacted those volunteers / staff who you don't have a role for in the short-term; to explain why and keep them engaged for the future?
- Q. Have you/ [will you taken all volunteers through the consent information prior to their first session](#)?
- Q. Have you arranged a suitable induction to welcome them back and cover new requirements?
- Q. [Have you discussed with volunteers the preferences or trustee requirements for wearing a riding hats \(meeting current safety standards\) when working around equines that are coming back in to work?](#)

NB – [there is currently no requirement by RDA UK for volunteers to wear riding hats when assisting on the ground in sessions or undertaking tasks around the yard. However, trustees may decide at group level to implement such a policy at the group, even in the shorter term, for safety reasons. This must be clearly communicated to existing and prospective volunteers and must also then apply to participants.](#)

[The current RDA policy of wearing hats whilst mounted or in a carriage must still be adhered to at all times.](#)

Coaching Sessions

Do you have everything in place to start sessions? If you are able to answer yes to every question, you are ready.

- Q. Do you have a suitably qualified coach able and willing to take sessions?
- Q. Do you have a suitably trained first aider able and willing to attend sessions?
- Q. [Have you reviewed your venue Risk Assessment and updated your activity \(session\) Risk Assessments, including COVID-19 elements into these, or have undertaken a separate COVID-19 assessment \(template available\)?](#)
- Q. Do you have suitable session plans ready, to reflect “back to riding/driving/[vaulting](#)” to build confidence, strength and skills?

Participants

Do you have any participants who are able and wanting to take part? If you are able to answer yes to every question, you are ready to invite participants back.

- Q. Have you contacted all of your participants (or schools/care homes) to check if they are able and willing to attend RDA?
- Q. Have you talked to participants (or carers) about the different protocols on-site during this time e.g. the use of sanitisers and possible allergies, or some volunteers choosing to wear face coverings?
- Q. Have you assessed participants' suitability to return? (You can use the **participant assessment tool** to help work out how many participants are able to return).
- Q. [Have you/ will you taken all participants through the consent information prior to their first session?](#)