



Guidance for British Dressage competitors and their connections

**COVID-19: returning to restricted competition activity
safely in Scotland**

07 August 2020 v.1

Guidelines for a safe return to competition activity

From 7 August 2020 the Scottish Government have allowed for the resumption of non-contact competitive sport. This guidance will help you understand what to expect when you compete at venues and ensure that we have a safe return to restricted activity. We all have a part to play in making sure that competitions are run under the safest conditions possible and minimise the risk of spreading coronavirus. While venues won't be able to provide the same social environment we usually enjoy for competitions in the immediate future, by working together under the new requirements we will be able to take this important first step towards a return to normality.

The safety of all participants is our over-riding priority and we all need to work within the government guidelines in order to safeguard the health and well-being of competitors, officials and venue staff. We've consulted closely with our organisers, judges and stewards to put protocols in place that will provide a controlled and regulated environment, enabling competitions to return safely while reducing the risks associated with coronavirus.

Organisers and venues have been encouraged to conduct their own thorough risk assessments prior to the resumption of activity. This document is intended to provide guidance and recommendations only, not provide a prescriptive list as each venue will have different requirements depending on their circumstances. Nevertheless, the general principles that underpin our Standard Operating Procedures should still be in place at all venues when competitions restart to ensure that venues are COVID Secure.

The member FAQ document on the [BD COVID-19 hub](#) on our website may offer further help with any questions you may have. These procedures are correct at the time of printing; however, they need to be reviewed regularly in accordance with the latest advice provided by the Scottish Government.

BD Community COVID-19 Charter

The following general principles apply to all of our stakeholder groups:

- The health and safety of all of British Dressage members, and those connected with our sport in any way, must remain paramount at all times.
- Government guidelines should be adhered to by all participants, whether you are a competitor, organiser, judge, steward, groom, trainer, owner or other support personnel.
- All training and competition activity will be COVID-19 risk assessed in advance to manage risks and provide a safe, controlled and regulated environment for all involved.
- Regular handwashing, cleaning and hygiene procedures are essential for all activities.
- Social distancing of two metres should be maintained at all times; if this is not possible, individuals must remain at least one metre apart, plus take other mitigating measures, such as using PPE.
- Flexibility, understanding and support are key to the successful resumption of training and competition activity, therefore compliance with these requirements is essential.
- Good communication is required between all participants to maintain awareness, vigilance and help to control the virus.

What will your 'new normal' competition journey look like?

The following measures will help to keep yourself and those around you safe by minimising the risk of spreading the virus:

- Do not attempt to travel to venues if you or anyone in your household is feeling unwell or is displaying symptoms associated with the virus.
- Keep your hands and face clean – wash your hands and/or use hand sanitiser regularly.
- Avoid touching your face, mouth and eyes if at all possible when in a public environment.
- Take hygiene precautions, including using a tissue when sneezing, disposing it safely, and cough into the crook of your elbow, not your hand.
- Keep your distance – at least two metres on the ground, three horses' lengths while mounted.
- If closer contact is unavoidable, you should still keep a minimum of one metre apart at all times, using PPE when appropriate and avoiding face to face contact.
- Wear face coverings in situations where social distancing may be compromised and limit the number of contacts you have with other people outside of your household.
- Do not share tack or equipment and thoroughly clean all items, including clothes, when returning home after competition.

General competition procedures

- Under current restrictions in Scotland, the number of people permitted on site will be limited through the day, so entry numbers may be restricted to manage this effectively.
- Competitions will be run in a way that avoids unnecessary contact. This includes the removal of scoreboards and no prize givings. Results will be posted online, test sheets will be scanned and emailed or posted after the event and prize money sent electronically where possible.
- In addition to the rider, only one other person is permitted to attend per horse. This could be a groom, trainer or helper, but the limit is one extra person per combination, ideally from the same household.
- An additional person is also permitted as the nominated parent, guardian or carer for all Under 18s and Para riders (see Para specific guidance below).
- No spectators are permitted on site. Other than competitors access will be limited to venue staff, officials and pre-accredited media and photographers only.
- The secretary's office at the venue will be closed to the public to minimise unnecessary contact, but assistance will still be available on site and contact numbers will be provided.
- Provision will be made by the venue for a first aider with appropriate PPE and knowledge of procedures under COVID-19 provisions.
- Soft face coverings that cover the mouth and nose are encouraged and may be worn while riding, although these remain optional for competitors. No face shields are permitted and nothing should attach to the riding hat.
- Toilet facilities will be open and cleaned regularly. Venues are advised to regularly clean all facilities, particularly common touch points, such as door and gate handles.
- Cafes and restaurant facilities are permitted to re-open from the 15 July onwards, in accordance with the latest [Scottish Government guidance](#). Competitors are encouraged to consume food and drink outdoors, or alternatively you can bring your own refreshments and supplies, as required.
- You may be required to wait between tests in your car / lorry so be prepared – take a book, laptop, tablet or something similar to occupy the time.

