



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 (1M) 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 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

The whole of Scotland is now at Level 0.

At Level 0:

- you can meet friends and family socially in groups:
 - of up to 8 people from 4 households in your home or theirs – and can stay overnight
 - of up to 10 people from 4 households in an indoor public place like a café, pub or restaurant. Hospitality settings will be required to close at midnight
 - of up to 15 people from 15 households outdoors
 - under 12s do not count towards the total number of people meeting outside or indoors
 - you do not need to physically distance from family and friends in a private home or outdoors. However, your gathering should maintain at least 1m distance from all others
 - you need to maintain at least 1m distance from other households in all indoor public settings
 - you can travel anywhere in Scotland
 - you can take part in any sport or exercise activity, including adult indoor contact sports
 - you should continue to work from home where possible

RDA Sessions

In Level 0 the upper limit on outdoor organised sport is 500. 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 is considered indoor](#).

[Indoor sport and leisure facilities can open if Scottish Government Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented. Appropriate risk assessments and mitigating measures must be put in place to reduce risk and protect participants, this is covered by undertaking a risk assessment for your group prior to restarting. The number of participants allowed to take part in indoor sport or physical activity must be risk assessed. It is RDA's recommendation that this should be limited to 30 people as it is unlikely sessions would need more than this.

Supporting disabled participants

At Level 0, social distancing reduces to 1m, however there may be times where you need to come closer than this to support a disabled participant.

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](#).

You are also permitted to have 1 side walker from outside the household/ bubble of the rider. This side walker should be on the opposite side of the equine to the leader **and should follow the guidelines around coming into closer proximity as detailed above**. You are also permitted to have 2 side walkers from outside the household/ bubble where this is necessary **in Level 0 and should follow the guidelines around coming into closer proximity as detailed above**. 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.

Carriage Driving

Carriage Driving [take place across](#) all of Scotland **at Level 0**. You must follow the [RDA Carriage Driving Protocols](#) when Carriage Driving.

Vaulting

[Vaulting as individual may take place and pairs and teams is permitted as detailed in the RDA Vaulting Protocols.](#)

Travel

From 26 April all restrictions for travel around Scotland, and across Britain, has been lifted, including for sport and physical activity.

COVID Officer

All facilities in Scotland 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 19 July 2021)

| Category | Regulations and guidance |
|---|--|
|  National guidance—SOCIAL | <p>In Level 0 you can meet up to 8 people from 4 households in your home or theirs – and can stay overnight, up to 10 people from 4 households in an indoor public place like a café, pub or restaurant and up to 15 people from 15 households outdoors These numbers do not include children under 12</p> |
|  RDA meetings | <p>You can travel anywhere in Scotland</p> <p>RDA recommendation: Continue to avoid face to face meetings if they can be better undertaken by other means (e.g. Zoom). Undertake face to face activities where there is a need. These must be risk assessed with mitigation in place.</p> |
|  RDA sessions | <p>In Level 0 the upper limit on outdoor organised sport is 500. Indoors you are permitted to risk assess the numbers of people participating. It is RDA's recommendation that both indoors and outdoors this should be limited to 30 people as it is unlikely sessions would need more people than this.</p> <p>In Level 0, 1 side walker from outside the rider's household/ bubble on the opposite side of the equine to the leader is permitted as well as 2 side walkers from outside the rider's household/bubble. All side walkers must wear face coverings.</p> <p>Carriage driving and vaulting can take place as per the protocols available on the myrda.org.uk website.</p> |
|  Social Distance (SD) | <p>1m social distancing in Level 0</p> <p>A dispensation for disability allows a breach of social distancing to allow disabled participants to access sport (e.g. support to mount/ dismount, side walk etc)</p> |
|  | <p>Recommended to collect and keep details of attendees for 21 days</p> |
|  Face coverings Outdoors | <p>Face coverings must be worn if breaching social distancing for a specific purpose (see social distancing) .</p> <p>Face coverings can be worn in sessions by others —not a substitute for social distancing</p> |
|  Travel | <p>From 26 April all restrictions for travel around Scotland, and across Britain, are lifted, including for sport and physical activity.</p> |