

## Getting Started After Lockdown ARE YOU READY?



Before considering these questions, refer to the “**Getting Started Guidance Notes**”.

### 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) undertaken a clean of premises and all equipment?
- Q. Have you got enough soap/hand sanitiser, disposable hand towels with foot pedal bins and facilities to enable everyone attending to follow hygiene standards?
- Q. Are you able to sanitise all equipment and tack between each session/participant – ensuring you are using products that are equine friendly?
- Q. Has your venue been “zoned” and it is clear what the maximum numbers are in each zone to help ensure social distancing? (see glossary of terms)
- Q. Are there signs up to remind everyone of Coronavirus standards i.e. social distancing and hand hygiene? (templates 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?
- 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 disposable gloves and masks?

### 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? Consider those who are shielded and others who are not able to attend e.g. having to isolate. (You can use the volunteer availability tool to help work out how many volunteers you will have)

- 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 received [signed](#) consent forms?
- Q. Have you arranged a suitable induction to welcome them back and cover new requirements?

### 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 undertaken the relevant Risk Assessments, including the COVID-19 version?
- Q. Do you have suitable session plans ready, to reflect "back to riding/driving" 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 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 masks?
- 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 received [signed](#) consent forms from those wishing to start sessions?