

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 or www.nhs.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
 - [Adults with Down’s syndrome](#)
 - [Adults undergoing dialysis or those with severe \(stage 5\) kidney disease](#)
 - [Those identified by their doctor or GP as being at high risk of becoming seriously ill](#)
 - [Those identified as possibly being at high risk through the COVID-19 Population Risk Assessment](#)
- **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:
 - Those aged [60 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 and self-isolate, according to current NHS/government requirements: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/)

For how long do I need to self-isolate?

[If you test positive](#), your self-isolation period includes the day your symptoms started (or the day you had the test, if you do not have symptoms) and the next 10 full days. If you get symptoms while you're self-isolating, the 10 days restarts from the day after your symptoms started. You can stop self-isolating after the 10 days if either:

- you do not have any symptoms
- you just have a cough or changes to your sense of smell or taste – these can last for weeks after the infection has gone

Keep self-isolating if you have any of these symptoms after the 10 days:

- a high temperature or feeling hot and shivery
- a runny nose or sneezing
- feeling or being sick
- diarrhoea
- Only stop self-isolating when these symptoms have gone.
- If you have diarrhoea or you're being sick, stay at home until 48 hours after they've stopped.

What do I do if someone I live with has tested positive? If someone you live with tests positive, your self-isolation period includes the day their symptoms started (or the day they had the test, if they do not have symptoms) and the next 10 full days. You can stop self-isolating after the 10 days if you do not get any symptoms. If you start to show symptoms:

- [Get a test to check if you have coronavirus on GOV.UK](#) if you get symptoms while you're self-isolating.
- If your test is negative, keep self-isolating for the rest of the 10 days.
- If your test is positive, the 10 days restarts from the day after your symptoms started. This will mean you're self-isolating for more than 10 days overall.

What do I need to do if someone in my support bubble has tested positive? Self-isolate immediately if someone in your support bubble has tested positive and either:

- you've been in close contact with them since their symptoms started or during the 48 hours before their symptoms started
- you've been in close contact with them since they had the test or during the 48 hours before their test (if they have not had symptoms)

Your self-isolation period includes the day you were last in contact with the person and the next 10 full days. You can stop self-isolating after the 10 days if you do not get any symptoms. If you start to show symptoms:

- [Get a test to check if you have coronavirus on GOV.UK](#) if you get symptoms while you're self-isolating.
- If your test is negative, keep self-isolating for the rest of the 10 days.
- If your test is positive, the 10 days restarts from the day after your symptoms started. This will mean you're self-isolating for more than 10 days overall.

If you've been told to self-isolate by NHS Test and Trace: Self-isolate immediately if either:

- you get a text, email or call from NHS Test and Trace telling you to self-isolate
- you get an alert from the NHS COVID-19 app telling you to self-isolate

Your self-isolation period includes the day you were last in contact with the person who tested positive for coronavirus and the next 10 full days. Visit www.nhs.uk for information on immediate self-isolation.

- **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 or [someone who takes part in ground-based activities](#) in RDA sessions, benefitting from its therapeutic benefits. They must have completed a participant application form and have been assessed [before taking part in any activity](#).