# 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.  |
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| 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 involve close contact which will increase risk of passing on infection. | 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) |
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| Car sharing | Follow safer travel guidance - [Coronavirus (COVID-19): safer travel guidance for passengers - GOV.UK (www.gov.uk)](https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers) Whilst car sharing wearing masks, having a window open and sitting diagonally if possible will also reduce the risk of transmission. |
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**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**

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

**(Updated 3/4/22)**

*As you will no doubt be aware, we are now in a phase of ‘living with COVID’ and government guidelines have been changed to reflect this -* <https://www.gov.uk/coronavirus>.

*However there are still high numbers of cases in the UK and there are those that are still very concerned about catching COVID-19 and the impact in may have on their health/loved ones.*

*It remains important to be mindful of the risk of COVID-19 transmission however there are no guarantees that you will not catch COVID on a club event. The decision to attend or not remains with individual members.*

**Participants**

* As per current government guidance, do not attend an event if you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or do not feel well enough to go to work or carry out normal activities; you are advised to try to stay at home and avoid contact with other people.
* Testing is no longer freely available, however it is strongly recommended that you test prior to attending an event which involves being indoors with others.
* Please bring hand sanitiser with you on all activities and maintain good hand hygiene.
* Whilst car sharing following safer travel guidance - [Coronavirus (COVID-19): safer travel guidance for passengers - GOV.UK (www.gov.uk)](https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers). Wearing masks, having a window open and sitting diagonally if possible will also reduce the risk of transmission.
* **Although vaccinations are not mandatory to attend an AOAC event, Bristol Public Health have asked the committee to highlight that vaccinations and boosters are encouraged by the government in order to offer the best protection from COVID-19.**

**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 in relation the country your event is being held in.
* For overseas trips please see https://www.gov.uk/guidance/travel-abroad-from-england-during-coronavirus-covid-19
* There is a recommendation that an activity leader or nominated first aider who can provide first aid, is available on all trips.
* 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.

**Refunds for events if you are unable to attend**

We are now in a phase of ‘living with COVID’, and our refund policy has changed to reflect this.

For residential trips (not camping) published on the AOAC calendar prior to the review of this guidance (April 8-10 Swanage climbing trip and May 6 -8 North Wales climbing trip), a refund will be given to members who cannot attend a trip due to having pre-trip COVID or respiratory symptoms and/or pre-trip lateral flow test being positive.

All other events – including camping – will be subject to pre-COVID policy for event refunds – if you cannot attend a trip for any reason including illness, you will only get a refund if the organiser can fill your space.

If there is enough money in the contingency, refunds will be given for exceptional circumstances at the discretion of the organiser. The organiser can consult the committee if necessary.

Personal travel insurance will cover this if members wish to arrange this themselves.

***For residential trips, please ensure that you include the following guidance in pre-trip instructions***

**Guidance for residential trips (updated 3/4/22)**

*Government guidance has been recently changed and testing for COVID-19 is no longer available for free for the general public.*

*However there are still high numbers of cases in the UK and there are those that are still very concerned about catching COVID-19 and the impact in may have on their health/loved ones.*

*In order to reduce the risk of infection on residential trips, there are a few guidelines that need to be followed. These will be reviewed by the committee on a regular 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****:* we strongly recommend doing a lateral flow test the day the event starts.

As per current government guidance, DO NOT attend an event if you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or do not feel well enough to go to work or carry out normal activities; you are advised to try to stay at home and avoid contact with other people.

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

**During the event:**it is **strongly recommended** todo 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 of a respiratory infection during the trip, please let the organiser know straight away. In this case you will need to leave the event, preferably with anyone you shared a car with.