

## Easing of Restrictions – What it means to RDA Groups (updated 10<sup>th</sup> July 2020)



### Advice for all parts of the UK

- Social distancing (2M/6FT) remains a key message for everyone not from the same household and is the most effective way to protect everyone. Hand hygiene also remains a critical defence from contamination.
- Trustee checklists and Covid-19 Risk Assessment should be completed and emailed to RDA National Office [info@rda.org.uk](mailto:info@rda.org.uk) before the group can be signed off as ready and any RDA activity can begin.

### Wales – Keep Wales Safe

People from two different households can meet with no maximum number. **Travel beyond your local area for any purpose is now possible.** There is no restriction on the number of different households you can see in a day, as long as they are separate. All activity must be outdoors with 2M social distancing.

Whilst groups now have no restrictions on how many from two households can attend sessions, please make sure only those who are needed for the session attend to reduce the risk of contamination.

### England – Stay alert

Groups of up to six people from different households will be able to meet. All activity must be outdoors. **Indoor Arenas are now regarded as “outdoors”.**

Whilst groups can now have up to six people at sessions, please make sure only those who are needed for the session attend to reduce the risk of contamination. The total number needs to include the coach, any volunteers and participants.

**Groups can now host larger gatherings of up to 30 people, as long as they are outside (including indoor arenas) and are following Covid-19 secure guidelines and are taking reasonable steps to mitigate the risk of transmission. Risk Assessments should be available for all to see.**

#### Social Distancing:-

- **You should keep 2M away from people outside of your household or keep 1M away plus mitigate the risk of infection by taking other precautions (1M+) – the best mitigation is to set up ways to not have people facing each other e.g. rider looks away whilst stirrup is checked.**
- **You are at higher risk when you are within 2M of someone and have face-to-face contact with them.**

## **Northern Ireland – Stay safe, save lives**

Groups of up to **thirty** people from different households will be able to meet outdoors, whilst maintaining social distancing of at least 2M (indoor arenas are deemed outdoors). Groups of up to 6 people from different households can meet indoors.

Indoor environments are still higher risk than outdoors. Therefore this easement is accompanied by strong public health advice to limit the duration of visits; ensure good ventilation; maintain good hand hygiene; and practice social distancing where possible. The government strongly advises use of a face covering during indoor gatherings of confined spaces.

Whilst groups can now have gatherings of up to six indoors/**30** outdoors please make sure only those who are needed for the session attend to reduce the risk of contamination.

## **Scotland – Staying safe, protect others, save lives**

People from **five** different households can meet outdoors, up to a max of **fifteen** people. **No restriction on travel if acting in line with all other guidance.** A coach should not deliver sessions to more than **four** other households in one day, but can be at different times in the day. All activity must be outdoors (**indoor arenas are deemed outdoors**).

Whilst groups can now have up to **fifteen** people at sessions, please make sure only those who are needed for the session attend to reduce the risk of contamination.

## **Isle of Man - Stay Responsible**

Social distancing measures have been lifted, but continue with hand hygiene and keep a track of who and where you have seen people. Remain vigilant.

## **Guernsey – Protect and Preserve Life**

Return to normal activity – social distancing and controlled and uncontrolled environments are no longer required. Still maintain diaries to assist contact tracing and continue with good hand hygiene and respect personal spaces.

## **Jersey - Stay Safe Together**

Social distancing of 1M with anyone you don't live with; from 26<sup>th</sup> June limited physical contact with a few outside your household is now proportionately safe. It is recommended that exercise takes place outside, however low and moderate activity can take place inside as long as hygiene can be maintained and physical distancing can be maintained.