



Guidance for British Dressage Coaches

COVID-19: returning to restricted activity safely

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Introduction

When operating during the Covid-19 pandemic, coaches and trainers need to ensure that they continue to protect themselves and minimise the risk of spreading the infection. This guidance is intended to provide consistent measures for all coaches and trainers to consider, within any remaining government restrictions or guidelines. Coaches should ensure that they confirm in advance of sessions if they or their client still has a preference to continue with any of the social distancing or face covering requirements, due to individual circumstances. This is particularly relevant for those that may still be considered vulnerable or at risk.

The health and safety requirements of all venues should be complied with as standard, with any additional measures applied over and above normal procedures. In some locations with a high infection rate emergency services may still remain under pressure and may not be able to respond as quickly as usual; this should be taken into account in the planning of any activities, with due consideration given to each individual client's riding abilities.

Standard compliance (first aid, safeguarding, DBS, insurance) should be maintained and coaches/trainers must ensure that they have adequately insurance cover prior to arranging or partaking in any form of online or face-to-face training.

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.
- 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.

Guidelines for a safe return to restricted activity

These guidelines currently apply in full to coaches and members residing in England, Scotland and Wales and have been produced in line with Government guidance on public areas, outdoor activities and exercise, which are available on the [gov.uk](https://www.gov.uk) website. Coaches are reminded that localised lock downs may supersede the guidance included in these protocols.

These procedures are correct at the time of printing; however, they need to be reviewed regularly in accordance with the latest advice provided by government. Operating procedures are based on Public Health England (PHE) guidance, please note that other guidance may apply in [Scotland](#), [Wales](#) and [Northern Ireland](#). You should refer to the relevant websites for the devolved governments for guidance relating to any other country other than England.

Guidelines for coaches

- While social distancing and face coverings will no longer be mandatory in England, coaches should still observe a cautious approach and minimise the possible transmission of infection where possible. It is advised that coaches confirm any individual requirements with their clients in advance of sessions. Some clients may still need to observe some of these measures if they are particularly vulnerable.

Venue facilities

Indoor arena use

- In England, no restrictions as of 19 July.
- In Wales, indoor arenas can be used for organised sport activity, up to a limit of 50 people as of 17 July.
- In Scotland, capacity is based on a maximum occupancy of 7sqm per person and social distancing of 1m must be adhered to.

Outdoors

- In England, there are now no restrictions on the number of people that can meet outdoors at a competition
- In Wales:
 - 100 people can meet outdoors for organised outdoor activities.
 - All staff, officials and competitors should aim to keep a minimum of two metres apart, in order to minimise the risk of spreading the virus.
 - If closer contact is unavoidable, individuals should still keep a minimum of one metre plus away at all times, wearing face masks and avoiding face to face contact where possible.

Coaching activity

- All coaching and training activity should comply with any remaining [government guidance](#).
- Coaches and trainers must consider safety first, in particular to minimise the risk of transmission and infection to and from others.
- A thorough risk assessment should be undertaken, in conjunction with standard risk assessment practice, and the appropriate measures implemented to ensure that participants, coaches and volunteers are protected. It is advisable that you liaise with the venue when doing this.
- A risk assessment template and detailed standard operating procedures to assist with this process are available in the [Coaches' Toolkit](#).
- Guidelines will be updated in line with developments in the government guidance. We recommend that you remain up to date with latest [BD coronavirus updates](#).

- Any measures implemented to allow the return to restricted activity for coaches, officials and riders must be capable of being changed quickly and remain flexible in the case of tighter restrictions/social distancing measures being reintroduced in future.
- Coaches or riders with confirmed or suspected cases of Covid-19, those who reside with a person with a confirmed or suspected case of Covid-19, or who are identified as being vulnerable or at risk, should adhere to the government guidance on social isolation / shielding and should not partake in any activity until it is safe to do so.
- If delivering online coaching you should observe safe working practices, taking into account additional safeguarding considerations, risk assessments and GDPR compliance.

Health, safety and hygiene

- Ensure that convenient access to first aid and all emergency equipment is maintained and first aid kits remain adequately stocked – including the addition of PPE where not already present.
- The primary responsibility of first aid is to preserve life and first aid should be administered, if required, until the emergency services attend. Guidance on the delivery of first aid during Covid-19 is available from the [Resuscitation Council UK](#) and [St John Ambulance](#).
- Where first aid is required, it would be preferable that this is administered by a parent/guardian or member of the rider's household, under guidance from a qualified professional, to allow social distancing to be maintained.
- Consideration should be given to the fact that there may be potential delays in emergency responses during the current pandemic.
- Facilities, surfaces and equipment should be regularly cleaned to reduce the risk of transmission. Where possible equipment (including pens, pencils and clipboards) should not be shared and, if necessary, they should be adequately cleaned prior to use. Guidance on the cleaning of surfaces and facilities is available from [Public Health England](#).

Bookings and payment

- All bookings should be taken online or by phone.
- Payments should be taken online electronically, such as using BACS, PayPal or by pre-paid bank transfer. Handling of cash should be avoided to minimise risk of contamination.
- Allowance should be made within the daily schedule for clients to arrive and leave the venue, avoiding any contact with other clients where possible.

Communication

- It is important that coaches communicate regularly with riders to ensure that they follow an agreed approach to the safe facilitation of test riding sessions.
- Coaches should liaise with the venue in order to agree a suitable approach to the return to restricted activity and to ensure that judges are adequately supported to deliver sessions safely.

Coaching children and safeguarding

- Guidance remains the same for coaching children under 18; however, updated safeguarding guidance for the provision of online and face-to-face coaching is available in the [Coaches' Toolkit](#).

- If coaching remotely online, parent/guardian consent should be sought and further consideration given to relevant safeguarding and data protection protocols, including the updated guidance on compliance and consent in the [Coaches' Toolkit](#).
- The rider's level of ability and risk should also be carefully assessed when coaching remotely online.
- During coaching, the attendance of a non-participating parent or guardian with a client should be limited to one, where possible – and social distancing should be observed whilst watching the session.

Useful web links

England

- GOV.UK - <https://www.gov.uk/coronavirus>
- Sport England - <https://www.sportengland.org/how-we-can-help/coronavirus>

Scotland

- GOV.SCOT – <https://www.gov.scot/coronavirus-covid-19/>
- Sport Scotland - <https://sportscotland.org.uk/covid-19/>
- Horsescotland – <https://www.horsescotland.org/covid-19support>

Wales

- GOV.WALES – <https://gov.wales/coronavirus>
- Sport Wales – <https://www.sport.wales/coronavirus-essential-information/>