



**horsescotland**  
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the national organisation for all  
equestrian sports and activity in Scotland

## **COVID-19: PHASE TWO GUIDELINES – RETURN TO PHYSICAL ACTIVITY**

### **Introduction**

On 18<sup>th</sup> June 2020 the Scottish Government announced a move to Phase Two of their Route Map out of the lockdown restrictions which were implemented as a result of the COVID-19 pandemic. This phase builds on the limited extension to physical exercise in phase one which will allow some sporting activities to be undertaken, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene.

This guidance has been approved by **sportscotland**.

While our equestrian community has been given a very welcome opportunity to benefit from the relaxed restrictions, we appreciate there are many challenges. We urge everyone to be respectful of these guidelines to help prevent the spread of Coronavirus (COVID-19).

The Scottish Government continues to monitor the situation closely and has not ruled out the reintroduction of restrictions, which could see activity suspended once again if public health measures dictate, or if the guidelines are not followed. It is therefore important that the equestrian community take the necessary steps outlined in this document prior to re-starting any activity and adhere to the guidelines, which could be subject to update or change at any time.

There may be a variance in guidelines and procedures throughout the UK, and it is therefore important that riding schools, livery yards, outdoor facilities, coaches, and participants in Scotland follow the guidance outlined by **horsescotland** and other guidance prepared by Scottish Government.

Whilst Phase Two sees a return to physical exercise, the pandemic will continue – so it is important that all operational procedures continue to reinforce and maintain the base guidelines to reduce virus transmission.

Clubs and participants should be aware that not all facilities will be able to open immediately following guidance changes and there will often be time lags as plans are put in place to re-engage staff, set up operations and ensure safety of participants.

These guidelines should be read in conjunction with any updated Scottish Government guidance on return to work, health, physical distancing and hygiene.

Facility operators, clubs and participants should be aware of the need to adapt to changes in guidance at short notice. Information on Scottish Government's approach to managing COVID-19 is available at <https://www.gov.scot/publications/coronavirus-covid-19-phase-2-staying-safe-and-protecting-others/pages/overview/>

People who are symptomatic should self-isolate for 7 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

## General Guidelines

- Travel restrictions outlined by the Scottish Government should always be adhered to. Further information is available at <https://www.gov.scot/publications/coronavirus-covid-19-phase-2-staying-safe-and-protecting-others/pages/meeting-others/>
- At all times, participants and facility operators should adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from others.
- Risk assessments should be carried out and documented, consider safety first, particularly minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are protected this should include the participation of disabled participants. Sample risk assessments should be available from your National Body, including BHS. [www.bhs.org.uk/advice-and-information/coronavirus-covid-19/risk-assessment](http://www.bhs.org.uk/advice-and-information/coronavirus-covid-19/risk-assessment)
- Communicate with participants clearly and regularly, making them aware in advance of the measures you are putting in place, and the guidelines they are asked to follow.
- Participants should, where possible, use their own personal equipment and ensure appropriate hygiene rules are adhered to.
- Where shared equipment is used, appropriate hygiene measures must be put in place to ensure equipment is thoroughly cleaned before, during and after use.
- All social spaces should remain closed.
- All facilities, venues, riding centres and coaches should obtain written confirmation from their insurance company that correct and full insurance cover is in place and valid before any activity takes place.

Guidelines will be updated as we progress through the different phases of the Scottish Government route map. Please ensure to check [www.horsescotland.org](http://www.horsescotland.org) on a regular basis to stay abreast of the latest guidelines.

## Health, Safety and Hygiene

- Ensure usual access to first aid and emergency equipment is maintained. At present, when no access to indoor facilities is permitted, consideration should be made to house first aid equipment externally. Please ensure the first aid equipment has been updated appropriately for the COVID pandemic and first aiders have been appropriately trained.
- Make hand sanitisers or wipes available for use at entrance/exit to venue/facility where possible. Hand sanitiser should be at least 60% alcohol based and detergent wipes should be appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent.
- Clean all common touchpoint surfaces (gates, door handles, handrails etc) regularly, wearing disposable gloves

A checklist of considerations and actions is available here: <https://sportscotland.org.uk/media/5723/getting-your-facilities-fit-for-sport.pdf>

Detailed guidance is also available at;

<https://www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/>

<https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings>

<https://www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/>

## Facilities, Venues and Riding Centres

From Monday 29<sup>th</sup> June, the use of covered arenas is permitted in Scotland, in line with the Route Map. BHS Scotland has received endorsement directly from Scottish Government and industry best practice guidance can be found at <https://www.bhs.org.uk/advice-and-information/coronavirus-covid-19/scotland>

Ensure your facility management team has put in place appropriate mechanisms for overseeing operations and risk management. Venues should only open when it is safe to do so. Only outdoor facilities (but including covered arenas from 29 June onwards) should be opened, with all indoor areas remaining closed including changing rooms, toilets, exercise rooms/halls and social areas.

