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

**(Updated 23/11/2021)**

**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
* If you develop symptoms within 48 hours of an event you are encouraged to alert the Club: 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 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.

Close contacts guidance: Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with th- GOV.UK (www.gov.uk)e person

* 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>. 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.
* 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.
* 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. If this is unavoidable see above re reducing risk.
* 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.
* Follow rules set by individual nations regarding maximum numbers of people allowed inside/outside in the area that your trip will be happening – these are subject to change so please ensure you are following the latest guidance.
* 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 – 23/11/21’ in pre-trip instructions***

**Statement from the AOAC committee in relation to reduction of COVID risk during residential trips – November 2021**

As you will all be aware, the risk of COVID-19 infection is ongoing in the UK. The committee is aware of concerns regarding residential trips and the increased risk that being inside with others brings. There have now been a few residential trips which have gone ahead without any infections being reported.

However on a recent residential Club trip, a member had a positive lateral flow test on the Sunday morning of the trip (they have tested negative on the Friday and Saturday), and subsequently this member and others have had positive PCR tests. This was bound to happen at some point given the world we are living in, and in no way is any fault of the member who tested positive.

It shows the importance of taking regular lateral flow tests on residential trips in order to highlight a possible infection asap, however this system is not fool-proof and a negative lateral flow test is no guarantee that you do not have the virus in your system.

**It has also highlighted the fact that - as per committee statement circulated in September 2021, 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 based on their individual circumstances.**

There have been a number of views expressed in relation to this and the committee have considered all of them. Our discussion is documented in November committee minutes (available on website once approved) if you are interested.

**We have not changed the residential COVID-19 SOP or RA however members need to be aware that there may be members attending the trip that have not been vaccinated.**

**Bristol Public Health have been contacted and have asked the following to be highlighted to members:**

Close contacts guidance: Guidance for contacts of people with confirmed coronavirus (COVID-19) infection who do not live with th- GOV.UK (www.gov.uk)e person

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)

They have also asked the committee to highlight that vaccinations and boosters are encouraged by the government in order to offer the best protection from COVID-19.

If people are car sharing, it would make sense that those people cohort together/share tents/accommodation if they’re already sharing.

**The guidance – sent in September 2020 – is copied below as a reminder.**

*In order to reduce the risk of infection on residential trips, 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.***