

GETTING STARTED UPDATE 28th May 2020



Updates:-

1. We now have 3 groups who have re-started and taking sessions with RDA riders; recognising these are early days and progress is slow but a really positive move to see some riding again. We will try to take learnings from those groups who get started, to support those who are considering what to do or are in the planning stage.
This week's tip comes from a coach who has said "take time to plan – don't rush into getting the riders back, as tempting as it is. You will need to do things differently so make sure you are comfortable with how it will work, and practice before the riders return".
2. There is a free on-line course run by Virtual College, which has been designed to provide learners with information on Covid-19 and suggests best practice; the course contains challenges and evaluations to help learners check their knowledge. Suitable for anyone who requires an overview of the essential information and how this could affect "working" practices. We know some RDA coaches and volunteers have found this a useful resource.
<https://www.virtual-college.co.uk/courses//prevent-covid-19-free-training>
3. As all the UK's governments work out their individual plans to relax lockdown restrictions we will try to keep you updated on the different phasing, as they affect plans for RDA groups. As of today only English groups remain able to open within stipulated guidelines.

New / Updated Resources on the Getting Started Webpage

- Induction Briefing – *new* example from one of the groups who has started – "useful meeting to get everyone's perspective on how this can work"
- Getting Started Glossary of Terms – *updated* for clarity, including government wording for clinically vulnerable

FAQs.

Q: Is it acceptable to use an indoor arena to get RDA sessions started?

A: No. Currently, in England, RDA groups can get started if they are able to meet the government guidelines around activities and exercise outside of the home. This states that people can go outside more than once a day for exercise, alone, with members of their household, or with one person from outside of their household as long as they are following social distancing guidelines.

Indoor schools do not fall under outdoor facilities and as such should not be used. If access to an outdoor facility and/or toilets is via an indoor arena, this is permissible solely for access and two metre social distancing must be maintained. An arena with a roof, but no sides/walls of any construction, is permissible.

As with all advice this could change at any time as government(s) restrictions are lifted.

Q: What guidance is available for first aiders in RDA?

A: We have provided some guidance within the "Getting Started Guidance Notes. In addition a few key points:-

- It is important that first aid kits now include face masks and disposable gloves to protect those providing and needing first aid.
- It is important that anyone taking part, including the first aider, are clear on how any "casualties" will be looked after should the need arise – use the induction sessions to cover this.
- First aiders need to be aware of revised guidelines for CPR <https://www.sja.org.uk/get-advice/first-aid-advice/unresponsive-casualty/how-to-do-cpr-on-an-adult/> outlining compression only CPR to reduce risks of potential cross contamination.
- The best way to protect yourself and others remains through rigorous cleaning, personal hygiene and regular hand hygiene. After contact when giving first aid, clean your hands thoroughly and avoid touching your mouth, eyes and nose.

Some tips given by a first aid trainer to RDA Groups:-

1. Make sure that both volunteers and participants are aware of first aid protocols, should it need to be administered.
2. Make sure the first aid kit is well stocked, including masks and disposable gloves.
3. Talk to the participant/their family to see if they want a first aider or family member to administer any required treatment – it would be good practice to get this noted on their consent forms.
4. First Aiders are at no obligation to put themselves at risk – they should be clear on what they are willing to do

Example Product Websites:-

<https://www.firstaid4less.co.uk/Disposable-Clothing/Disposable-Face-Masks/Disposable-Masks-3-Ply>

<https://www.firstaid4less.co.uk/Gloves/Synthetic-Gloves/Ansell-NeoTouch-Neoprene-Disposable-Gloves>

https://www.amazon.co.uk/MXG-Atos-Pack-Surgical-Masks/dp/B085QJSJNT/ref=sr_1_1?dchild=1&keywords=face+masks&qid=1590687022&sr=8-1

https://www.amazon.co.uk/Medical-Hizek-Disposable-Anti-allergic-Wear-resistant/dp/B0863HK3K8/ref=sr_1_2?dchild=1&keywords=disposable+gloves&qid=1590687051&sr=8-2