- Riders should ensure that high standards of hygiene are maintained in the stabling area at all times, washing hands or using hand sanitiser before and afterwards.
- Competitors must bring their own equipment, which should be stored in their own horseboxes or trailers when not in use.
- As per DEFRA requirements and BD rules, equine passports should accompany all horses during travel and be made available for inspection if requested.
- Horses must be vaccinated in accordance with BD rules. However, there is an amnesty in place for the six month requirement until 30 September 2020. BD strongly recommends that all horses receive their six month vaccination at the earliest opportunity.
- All safeguarding, horse welfare and anti-doping policies will be followed and monitored as normal.
- Commanders are allowed for tests, providing they adhere to social distancing at all times. They must be included in the people allocation permitted for additional rider support.

Para riders

- Para riders are permitted to have an extra person in attendance to provide assistance where required, such as a family member, guardian or carer (i.e. two people in total, in addition to the rider).
- Organisers should consider the needs of any riders that may require additional support and allow adequate parking for horseboxes / trailers with adjacent parking for additional support vehicles.
- Para riders should liaise with the venue prior to attending to request any specific requirements or additional support they may require. This is particularly important if the rider is visiting the venue for the first time.
- In the warm up arena, para riders may receive assistance from one additional person, as required, but otherwise no spectators or grooms are allowed to access these areas.

Making an entry

- Please use the BD online portal for details on all competitions currently scheduled. We are continuing to work with organisers to keep the fixture schedules and show status up to date.
- All entries and payments will be made online, as per the details in each individual schedule.
- A condition of your entry will be that you agree to adhere to all government regulations and BD protocols relating to social distancing, public health and hygiene.
- If space permits, late entries will be permitted up until times are published.
- Normal withdrawal, ballot and refund conditions will apply.
- Entries will be accepted using class tickets.
- Once times have been published, no changes may be made to the class.
- If you're unable to compete, for whatever reason, please do let the venue know in good time. If it's before the times are published, your space may be able to be filled. This information is also required for results sheets, as all withdrawals must still be recorded.

Before you compete

- Communication with the venue is important, as they will keep their website and listing on the BD online portal up to date with all the information you will need on the day.
- Venues have been asked to post on their website a map, highlighting any changes to the site, including parking instructions and clearly marked toilet locations.
- Venues will also provide competitors with details of any additional requirements in place to help manage the COVID-19 risk. Please take time to read them in advance so you're fully prepared before travelling to the venue.
- Venues are being encouraged to operate a one way system, if at all possible, so you should familiarise yourself, even if it's somewhere you go to compete regularly.
- If you have any special requirements, for example to assist with access, please consult with the organiser by telephone or email ahead of your arrival.
- If you have to stop for fuel on route to the competition venue, please wear protective gloves and either wash your hands thoroughly or use hand sanitiser.

Music Classes

- Venues wishing to run music competitions should ensure that clear guidance is relayed to the competitor regarding the transfer of music files, whether in physical or digital format.
- CDs, MP3 and USBs are all permitted; however these must be sanitised before and after transfer between competitor and organiser.
- Online methods of music transfer are recommended if the venue has the facility to do so. We Transfer is a free online platform for transferring large file sizes.

Stabling

- During the initial stages of the resumption of activity, only on-site day stabling will be available.
- Further guidance will be issued when social distancing restrictions are relaxed and larger competitions can take place, but until this point there will be no overnight stabling provision.