Things to consider are:

- Ensure signage on guidelines for participating safely and promoting hygiene measures is clearly displayed (and ensure these remain up to date as restrictions change)

- Ensure measures are in place to minimise encounters between participants, including in car parks and at entrances.
- Facilities, venues and riding schools should manage the number of participants accessing the activity or facility to ensure social distancing can be achieved to protect the safety of users.
- Where safe and appropriate, doors should be left open during activity hours to minimise common touch points, risk assessments must be carried out on leaving these open.
- Consider different entry and exit routes to the facility where possible and ensure this is clearly marked.
- Where possible operate electronic bookings/payments for sessions. Avoid cash handling
- Where possible and in line with Data Protection regulations, a register of users should be kept in case there is a need to track and trace.
- No spectating should take place but where a parent is supervising a child or vulnerable adult, this will be allowed if physical distancing measures are followed.

sportscotland has produced the <https://sportscotland.org.uk/media/5723/getting-your-facilities-fit-for-sport.pdf> guidance to help owners and operators of sports facilities as they prepare for when sport/activity resumes. The guidance is applicable to all phases of the Scottish Government route map and can be adapted to support other planning-based work being undertaken by sports, clubs and community organisations.

## **Staff and Volunteers**

Facilities, venues and riding centres must ensure that relevant workplace guidance is followed for contractors and staff/volunteers and ensure existing health and safety advice is maintained and aligned. This should be detailed in a documented risk assessment.

## **Coaches / Coaching**

- Coaching is permitted if it is outdoors (or within covered arenas from 29 June onwards), physical distancing can be maintained, and is with up to two other households (maximum 8 people in total) per day.
- People who are symptomatic should self-isolate for 7 days and household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend an outdoor sports activity.

- At all times coaches and participants should adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from others.
- Travel for recreational activity should be local and in line with Scottish Government guidelines of broadly 5 miles.
- Coaching risk assessments must be carried out by the coach and documented for all coaching locations.
- Where third party premises are utilised, prior agreement should be sought from the facility owner.
- Coaches should not deliver training to more than 2 households at any one time or provide training to more than 2 households per day and a maximum of 8 people from those households at any one time including the coach.
- Cleaning, hand, and respiratory hygiene are core measures and provision should be made for these. Clear guidance and plans are needed for cleaning of equipment and waste disposal. Note that toilets and other washing facilities will not be available. Detailed guidance is available at;  
[www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/](http://www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/)  
[www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/](http://www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/)

### **Guidance for other Equine Professionals**

- Other equine professionals can attend your horse.
- Where third party premises are utilised, prior agreement should be sought from the facility owner.
- Any professional support network member that is in any doubt should seek clarification from their insurance provider and/or registered body.
- Online bookings should be taken if possible. If not, alternative measures should be put in place to avoid physical contact.

### **Guidance for Riders/Carriage Drivers**

These guidelines should be read in conjunction with any updated Scottish Government guidance on health, physical distancing, and hygiene. Participants should be aware of and adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing COVID-19 is available at <https://www.gov.scot/publications/coronavirus-covid-19-phase-2-staying-safe-and-protecting-others/pages/overview/>

### **Competitions**

- Competitions or events where groups of more than three households or extended households (maximum 8 people) congregate at any one time are not permitted.
- Competitions should only be undertaken locally and informally.
- Travel to a competition outwith your locality (broadly 5 miles) is not permitted for recreation and leisure purposes.

### **Furloughed staff**

- It is for each employer to decide when it is the appropriate time to return staff to work from the Coronavirus Government Job Retention Scheme.
- A furloughed employee can take part in volunteer work if they do not provide services to, or generate revenue linked to your business.