# Covid-19 Risk Assessments for club activities

## Generic Rules and Requirements

This document is a generic risk assessment that seeks to identify risks in terms of contracting Covid-19 as well as stating how these risks can be minimised during club activities.

**Generic**

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| Risk | Mitigation |
| Members arriving at an activity not understanding the risks and how to mitigate them | All members are directed to the Covid SOP and RAs on the Home page. Organisers will see a reminder on the Propose an Event page. |
| Maintaining social distancing while holding a briefing | Organisers to ensure distance where possible. |
| A member may come into contact with a member who later tests positive for Covid-19 | Members need to ensure their contact details are up to date on the club website. |
| If required to do so by NHS Test and Trace, participants should pass on the contact details of other participants. If they do not have these, they should contact the Club Chair: [chair@aoac.co.uk](mailto:chair@aoac.co.uk) Mobile: 07828 183996. |
| Cases spreading through AOAC | If a participant tests positive for Covid-19 within 10 days of an event the Chair should be informed so that we can identify participants and inform them of the situation so they can take the appropriate action  If a member has symptoms of Covid 19 within 48 hours of an event they should contact all “close contacts” of that event to inform them to take precautions or get a test.  If they don’t have the contact details, they can contact the Chair for those details. |
| Contact and closeness to other members | Organisers, Leaders and Members are encouraged to limit close contact in line with Government guidelines for each of the home Nations |
| Leader and/or first aider and participants to carry masks for this purpose |
| Maximum skills and ability communicated so that members stay well within their ability |
| First aid may require participants to be less than 2m apart | Members to bring their own personal first aid kit as appropriate for the activity wherever possible. |
| Those involved in assisting with an incident should be limited as much as possible. |
| Where appropriate a list of equipment required is sent in advance so that all members can bring their own (see separate [risk assessment](https://aoac.co.uk/sites/default/files/AOAC_documents/RAs/Covid-19%20Risk%20Assessment%20for%20equipment%20hire.pdf) for hiring club equipment) |
| In the event of map or chart consultation members are to avoid swapping documents or phones. |
| Sharing of equipment | All members to bring adequate food and drinks for the event and not to share with others |
| It is encouraged that a face mask or covering to be carried and used appropriately. |
| Sharing of food and drinks |  |
| Face masks |  |

**Activity specific**

**Road cycling**

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| Risk | Mitigation |
| Requiring first aid | Compulsory wearing of helmets |
| Breathing in exhaled air while slip streaming | No continuous slip streaming and minimise mixing of pairs |
| Needing to touch another member’s bike whilst sorting a technical issue | Carry hand sanitiser to use before and after where this is necessary |
| Spreading of virus droplets | Avoiding sneezing, coughing, clearing airways when in close proximity to other riders. Avoiding contacting other riders or their bikes or equipment and accessories with cycling gloves or items contacting cycling gloves. |

**Mountain biking**

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| Risk | Mitigation |
| Requiring first aid | Compulsory wearing of helmets. Additional body protection to be worn wherever possible e.g. pads, guards and gloves to minimise potential injuries |
| Avoiding more hazardous trails and routes unless well within the ability of participants |
| Needing to touch another member’s bike whilst sorting a technical issue | Carry hand sanitiser to use before and after where this is necessary |
| Spreading of virus droplets | Avoiding sneezing, coughing, clearing airways when in close proximity to other riders. Avoiding contacting other riders or their bikes or equipment and accessories with cycling gloves or items contacting cycling gloves. |

**Walking**

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| Risk | Mitigation |
| Contact with potentially contaminated gates and stiles | Avoid contact with commonly touched parts of gates and stiles which may be contaminated. Hold open kissing gates at arms/leg length for the next person to use, thus avoid engaging the latch. Alternatively, the Leader may hold open the gate for all whilst maintaining distance. Participants to carry their own hand sanitiser for the unavoidable contact with contaminated objects should they so desire. |
| Close proximity to other persons | Avoid participants bunching around pinch points, gates, stiles, seats and during rest breaks. |
| Calling upon rescue services – increased number of people involved and close proximity to casualty | Leaders to consider walk plan, participants and conditions on the day to avoid the potential need to call upon mountain rescue. See walking risk assessments for guidance. |

**Climbing**

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| Risk | Mitigation |
| Touching the same surfaces | Clean all equipment between uses where possible |
| Clean hands before and after each ascent |

**Paddling**

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| Risk | Mitigation |
| Maintaining social distancing | It is sometimes necessary for two people to help each other carrying kayaks in and out of stores as well as outside. Try to limit any time inside the storage containers, only two people should enter a storage container at any one time and wash hands / use had sanitiser regularly.  When assisting with launching and egress respect social distancing as much as possible and use hand sanitiser regularly. |
| Rescues | If on the day a participant is having trouble with self-rescue, the leader or other competent paddler will be expected to assist.  Given the rescue will be outdoors and in water, the risk of any transmission is low, but participants need to accept that they will have to accept assistance if the leader decides it is needed.  Always paddle within your own ability, check with organisers if unsure. If a rescue is required the leader will decide the most efficient method to be used. The paddler must follow instructions and this may involve holding a kayak grab handle or a throwline. All equipment should be cleaned regularly. Deep water rescue method should only be used when necessary with minimum contact with paddler. |

**Site Specific**

Include risks specific to the location and potential conditions e.g., a particularly tricky downhill section in wet conditions or where to launch at a venue when paddling to help maintain social distancing.

