

Document 1c Risk Assessment Considerations

BHS Accredited Professional Coaches operating under COVID-19 Restrictions – UPDATE V3 1.06.2020

The BHS has considered how to ensure the safe management of both clients and coaches can be further promoted or introduced if being allowed for the first time when government COVID-19 restrictions are eased

Across the nations every situation will differ in need to adapt procedures to ensure compliance with any Government regulations upon restrictions

The below links will provide you with access to each Government's website.

The UK Government have provided information here:

<https://www.gov.uk/coronavirus>

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

<https://www.hse.gov.uk/>

https://www.gov.uk/government/news/groups-of-up-to-six-from-different-households-can-exercise-outside-under-new-rules?utm_source=f3c5392c-9b8d-4372-9c9d-e2f48a041b85&utm_medium=email&utm_campaign=govuk-notifications&utm_content=daily

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation>

The Welsh Government have provided information here:

<https://gov.wales/guidance-changes-coronavirus-regulations-1-june>

<https://gov.wales/coronavirus-covid-19-advice-livestock-and-equine-owners>

<https://www.hse.gov.uk/welsh/index.htm>

The Scottish Government have provided information here:

Scottish Government published their route map through and out of the crisis on May 21 and moved into phase 1 on May 28.

<https://www.gov.scot/publications/coronavirus-covid-19-staying-at-home-and-away-from-others/pages/exercise/>

<https://www.gov.scot/coronavirus-covid-19/>

<https://www.hse.gov.uk/scotland/>

The Northern Ireland Government have provided information here:

NI Direct Government Services

<https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>

<https://www.daera-ni.gov.uk/landing-pages/daera-covid-19-news-centre>

The Northern Ireland Executive has published a five point plan which you can read here:

<https://www.executiveoffice-ni.gov.uk/publications/coronavirus-executive-approach-decision-making>

Health & Safety Executive Northern Ireland

<https://www.hseni.gov.uk/>

The Republic of Ireland Government have provided information here:

The Irish Government has produced a Roadmap for Reopening of Society & Business in the Republic of Ireland.

<https://www.gov.ie/en/news/58bc8b-taoiseach-announces-roadmap-for-reopening-society-and-business-and-u/?referrer=/roadmap/>

Health and Safety Authority in Republic of Ireland

<https://www.hsa.ie/eng/>

Horse Sport Ireland

<https://www.horsesportireland.ie/covid-19/>

<https://www.horsesportireland.ie/northern-ireland-coronavirus-recovery-plan/>

The Isle Of Man

<https://covid19.gov.im/general-information/advice-for-keepers-of-stock/>

Covid-19 First Aid advice

<https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>

For **RIDDOR** Covid-19 specific reporting guidance follow the below link

<https://www.hse.gov.uk/news/riddor-reporting-coronavirus.htm>

All Centres will need to prioritise safe keeping of their families, staff and clients during these measures and we ask that all attending a Centre are respectful of measures an individual Centre has chosen to implement

Maintaining an accurate account of who is present at any coaching activity/site will help inform re traceability should a client/staff member be diagnosed with Covid-19 after the session. The continuing safety of all should be considered throughout.

The information provided within this guidance offers areas for consideration, including reviewing their ability to operate within Government Covid-19 guidance. Below offers the minimum preparations we advise Coaches undertake to ensure and evidence their ability to adhere to the Government Covid-19 guidance.

- Accessing Clients
- Communicating Arrangements
- Preparations
- Recommended Coach Conduct

Accessing Clients – at either private venue or a Centre

- a. Agreed decisions upon access allowances for clients will help in keeping all safe – considerations
 - has the venue given permission for you to attend to coach?
 - are there any venue restrictions?
 - has access to the venue altered since your last visit?
 - will your attendance breach restrictions upon number of clients or other coaches that could be safely allowed on site at one time?
 - does your client age (eg U18's and parental/guardian supervision effectively) add to numbers?
 - limits might apply dependent on a Centres management of client attendance eg rota etc

- do you need to stagger consecutive sessions to reduce risk of 'over-run' or unnecessary congregation of clients?
 - clarify spectator restrictions and allowances
- b. Consider provision/location of where your client will be based for their session
- include accessibility for disabled access in your assessment upon being able to adhere to Covid-19 guidance
 - for further information <https://www.rda.org.uk/>

