North East Wilds - Covid-19 Risk-Benefit Assessment - Adult sessions

Policy

The current coronavirus pandemic is a constantly evolving situation with regularly changing guidelines and advice for best practise. As a provider of 'Outdoor Recreation' for both children and adults, and for the purposes of recreation, mental health support and child-care, North East Wilds CIC is following multiple government guideline documents in order to ensure that we are not going against government guidelines at any time.

Where government guidance is unclear, North East Wilds CIC is consulting relevant governing bodies to support interpretation and application of the guidelines. Where no fairly conclusive procedure can be established with regards to the easing of restrictions of any particular aspect, North East Wilds CIC will not make any progressive changes.

This document will be reviewed frequently, keeping abreast of the most recent changes to guidelines published.

Benefits

Being outdoors in nature reduces stress, keeps immunity strong, builds resilience and a sense of community and keeps us physically healthy

Risk Assessments and Operating Procedures

Risk	Operating Procedure in order to comply Updates in red	How will this information be relayed to participants	PPE/Equipment/resources Needed
Contact with people who are unwell	It is important that we minimise contact with individuals who are unwell by ensuring that those who have coronavirus (COVID-19) symptoms, or who have someone in their household who does, do not attend our sessions. We will:	Before our sessions we will contact each participant and remind them of this guidance and ask them to comply. Leaders and assistants will be	There will be a central database of details collected on participants that sign up for our

	• Contact participants before the session to remind them of this rule. • Turn away participants as they arrive at the site that show symptoms. • Advise anyone with symptoms to follow the NHS/Public Health England guidelines to self isolate for 7 days if you have symptoms. Keep self-isolating if you still have any of these symptoms after 7 days and only stop when the symptoms have gone (isolate for an additional 48 hours if you've had diarrhoea): 1. A high temperature or feeling hot and shivery. 2. A runny nose of sneezing. 3. Feeling or being sick. 4. Diarrhoea 5. Loss of appetite. Anyone else in your household must isolate for 14 days. Order a test immediately at www.nhs.uk/coronavirus or call 119 if you have no internet access • Keep a record of who is showing symptoms, when they started and the earliest date that they are able to attend our sessions again.	responsible for asking participants to return home if they arrive with symptoms. Taxis will be used if necessary and spare masks/gloves will be available to facilitate this safely. Session reports will be completed after each session, keeping a record of who attends. The session leader will send track and trace instructions to any participants that report that they cannot attend due to having symptoms of Coronavirus.	sessions, this will include contact details for each participant. Gloves and masks.
A participant tests positive for Covid-19, who attended a session.	We will work to support the Government's track and trace strategy. We will:	Session reports will be completed after each session, keeping a record of who attends.	There will be a central database of details collected on

	• Keep a record for who attended each session and make contact with other participants who were present. • Advise participants to follow the track and trace procedure: https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/	The session leader will send track and trace instructions to any participants that report that they cannot attend due to having symptoms of Coronavirus.	participants that sign up for our sessions, this will include contact details for each participant.
Coming into contact with Covid-19 carriers (increased numbers)	Reducing the number of people you come into contact with is likely to limit the spread of Coronavirus and limit your chances of catching it. We will: • Limit group sizes to a 1:5 ratio of staff to participants, or a 2:4 where necessary. • Where sites and space allow for separation we may have up to 3 groups of 1:5/2:4. These separate groups will stay together for the duration of the session and not share any equipment.	Inform participants that they must book in advance with the session leader in order to attend a session. Session leaders to keep timetables of who is booked in for sessions.	Booking timetable available in shared location - for project facilitators to access.
Coming into contact with Covid-19 carriers (close contact)	Increasing the distance between people in a shared space reduces the likelihood that air-born covid-19 particles will transmit the disease from one person to the next. The risk of this is dramatically decreased by the following measures that we will uphold on site: • Being outside • Remaining 1 metre apart as a minimum/2 metres apart where possible.	Participants will be asked to bring a mask with them to the session in preparation. Session leaders will explain the procedure at the start of each session and inform the group of where to find all of the resources they need.	Spare masks Hand wash/sanitiser Tissues Bin & bin bag