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| Risk | Mitigation |
| **If no specific risks type “None” below** |  |
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**Appendix Covid-19 Standard Operating Procedures for club activities**

**(Updated 3/9/2021)**

**Covid-19 Standard Operating Procedures for club activities**

**(Updated 3/9/2021)**

**Participants**

* Do not attend an event if you or anyone in your household has the following symptoms:   
  high temperature, a new continuous cough, loss of or change to your sense of smell or taste
* Do not attend an event if you have been asked to self-isolate
* **For residential trips - please follow the guidance set out in ‘Statement from the AOAC committee in relation to reduction of COVID risk during residential trips’ – see below**
* If you develop symptoms within 48 hours of an event you are encouraged to alert the Club: [chair@aoac.co.uk](mailto:chair@aoac.co.uk) 07828 183996 so that the other participants can be notified.
* If you test positive for Covid-19 within 10 days of an event, inform the Club: [chair@aoac.co.uk](mailto:chair@aoac.co.uk) 07828 183996 so that the other participants can be notified.
* If you develop symptoms of coronavirus within 48 hours of an event you should get a PCR test as per government guidelines and inform all members you have been in “close contact” with. You can contact the Chair if you don’t have those details.
* Government guidance on the use of public transport and lift shares should be followed when travelling to and from activities.
* All participants will need to follow the latest government guidelines while out on activities <https://www.gov.uk/coronavirus>. This currently includes maintaining a 2 metre distance from others in Wales and 1metre in Scotland; in England there is no restriction on proximity but is still recommended to maintain distance where possible. Please be mindful/respectful of members on events in England who wish to maintain social distancing.
* Please bring hand sanitiser with you on all activities and maintain good hand hygiene.
* For the purposes of NHS Test and Trace please ensure your contact details on the website are fully up to date before participating in each event.
* By participating in an event, you are consenting to your contact details being passed on to NHS Test and Trace either directly by a participant or through the Club committee.
* There will be a minimum requirement in terms of ability and experience in the event description, please make sure you are within these before booking a space.

**Organisers and leaders**

The below gives an idea of additional things to consider when planning and leading an event during the Covid-19 epidemic.

* The activity needs to be planned to stay within the current government regulations <https://www.gov.uk/coronavirus>.
* There is a recommendation that an activity leader or nominated first aider who can provide first aid, is available on all trips.
* In England car sharing is now allowed. In Wales/Scotland there needs to be enough parking for participants to be able to attend without car sharing.
* Where possible, activities should start and finish at the same point to avoid the need for passengers to lift share as part of a shuttle, however shuttles are now permitted in England. Where shuttles are necessary in events held in Wales/Scotland participants should make their own private arrangements for how they will get back to the start point.
* Have consideration for communities who might be affected by an event.
* Landowners, walkers, cyclists, and emergency authorities should be treated with extra courtesy.
* Participants need to be well within their capabilities on an event. Make the minimum ability needed to take part clear in the activity description.
* Consider the lack of lifeguard services at the coast and the additional difficulties that coast guard services and mountain rescue teams are currently experiencing.
* The activity leader needs to be added when completing the ‘Propose an event form’. The cost needs to be set to £0.25 per person and the maximum number of places to that felt to be suitable by the organiser for that event with no limit.
* The maximum number on an event is unlimited. In Wales and Scotland during lunch breaks/socialising after event form smaller groups if needed (5 per group indoors in Wales; 10 per group from 4 households indoors and 15 outdoors in Scotland).
* Camping is now allowed with shared facilities in England, Scotland and Wales.
* Indoor activities are allowed in line with government guidelines.
* **For residential trips, please ensure that you include the ‘Statement from the AOAC committee in relation to reduction of COVID risk during residential trips – 2/9/21’ in pre-trip instructions**

**Statement from the AOAC committee in relation to reduction of COVID risk during residential trips – 2/9/21**

As you will all be aware, the risk of COVID-19 infection is ongoing in the UK. The committee is aware of concerns regarding upcoming residential trips and the increased risk that being inside with others brings.

No AOAC event – especially residential - will ever be risk-free in relation to COVID, and members need to make their own personal judgement as to whether they wish to attend or not.

*However in order to reduce the risk of infection, there are a few requirements that need to be followed. These will be reviewed by the committee on a monthly basis.*

*NB These apply whether or not you have been vaccinated, as you can still get infected/pass on infection even if double-vaccinated.*

***Before the event****: do a lateral flow test the day the event starts (these are available for free).*

Please DO NOT attend the event if your lateral flow test is positive, and book PCR test as per government guidelines.

Also DO NOT attend if you are experiencing symptoms of COVID-19, are waiting for the results of a PCR test, or are self isolating under current government guidelines.

If you cannot attend please give the organiser as much notice as possible as they may have a waiting list.

**During the event:**do a further lateral flow test each day. Feel free to wear a mask if you wish to.

If you test positive and/or develop symptoms during the trip, please let the organiser know straight away. In this case you will need to leave the event with anyone you shared a car with.

Refunds will be given to members who cannot attend a trip due to having pre-trip COVID symptoms and/or pre-trip lateral flow test being positive, or being requested under current legislation to self isolate.

***Each member will need to take personal responsibility to follow this guidance. If you do not feel able to do so for any reason then please do not book on a residential trip.***