**Easing of Restrictions – What it means to RDA Groups**

**Advice for all parts of the UK**

* Social distancing (2M/6FT) remains a key message for everyone not from the same household
* 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 – Stay Local**

People from two different households can meet with no maximum number. Strong advice is not to travel more than five miles, or to stay in the “local area”. 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.

This will allow for the following possible scenarios for RDA in Wales:

1. Coach and independent rider session
2. Coach and one or more riders from the same household, and others from the rider’s household who can help, including with close contact e.g. mounting and side walking and/or others from the coach’s household who can help whilst maintaining social distancing from the rider(s)

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.

This will allow for the following possible scenarios for RDA in England:

1. Coach and independent rider sessions, as per our previous advice
2. Coach and one rider with up to four helpers made up of:-   
   - members of the rider’s household who have completed the basic training record sheet and can support with close contact e.g. mounting and side-walking  
   and / or  
   - group volunteers who will need to socially distance from anyone who is outside of their household
3. Coach and more than one rider with support, up to a maximum of six people in total, with social distancing for anyone outside of a person’s household

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.

**Northern Ireland – Stay safe, save lives (Updated 22nd June)**

Groups of up to **ten** people from different households will be able to meet 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.**

This will allow for the following possible scenarios for RDA in Northern Ireland:

1. Coach and independent rider(s) sessions, as per our previous advice
2. Coach and one rider with up to **four helpers if inside and up to 8 helpers** if outside made up of:-   
   - members of the rider’s household who have completed the basic training record sheet and can support with close contact e.g. mounting and side-walking  
   and / or  
   - group volunteers who will need to socially distance from anyone who is outside of their household
3. Coach and more than one rider with support, up to a **maximum of six people inside/10 people outside in total**, with social distancing for anyone outside of a person’s household

Whilst groups can now have gatherings of up to **six indoors/10 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 **three** different households can meet outdoors, up to a max of eight people. **You should stay within your local area for exercise and other activities – as a guide this is about 5 miles from your home.** A coach should not deliver sessions to **more than two other households in one day, but can be at different times in the day**. All activity must be outdoors.

This will allow for the following possible scenarios for RDA in Scotland:

1. Coach and **up to 2** independent rider sessions
2. Coach and one rider with up to six members from the rider’s household who can help, including with close contact e.g. mounting and side walking
3. Coach with several riders from the same household, and helpers from the same household – max group of eight including coach
4. Coach with helpers from their own household and one rider who can be kept socially distanced

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