

ROAD TO RESTART



ARE YOU READY?

Before considering these questions, refer to the **Road to Restart 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 [thorough](#) clean of premises and all equipment?
- Q. Do you have enough soap/hand sanitiser, disposable hand towels with foot pedal bins and facilities, to enable everyone attending to follow the necessary hygiene standards?
- Q. Are you able to sanitise all equipment and tack between each session/participant – ensuring you are using products that are equine [and tack/equipment](#) friendly?
- Q. Has your venue been “zoned” and it is clear what the maximum numbers are in each zone to help ensure social distancing? (please see [glossary of terms](#))
- Q. Are there signs up to remind everyone of Coronavirus standards i.e. social distancing and hand hygiene? (Templates are available 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? [Any concerns about equines being ‘fresh’ and the risks associated should be fully explored in any risk assessments.](#)
- 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 [face coverings](#)?

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). [COVID vaccines are not an RDA requirement for volunteers, however you may wish to discreetly discuss with volunteers whether they have received a COVID vaccine, and what their preferences for activity may be as a result. Social distancing rules will still apply regardless.](#)

- 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?
- Q. Have you discussed with volunteers the preferences or trustee requirements for wearing a riding hats (meeting current safety standards) when working around equines that are coming back in to work?

NB – there is currently no requirement by RDA UK for volunteers to wear riding hats when assisting on the ground in sessions or undertaking tasks around the yard. However, trustees may decide at group level to implement such a policy at the group, even in the shorter term, for safety reasons. This must be clearly communicated to existing and prospective volunteers, and must also then apply to participants.

The current RDA policy of wearing hats whilst mounted must still be adhered to at all times.

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 of 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 all participants wishing to start sessions?