On arrival

- Please park where directed by the venue. If there are marked bays, please use them to maintain social distancing. Vehicles should remain a three metre distance apart to avoid unnecessary contact.
- Horses should remain in the vicinity of the horsebox / trailer for a limited period of time only and should not be tied up outside or left unaccompanied.
- There will be a number of posters/notices to help you with the requirements in place and how to contact organisers. Venues should have a nominated COVID-19 Compliance Officer in place and their contact details will be made available to visitors.
- There should also be notification of an emergency contact for the venue vet and farrier.

Warm up arenas

- 'Competition bubbles' of five riders are to be formed within warm up areas.
- Only five riders (one 'competition bubble') will be permitted within the designated warm up area during an allotted time, which will allow riders 40 minutes of warm-up time.
- Once the last rider in the group of five has left the warm up area to enter the competition arena the warm up will be open to the next 'competition bubble'.
- More than one warm up area may be used to allow for two 'competition bubbles' to run concurrently.
- The warm up area will be monitored by a steward / marshal to ensure that riders adhere to these restrictions at all times.
- Para riders may receive assistance from one additional person, as required, but otherwise no grooms, trainers or helpers are allowed to access the warm up area.

Judging

- Where safe social distancing in line with government regulations cannot be maintained, judges will either bring a writer with them from their household / support bubble or judge on their own.
- Where judges are on their own, limited comments will be given with scores but three minutes of extra time has been given for each test so that they can give as much feedback as possible in the summary section. The amount of feedback may not be as comprehensive as normal.
- Judges have a full toolkit and have been provided with detailed guidance on their revised judging protocol and procedures to ensure that the safety of officials is protected at all times.

After your test

- If possible, there will be a marshal to guide you from the warm up area to the competition arena to maintain social distancing.
- A separate warm down arena is recommended, which riders and horses may use for up to ten minutes after their test. However, please note that this may not be possible at all venues.
- Competitors should not return to the warm up area to stretch their horse after their test.
- Once you've completed your test and warmed down, you should return to your lorry to wash/down and untack.
- Horses should not be tied outside lorries/trailers at any time.
- If you have further tests, please wait in your car/lorry as there won't be any public facilities or spectator areas open for the time being.
- On returning home, it's advisable that you clean and disinfect all tack and equipment, including clothing worn during competition.

Results

- Score sheets will only be collected at the end of the class to minimise paper handling and will then be processed by the scorer/organiser.
- Results will be posted on the venue's website and venues will send them to BD for processing within 48 hours of the completion of competition.
- Test sheets will be scanned and emailed after the competition, or alternatively some venues may choose to send them by post.
- Prize money will be sent by BACS or electronic transfer where possible.
- Any rosettes won will be posted to the competitor.

- Venues should use the standard BD results template and include withdrawals, no shows, HC runners, class ticket entries and eliminations.
- This information will double as a 'track and trace' record to help if any competitor/visitor is subsequently tested positive for COVID-19.
- Objections or complaints will be dealt with over the phone or via email after the completion of the competition. Payment will be taken on a credit/debit card, as per current rule 204, page 179.
- The BD team will process all results as normal and aim to have the final verified version live as soon as possible after receipt.

Local Lockdown

In the event of any local restrictions being imposed by the government, the following protocols should apply:

- Any venue that falls within a restricted area will not be permitted to host BD affiliated competition and training activity while local restrictions remain in place.
- Organisers should not accept bookings for training or competition entries from members who live within the exclusion zone for the duration of any local lockdown.
- Members residing within the exclusion zone should adhere to government advice on non-essential travel, which includes not participating in any BD activity until restrictions are lifted.
- No judges, stewards or officials who reside within the exclusion zone should be employed or travel to venues for BD activity from while these restrictions remain in place.
- All travel in or out of any exclusion zone should be kept to a minimum and only where it is deemed essential; for example if coaches are unable to work from home.
- Where possible, staff, contractors and suppliers should not travel to venues from within the exclusion zone, unless this is deemed essential for work purposes.
- Coaches and judges should not conduct training or test riding activity for members who reside within the exclusion zone until local restrictions are lifted.

Useful web links

- [Scottish Government: coronavirus in Scotland guidance](#)
- [Scottish Government route map through and out of the crisis](#)
- [Health Protection Scotland](#)
- [horsescotland phase 3 guidance](#)
- [Sportscotland phase 3: return to sport and physical activity](#)
- [BD Coronavirus hub](#)