

## The official return to outdoor activities NGB guidelines



### Duty of Care and Risk Assessment - OUTDOORS

DUTY OF CARE IS A LEGAL AS WELL AS MORAL REQUIREMENT WHEN 'RETURNING TO OUTDOOR ACTIVITIES'.

To ensure that all reasonable steps are being taken and its duty of care is being discharged, and to the required standard of care, sports and physical activity providers should consider the following as part of their risk assessment process:

- The session leader must have full and up to date insurance.
- Physical Activity Readiness - Questionnaires (PAR-Q and PAR-Q COVID) to be completed by participants and kept in accordance with data protection law (GDPR Compliance).
- Track & Trace forms need to be completed in each session and kept in accordance with data protection law (GDPR Compliance) for 3 weeks.
- If you are symptomatic or living in a household with someone else who has a possible or confirmed COVID-19 infection you should remain at home.
- If you are classified as extremely vulnerable on health grounds, you are advised to continue shielding to keep yourself safe by staying at home and avoiding gatherings or, if individuals wish to spend time outdoors, to take extra care to minimise contact with others by keeping two metres apart at all times.
- If you have been asked to isolate by NHS Test and Trace because you are a contact of a known COVID-19 case, do not exercise outside your own home or garden and do not exercise with others; you can spread the virus to others even if you never get symptoms.

#### Government guidelines state you must take a PCR test:

You are advised to take a PCR test after being identified as a contact, even if you do not have symptoms. You should also take a PCR test if you develop symptoms of COVID-19 during your self-isolation period. If your test is negative, you must still complete your self-isolation period because the virus may not be detectable yet – this is crucial to avoid unknowingly spreading the virus. If your test is positive, you and other members of your household, unless they are exempt, must follow the rules in guidance and self-isolate for 10 days. This is in addition to the time you have already spent self-isolating.

#### Exemptions from self-isolation apply. Please check and follow your own regional guidelines for more details:

- England: <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>
- Scotland: <https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect/>
- Northern Ireland: <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-contact-tracing>
- Wales: <https://gov.wales/test-trace-protect>

**REMEMBER:** It is important to observe regional social distancing regulations during breaks, before and after activity. **Avoid social clusters.**

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Even if you are vaccinated, you can still be infected with COVID-19 and pass it on to others. If you are identified as a contact of someone with COVID-19 but you are not required to self-isolate, you can help protect others by following the guidance on how to stay safe and help prevent the spread. In addition to getting a PCR test, you may also consider:

- limiting close contact with other people outside your household, especially in enclosed spaces
- wearing a face covering in enclosed spaces and where you are unable to maintain social distancing
- limiting contact with anyone who is clinically extremely vulnerable
- taking part in twice weekly LFD testing  
<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>
- **Whilst testing is purely voluntary, we would strongly encourage instructors and participants to take regular Lateral Flow Tests (preferably before and after class). This will help us to ensure that all who participate have a safe practice environment. Free Lateral Flow Test kits can be ordered here:**

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

**Also available from pharmacies.**

- **Practice good respiratory hygiene/cough etiquette**
  1. **Cover your mouth and nose when coughing or sneezing.**
  2. **Use tissues and throw them away.**
  3. **Wash your hands or use a hand sanitiser every time you touch your mouth or nose.**
- **Ensure that your outdoor activity space is large enough for participants to follow social distancing guidelines.**
- **Consider a one way, socially distanced system when entering or leaving an outdoor activity space, where applicable.**
- **Participants must have face masks and hand sanitiser in the event of possible 'pinch points' or contact with hard surfaces.**
- **Participants must bring their own water bottles.**
- **Thorough disinfection and cleaning after/between sessions of all contact surfaces, where applicable.**
- **Sharing of equipment should be prohibited, in particular ensuring that water bottles and cups are not shared.**
- **Consider safe utilisation of closed containers for all disposable and reusable hygiene materials (e.g. tissue, towels, etc.).**
- **Caution that, although measures are taken to minimise the risk of infection, all participants join the session at their own risk, particularly anyone with underlying health conditions**
- **Landowner's permission – instructors must seek permission from the landowner before setting up any outdoor classes and have with them any required permits needed to operate on that land.**

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