Communicating Arrangements

- a. Confirm client awareness of Covid-19 symptoms and request that they inform you and do not visit if they
- have need to self-isolate
 - are in a household that is self-isolating
 - are feeling unwell
 - update and inform them of any changes to normal cancellation policy
 - utilise as an opportunity to update contact details including medical information as necessary
- b. Scheduling sessions– considerations
- allowance of an additional 10-15 min between single arena use to reduce risk of clients congregating
 - divide arenas subject to size– utilising one-way systems if entrance/exit permits
 - staggering start/close times for arena based sessions
 - shorten/adapt duration of sessions if required
- c. Payments
- online contactless- if possible
 - voucher paid in advance to limit transactions
 - where above are not possible, nominated staff to deal with - request supplied in sealed envelope with client name and date annotated
- d. Pre lesson notifications to consider
- Email or text immediately prior to lesson to confirm where to meet eg specific arena to minimise crossing paths with others unnecessarily

Preparations

- a. If uncertain, contact your insurance company for confirmation that you have coverage through your policy to re-institute coaching (BHS APC's have policy coverage)
- b. Personal Protective Equipment (PPE)
- for further advice upon PPE – refer to relevant Government guidance
 - ensure you have sufficient supply
 - confirm situation re client's ability to use own equipment
 - confirm need for them to continue with use of regular PPE
 - request client wears clean gloves (washing between sessions)
- c. Use of routine PPE should continue as per normal activities, eg riding hats/gloves

Face covering/masks

Non-medical face coverings could be considered on a precautionary basis. Whilst the evidence is limited, this may provide some level of protection against transmission to other people in close proximity

Face coverings/masks if used should

- supplement precautions and support hygiene
- only be used in accordance with manufacturer's guidelines
- correct training - incorrect use eg sharing, applying with dirty hands or when dirty will increase risk
- be disinfected thoroughly (as applicable) between use

Gloves

- Use of PPE gloves will help keep hands clean and minimise risk of transmission but only if worn and used correctly. They should be correctly disposed of after use.
- A variety of PPE disposable gloves are available, but supply of Nitrile gloves should eliminate risk for those who may have reaction to latex

Recommended Coach Conduct

- a. By attending a venue, coaches are agreeing that they follow all current government guidelines relating to the number of clients in each session and work to minimise risk at all times
 - **In England** any maximum limits upon 'household' attendance should include the coach and any assistants to the coach for example , if the maximum is 6, then the maximum client number should be 5 assuming all clients can ride independently
- b. All Coaches undertake to agree their attendance based upon assurance they will not attend if they:
 - have need to self-isolate
 - are in a household that is self-isolating
 - are feeling unwell
- c. All Coaches must agree to operate under adherence to Government social distancing guidance of 2m
- d. All Coaches agree adherence to routine disease prevention procedures, such as changing clothes between venues and limiting daily activity to fewer centres where possible
- e. Recommend initial coaching sessions will be with client and horse combination that are known to the Coach (to ensure your proposed adapted practices are workable)
- f. Coaches provide a generic risk assessment for each session
- g. All Coaches have up to date First Aid qualification and knowledge upon adapted First Aid Procedures (in light of Covid-19 guidance)
 - for further advice –
<https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>
 - Coaches understand and follow the venues' accident reporting procedures
- h. All Coaches to utilise Personal Protective Equipment (PPE) as required

- use of routine PPE should continue as per normal activities, eg riding hats/gloves -in particular if using shared equipment eg arena cones
- for further advice upon PPE – refer to relevant Government advice

i. Session Format - considerations

It is the Coach's responsibility for ensuring lessons are done so safely– refer to relevant Government advice and adapt content in view of fitness levels for horse and rider

- **When able to as directed by Government**

- Individual one-to-one sessions
- semi-private for more experienced riders from within the same family/household group (enabling maximum space between each other)
- lunge lessons for more competent riders where able to further ensure social distancing, for example, riders working upon positional development as opposed to beginners working on positional security
- lead rein lessons where able to further ensure social distancing, for example, following induction and supervision training, the use of a competent family member/household group to lead the pony and employing use of visual demonstration as required
- group lessons in accordance with your nation Government guidance
 - **In England** any maximum limits upon 'household' attendance should include all riding eg for example, if the maximum is 6 and they are being taught by a coach, then the maximum client number should be 5 (assuming all clients can ride independently).
 - Spectators should be kept to minimum and their positioning should adhere to all social distancing requirements as required by the Centre/Venue

j. The Coach has responsibility for

- adapting content/duration in view of fitness levels for both horse and rider
- keeping risk minimal - gradual re introduction to work without stirrups
- keeping risk minimal - gradual re introduction to poles/jumps etc
- adhering to Covid-19 protocols implemented by the Centre/Venue
- sanitising/washing hands as required
- arriving/leave the centre by specific route etc