

GETTING STARTED

GLOSSARY OF TERMS & DEFINITIONS



Clinically extremely vulnerable: **At high risk of serious illness if they catch coronavirus and advised to stay at home as much as possible.** This covers the following -

- organ transplant recipients
- specific cancer patients (refer to Gov.uk for full details)
- people with severe respiratory conditions including cystic fibrosis, severe asthma or COPD
- people with rare diseases which increase the risk of infection e.g. SCID, sickle cell
- people on immunosuppression therapies – range of disorders
- women who are pregnant with significant heart disease, congenital or acquired

Clinically vulnerable: Increased risk of severe illness from COVID-19 advised to stay at home, other than to get medicines, food or exercising. This covers the following:

- aged 70 or older (regardless of medical conditions)
- anyone with underlying health conditions that requires them to get a flu jab as an adult each year, e.g. chronic respiratory diseases, , chronic heart disease, chronic neurological conditions, diabetes, chronic kidney or liver disease, weakened immune system, BMI 40+ or pregnant.

Anyone considered clinically extremely vulnerable or clinically vulnerable should take particular care to minimise contact with others outside their household. If they do go out more frequently, they should be careful to maintain distance from others and comply with any general social distancing restrictions. **Groups must consider involvement on a case by case basis, and take particular care in view of the heightened risk to health.**

Symptoms: most common are recent onset of:

- new continuous cough and/or high temperature 37.8C or greater and/or a loss of, or change in, sense of taste or smell.

Anyone with symptoms, however mild, must stay at home for 7 days from when your symptoms started. Anyone living in the household must stay at home for 14 days (self-isolating)

Social Distancing: staying at home where possible and reduced social interaction. If leaving the house, you should minimise time away and ensure you are 2M / 6FT apart from anyone outside of your household. **(In England 2M remains the guidance, but where this is not possible it can be 1M+ mitigation).**

Zoning: to help facilitate social distancing, this is where the venue is split into areas (zones) with clear guidance on who/how many can be in the zone at any time.

E.g. Zone A = stables – 2x grooms only / Zone B = arena – !x coach, X participants and X volunteers / Zone C = Tack room – 1x volunteer.....

Participant: a rider, driver or vaulter who takes part in RDA sessions, benefitting from its therapeutic benefits, having completed a participant application form and been assessed.