



Activity: Mechanical Horse



- An alternative for participants where social distancing means taking part would otherwise not be an option yet, for example due to the need for side walkers.
- New rider assessments could be carried out using the simulator alongside the 'Application for RDA activities' form.
- All activities carried out at the group must be in line with government guidance including any local restrictions.
- **Before any activity starts the group must complete and send in their covid-19 risk assessment and trustee checklist to National Office for sign-off to recommence RDA activities.**

Do you have all the resources to run?

- Access to a mechanical horse.
- A well ventilated area large enough to conform to social distancing guidelines.
- Coach to lead sessions.
- Participants.

Anyone taking part will be required to sign a consent form accepting the terms of their return.



Set up

- Access to a mechanical horse - this must be fitted with a remote controller to allow operation with social distancing relevant to the government guidelines in your area.
- The simulator must be situated in a well ventilated area that is large enough for the coach to remain at a distance that meets social distancing guidelines.
- Sanitiser to wipe down the horse, tack and equipment between each participant.
- Sanitiser to wipe down the remote between coaches.
- It is recommended that a period of 10mins should be left between each session so to allow for the area to be well aired and cleaned down
- Each rider should come with their own volunteer, who is a family member or someone within their own bubble.
- The nominated volunteer should be trained using the COVID-19 training record sheet.

The session

- During the session the nominated volunteer should be on hand to give support if required as directed by the coach.
- The nominated volunteer will become responsible for helping with mounting and any alterations required once on the horse.
- The nominated volunteer will become responsible for helping with dismounting from the horse and leaving the area safely.