

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:

- The session leader must have full and up to date insurance.
- Physical Activity Readiness - Questionnaire (PAR Q) to be completed by participants and kept in accordance with data protection law (GDPR Compliance)
- Session leader to remind participants not to attend if they are feeling unwell - particularly with a high temperature and/or persistent cough.
- Track & Trace forms need to be completed in each session and kept in accordance with data protection law (GDPR Compliance) for 3 weeks.
- Physical (at least 2 meter) separating of participants, teachers and support staff.
- 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 a venue, 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.
- 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.

ENGLAND:

From March 29th people will be able to take part in formally organised, non contact, outdoor physical activity of up to 30 adults including the coach.

IRELAND:

From 5th April some easing of restrictions on outdoor activities will be considered.

SCOTLAND:

From March 12, outdoor non-contact up to 15 adults including the coach.

WALES:

From March 15, a maximum of 4 people from two households can take part in activities using local sports facilities.

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