

GETTING STARTED

UPDATE 20th May 2020



Updated Guidance

1. There has been a change in symptoms and the mains ones are:
 - a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
 - a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
 - **NEW** - a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
2. The furlough scheme has been extended until the end of October, with new flexibility to be introduced from August to enable part-time working.
3. If a group is based at a venue where the water supply has not been in regular use there is a risk that the water system has built up increased levels of bacteria, including legionella. If this is a possibility in your group – please check guidance at
<https://www.hse.gov.uk/legionnaires/symptoms.htm>

New Resources on the Getting Started Webpage

- Covid-19 Risk Assessment
- Training Record Sheet for household helpers
- List of products for cleaning and sanitising
- Consent Form for Staff
- Posters to help with zoning of premises

FAQs.

Q: Can a group open with PPE instead of social distancing?

A: Whilst the UK government has relaxed its measures slightly, it still requires that as a part of “staying alert” everyone must keep a distance of 2m/6ft apart when out, where possible. Therefore this must remain one of our key protocols when getting started. In devolved countries the “Stay at Home” message remains.

Additionally it is not felt that currently we should be taking PPE away from frontline healthcare services at this critical time.

We recognise that some individuals will opt to wear masks and gloves, which is why we need horses to be prepared.

Our guidance on PPE will be under on-going review by the working party.

Q: Is it ok to have 70+ year olds take part as a volunteer or a participant?

A: Everyone over 70 years old is at a higher risk of severe illness should they contract coronavirus. Therefore we all have a duty of care to protect them, as “they should be taking particular care to minimise contact with others outside of their household”. It is not to say that everyone aged 70+ is to not get involved, when a group is in a position to open, but if considering it there needs to be a conversation to understand that they do not have any underlying conditions and to discuss the risks posed by them attending.

Remember: if in doubt, don’t do it.

Q: What should we do about AGMs and committee meetings?

A: AGMs should be postponed but committee meetings can carry on virtually if possible – decisions about these meetings need to be minuted. Guidance from Charity Commissions/OSCR is now available on the Covid-19 webpage of MyRDA.

Q: Can we start sessions for just a small number of our riders / part-open?

A: Yes; for Groups in England. Assuming you have gone through the getting started guidance, have assessed participants to be able to attend within the guidelines and you have completed the risk assessment and all relevant actions and forms.

Some groups have managed to get started with just a small number of riders. Before you get started don’t forget to email, scan or post the Trustee Covid-19 Checklist to NO so we know that you are “re-opened”. We received our first checklist today – great news!