

COVID-19 What it means to Groups in Isle of Man, Jersey And Guernsey



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 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.

For Isle of Man, Jersey and Guernsey

Even though legal limits on gatherings have been removed in the Isle of Man, Jersey and Guernsey, we continue to suggest you put measures in place to protect your participants and volunteers. Both indoor and outdoor spaces can be used and there is now no longer an upper legal limit or RDA recommended limit on the numbers of people who can gather. Groups should undertake a risk assessment to put in place actions to reduce the risks of transmission of COVID especially at large gatherings, putting actions in place such as the use of lateral flow tests for participants or reminding people about the importance of vaccinations.

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 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 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.

As winter is coming, participants and volunteers may well wear of winter gloves in sessions. As gloves are made from a soft fabric, research suggests COVID is unlikely to last long. However, given the gloves could be touching lots of cold hard surfaces (where COVID may linger) we do need to be careful. We are therefore recommending that those wearing gloves should wash them frequently (at the end of each day ideally) and make a real effort not to touch their face (or indeed that of others if supporting people) with gloves. One way to discourage touching of your face would be to wear a face covering/ shield and then remove your gloves before removing the face covering or shield but it could simply be a reminder to those wearing gloves. The key message is to be careful and keep gloves any away from your face.

Given the 'flu season and as people have been in lockdown their immune systems may be less able to combat 'flu resulting in people become more ill than they would normally do. We therefore recommend that if people are feeling unwell with 'flu symptoms (including stomach flu symptoms) they should stay away from RDA sessions where possible. Where they are the coach (and therefore essential) or have another essential role, if they have 'flu symptoms but feel well enough, they should aim to remain distanced from others where possible and to use hand sanitisers or to wash their hands frequently to reduce transmission of 'flu.

Even though social distancing restrictions have been removed we recommend for large gatherings you aim 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.

Carriage Driving

Carriage driving activities may take place. The recommendations in the [RDA Carriage Driving Protocols](#) may continue to be followed but face coverings are now at the discretion of those involved in the session.

Vaulting

Vaulting as individual may take place and pairs and teams are permitted. The recommendations in the [RDA Vaulting Protocols](#) may continue to be followed but face coverings are now at the discretion of those involved in the session

Isle of Man

In the Isle of Man, social distancing is not currently a requirement, however remaining mindful of your surroundings and continuing to make space has a powerful impact when it comes to containing the spread.

All RDA sessions can take place as there is not a requirement for social distancing. This includes riding, driving and vaulting. RDA recommends that sanitising and/or hot handwashing continues so that it can protect people from not just COVID-19 but other transmissible viruses too.

The government however are encouraging people to take personal responsibility to:

- Being SAFE – and adopting healthy habits to protect yourself and others from Coronavirus. Think Hands, Face, Space and Fresh air in every situation.
- Being SMART – and making informed personal decisions. Use trusted data sources to make choices about who you visit, what you do and where you go.
- Being KIND – and respecting others. Everyone's situation is unique. Be kind and respect the choices that others make to keep themselves and their loved ones safe.

In addition, all businesses should follow the principles set out in the [Working safely during the coronavirus \(COVID-19\) pandemic \(hse.gov.uk\)](https://www.hse.gov.uk/coronavirus/).

Employers still have a legal duty to manage risks to those affected by their business. The way to do this is to carry out a health and safety risk assessment, including the risk of COVID-19, and to take reasonable steps to mitigate the risks you identify. Working Safely guidance sets out a range of mitigations employers should consider including:

- cleaning surfaces that people touch regularly
- identifying poorly-ventilated areas in the venue and taking steps to improve air flow
- ensuring that staff and customers who are unwell do not attend the workplace or venue
- communicating to staff and customers the measures you have put in place.

Guernsey – Final Stage of Lockdown

As of 1st July 2021, the Bailiwick of Guernsey moves into a final stage of its Exit from Lockdown.

As we reduce and then eventually remove our border restrictions, there needs to be an acceptance that the Bailiwick will see cases of COVID-19 infection as the virus becomes endemic rather than pandemic.

The future will look different. Businesses and their workforces will need to continue adapting as they have throughout the pandemic as we settle into our new normal.

As a community we will need to maintain the positive changes we have all got used to as a result of COVID-19 as we move into our post-pandemic work lives. For example, respiratory and hand hygiene and the 'stay at home' message if you or a member of your workforce is unwell, needs to become the norm.

Basic hygiene and respiratory etiquette will reduce the transmission of ALL viruses, not just COVID-19. RDA therefore recommend that sanitising and/or hot handwashing continues so that it can protect people from not just COVID-19 but other transmissible viruses too.

As a community, we need to continue to work together to ensure we stay safe. For further details of what businesses need to consider, please visit the [Guernsey website](#).

Jersey – Reconnection Roadmap

Jersey announced its winter strategy on 21 October.

In summary, as we move into the colder months, it's still important you:

- isolate if you have symptoms
- limit what you do if you're a direct contact, especially if someone is positive in your household
- take up the offer of lateral flow testing
- wear a mask when using public transport
- wash your hands regularly

For more information, visit [Jersey's website](#).