

Covid-19 Risk Assessment - Working practices

Club Name: **Caithness Riding Club to use CIRA for Weekend Instruction Clinics** Assessment undertaken by: **Jacky MacMillan** Date **22/09/20**

What are the hazards?	Who might be harmed?	How might they be harmed?	What are you already doing (or have done)?	Additional measures:	Action by whom?
Transmission of Covid-19	Coaches CRC Members CRC Committee Members Rider's Helpers	Infection from virus transferred by failure in social distancing	<ul style="list-style-type: none"> • 2m Social distancing must be adhered to whenever possible. • CRC members who repeatedly or wilfully fail to comply will be asked to leave the event or activity by a member of the Committee • Masks are not required in collecting area or arena or when outdoors unless 2m social distance cannot be maintained. • Masks are required in the kitchen and viewing gallery. • Members are reminded when booking to follow guidance and to wash hands frequently and sanitise on arrival and avoid touching face. • Members are reminded not to attend if they display any Covid symptoms. 	Inform all in advance Regular monitoring of adherence to requirements	CRC Secretary CRC Committee member in attendance at the event
Transmission of Covid-19	Coaches CRC Members CRC Committee Members Rider's Helpers	Infection from virus transferred by contact between people at initial arrival and signing in/payment/greeting	<ul style="list-style-type: none"> • Payment and booking for event or activity to be remote or online. • No hand shaking or hugging when greeting. • Only one person to accompany a rider to a clinic in order to give assistance • Surfaces such as gate locks, handles or commonly touched surfaces should be cleaned regularly with household disinfectants. • Rides will finish 10 minutes before the hour to ensure that riders do not overlap in the collecting area 	Inform all in advance via Entrymaster, Facebook page and website Regular monitoring of adherence to requirements	CRC Secretary CRC Committee member in attendance at the event

			<ul style="list-style-type: none"> • All people must wash their hands or use hand sanitizer immediately as they arrive and leave. • Horses must be tacked up at lorries or trailers not in the collecting area • Horses must not be left tied in the collecting area • Entrance to the arena by the bottom gate and exit by the top • Vehicles must be parked at least 3 metres apart • CRC members who repeatedly or wilfully fail to comply will be asked to leave the event or activity by a member of the Committee 		
Transmission of Covid-19	Coaches CRC Members CRC Committee Members Rider's Helpers	Infection from virus transferred by contact between people in Toilets	<ul style="list-style-type: none"> • Only one person to be present in the toilet area at a time • Use signs and notices to remind users to wash hands regularly and avoid touching their face. 	Inform all in advance via Entrymaster, Facebook page and website Regular monitoring of adherence to requirements	CRC Secretary CRC Committee member in attendance at the event
Transmission of Covid-19	Coaches CRC Committee Members	Infection from virus transferred by contact between people when administering first aid.	<ul style="list-style-type: none"> • Normal first aid hygiene and contamination control practices should be followed. • Where it is not possible to maintain a 2 metre or more distance away from an individual, disposable gloves are recommended. • Disposable gloves should be worn if physical contact is likely to be made with potentially contaminated areas or items. • A mask may be worn if there is a risk of contact from droplets being coughed from an individual being treated. • Clean your hands thoroughly with soap and water or alcohol sanitiser before putting on and after taking off PPE. • It is recommended to avoid mouth to mouth breaths to a non-breathing adult casualty, only administer chest compressions. 		

			<ul style="list-style-type: none"> • In a child chest only compressions are unlikely to be successful, hence mouth to mouth breathing may be required a face shield should be worn if available. • Good hygiene should be followed when administering first aid. • Updated first aid guidelines to be followed when providing resuscitation to a casualty. • Should you have given mouth-to-mouth ventilation there are no additional actions to be taken other than to monitor yourself for symptoms of possible COVID-19 over the following 14 days. <p>Note that Coronavirus is a mild disease in most people, but a casualty who is not breathing or their heart has stopped is definitely going to die, hence the risk should be balanced</p>		
Transmission of Covid-19	Coaches CRC Members CRC Committee Members Rider's Helpers	Infection from virus transferred by contact between people in kitchens/ /social areas	<ul style="list-style-type: none"> • The kitchen and viewing gallery areas are restricted to CRC Committee members. Due to the size of the area only one person to use the kitchen at a time • CRC Members and their helpers will be reminded that the kitchen and viewing gallery areas are not available • Social distancing will be observed in the viewing Gallery • Masks should be worn in the Viewing Gallery • CRC members who repeatedly or wilfully fail to comply will be asked to leave the event or activity by a member of the Committee 	Inform all in advance via Entrymaster, Facebook page and website Regular monitoring of adherence to requirements	CRC Secretary CRC Committee member in attendance at the event
Transmission of Covid-19	Coaches CRC Members CRC Committee Members Rider's Helpers	Infection from virus transferred by contact between people during coaching or riding activity	<ul style="list-style-type: none"> • No more than 4 riders should be in the arena at any time • Lead rein riders, should be accompanied by a parent/helper • Other people in the arena to be restricted to the coach and a committee member • The numbers of attendees at an event must be kept to a number where social distancing can take place effectively. • No more than 4 riders should be in the collecting area at any one time 	Inform all in advance via Entrymaster, Facebook page and website Regular monitoring of adherence to	CRC Secretary CRC Committee member in attendance at the event

			<ul style="list-style-type: none"> • Use signs and notices to remind users to wash hands regularly and avoid touching their face. • Use the minimum amount of shared equipment. • No hand shaking or hugging when greeting. 	requirements	
Transmission of Covid-19	Coaches CRC Members CRC Committee Members Rider's Helpers	Infection from virus transferred by contact between people during transfer or materials or objects	<ul style="list-style-type: none"> • Use the minimum amount of shared items such as clipboards, pens etc. • Only one person to move or assemble jumps and move poles. • Use signs and notices to remind people to wash hands regularly and avoid touching their face. • The use of gloves is not necessary. 	Inform all in advance via Entrymaster, Facebook page and website Regular monitoring of adherence to requirements	CRC Secretary CRC Committee member in attendance at the event
Transmission of Covid-19	Coaches CRC Members CRC Committee Members Rider's Helpers	Infection from virus transferred by contact between people during travel.	<ul style="list-style-type: none"> • Travelling should be undertaken with people from the same household. • Vehicles must be parked at least 3 metres apart • The gate should always be kept shut • Avoid tying horses outside lorries/trailers • CRC members who repeatedly or wilfully fail to comply will be asked to leave the event or activity by a member of the Committee 		