



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

From 9 August there will be a lifting of most legally imposed restrictions throughout Scotland. This includes both physical distancing and limits of the size of social gatherings. Face coverings will still be legally required in most indoor settings.

This means the upper limits on organised sport, which was 500 prior to 9 August will be removed and there will be no specific requirement to socially distance.

Even though legal limits will be removed in Scotland, we continue to suggest you put measures in place to protect your participants and volunteers.

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 have set out below what we consider the minimum standards that groups should follow but if groups decide to continue with the protocols they already have in place, or to return to activity with higher levels of mitigation than set out below we are wholly supportive of this. Decisions will need to be taken based on a number of factors including whether there are any groups of participants who have additional requirements for mitigating COVID-19 risk (e.g. from a school, care home), the confidence/ comfort levels of participants and volunteers in the group.

The key message in all of this, is even though mandatory elements are being reduced, we all must ensure we are respecting the needs and thoughts of others. We want to ensure we are not preventing participants and volunteers from engaging with our activities as they do not feel safe in the environment we have created. It is therefore vital that groups engage with their participants and volunteers to understand their views.

Practical measures in RDA groups

We continue to require you, as part of RDA restart, to provide hand sanitising or hot hand washing facilities to be used by all on arrival and 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 especially if this is for a prolonged duration (e.g. supporting someone to mount using a hoist or carriage driving). 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. It is important you have conversations with your participants, or those that support them if relevant, if there is something that you need to do to make them feel more comfortable. If face coverings are worn, the [face covering guidance](#) must be followed.

You are permitted to have leaders from outside the household/ support bubble of the rider and side walkers.

We recommend that you sanitise tack that is frequently touched (e.g. reins) between participants using suitable sanitiser for the materials you are using. Information about sanitiser is available [here](#).

We recommend that you sanitise any shared items that participants wear such as hats between participants. We have confirmation from BETA that the Aqueous sanitiser is suitable for use on both the inside and outside of hats, but this must be fully dry before next use. Some groups have a hat per participant to reduce transmission risk, or hats per groups of participants which allow hats to be quarantined between uses. This may not always be practical for every group and so you need to determine what works for your group.

Even though social distancing restrictions have been removed we recommend 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.

COVID Officer

It is not currently clear whether it will be mandatory after 9 August for sports facilities to have a COVID-19 Officer and so we are recommending that this remains in place unless the Scottish Government clarify otherwise.

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 \(www.gov.scot\)](#)

Prior to 9 August

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.

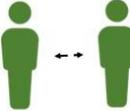
Vaulting

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.

What can we do in Scotland? (from 9 August 2021)

Category	Regulations and guidance
 <p>National guidance– SOCIAL</p>	<p>There are no longer any legal restrictions on social gatherings. People are being asked to take personal responsibility for their own actions and how it affects others</p>
 <p>RDA meetings</p>	<p>Face to face meetings can take place but RDA continues to recommend that a maximum number of 30 people continues both inside and outside and people should aim to socially distance if they can. Details of attendees must be kept for track and trace purposes and attendees must wash/ sanitise their hands on arrival.</p>
 <p>RDA sessions</p>	<p>Sports facilities (indoor and outdoor) can be open for all sessions and there is no limit on gathering numbers. RDA continues to recommend an upper limit of 30 individuals but if there is a need to bring more people together this can be done.</p> <p>Sidewalkers and leaders are permitted from outside the rider's household/ bubble.</p> <p>Carriage driving and vaulting may take place ideally following recommended protocols</p>
 <p>Social Distance (SD)</p>	<p>No requirement for social distancing</p> <p>RDA recommend that individuals distance if there is no need to be closer</p>
 <p>Data Collection</p>	<p>Legal requirement to collect and keep details of attendees for 21 days</p>
 <p>Face coverings Outdoors</p>	<p>RDA strongly recommend wearing of face coverings if coming into close contact (<1m) especially for a prolonged duration</p>
	<p>From 26 April you are able to travel throughout Scotland and into and out of England.</p>