	• Wearing face masks when under two metres or when indoors (for accessing toilet facilities). North East Wilds CIC will ask all participants to bring a face covering with them when there are indoor spaces to access, they will also have a provision of face masks for those that do not bring/have their own. • Covering sneezes and coughs, disposing of tissues safely and washing hands.		
Transmitting Covid-19 through touch	The coronavirus can be transmitted through touching shared surfaces, including holding hands etc. In order to minimise or remove the risk of transmission through touch we will: • Ask all participants to use hand sanitiser or wash hands when they arrive. • Demonstrate proper hand sanitising and hand washing techniques at the start of each session. • Participants will be recommended to not touch their hands or faces during sessions. • Wash hands more frequently than normal: In between each new activity, before and after eating, when arriving on site and before leaving, before and after visiting the toilet facilities. • All tools and equipment will only be used by 1 individual (name tags to	Session leaders will explain the procedure at the start of each session and inform the group of where to find all of the resources they need. Where appropriate, signs will be used to remind participants of the rules. Name tags will be added to equipment.	Instructional Signs Tape and pen for naming equipment. Disinfectant wipes. Bin and bin bags Hand sanitiser/washing facilities.

	facilitate this) or where this is not possible will be wiped down between uses with a disinfectant wipe. At the end of session tools will be left at a cleaning site where one of the staff leaders, wearing gloves, will clean them before putting them away. ● Provide a plastic lined binned that does not need touching in order to dispose of used wipes.		
Food and drinks on site	Food and drinks on site could be a source of transmission, to avoid this cross-contamination we will: ● Use separate cooking equipment for each participant. ● Wash/sanitise hands before and after any preparations. ● Where possible ask people to bring their own food and drinks with them. ● Only session leaders to prepare hot drinks for other people when using shared facilities (such as hot water container) and to do so wearing gloves. ● Don't permit any food sharing when on site.	Session leaders will explain the procedure at the start of each session and inform the group of where to find all of the resources they need. Inform participants before they arrive of the food/drinks procedures.	Gloves. Hand sanitiser/hand washing facilities.
Sneezes and coughs	Sneezes and coughs can spread air-born covid-19 particles. To minimise the risk of this affecting other participants and leaders we will: ● Encourage people to bring their own tissues, and provide tissues on site for when necessary. If this is not possible,	Session leaders will explain the procedure at the start of each session and inform the group of where to find all of the resources they need. Where appropriate, signs will be	Instructional Signs Bin and bin bags Hand sanitiser/washing

	participants will be asked to cover with their hand or sleeve. ● Provide a plastic bin bag to dispose of used tissues. ● Ask participants to hand wash/sanitise after sneezing or coughing. ● The site leader will be responsible for clearing away the bins at the end of the session, and this will be done wearing gloves and tightly sealing the bin bag before placing it inside a second bag. This should be stored for 72 hours and then disposed of in normal waste.	used to remind participants of the rules.	facilities.
Clinically extremely vulnerable people are at greater risk of serious complications	Clinically extremely vulnerable people have underlying conditions that make them more likely to develop serious complications from catching Covid-19. We will: ● Recommend that people who have been notified to be clinically extremely vulnerable don't attend our sessions at present. ● If they choose to attend our sessions, we will advise them to be extra vigilant during the session to maintain a 2m distance and wear face coverings.	Session leaders will advise participants of the risks before they arrive.	
Clinically vulnerable people (including pregnant women)	Clinically vulnerable people have underlying conditions that make them more likely to develop serious complications from catching Covid-19. We will: ● Recommend that people consider the risks attending our sessions. ● If they choose to attend our sessions,	Session leaders will advise participants of the risks before they arrive.	

	we will advise them to be extra vigilant during the session to maintain a 2m distance and wear face coverings.		
Breathing difficulties due to wearing face coverings	There is a risk for people with breathing difficulties or asthma that wearing a mask can make breathing more laboured. We will: ● Advise that people only wear masks when unable to maintain 2m distance, when entering indoor spaces, or when providing personal assistance such as first aid.	Session leaders will advise participants of the risks at the beginning of a session.	
Transmission through shared toilet facilities	Toilet facilities (on sites where these are available) can be accessed but the following steps must be followed by participants: ● Wear a face covering/mask. ● Wash hands for 20 seconds after used. ● Use disinfectant wipes after use to wipe down any surfaces touched and dispose on wipes in the bins provided. ● Wipe down the key/code access/handles to the doors touched when entering the indoor space and dispose of these wipes in the outdoor bins provided.	Session leaders will explain the procedure at the start of each session and inform the group of where to find all of the resources they need. Where appropriate, signs will be used to remind participants of the rules.	Disinfectant wipes. Spare face masks. Hand washing facilities. Bins/bin bags in key locations.
Disposal of waste on site - tissues and wipes.	● The site leader will be responsible for clearing away the bins at the end of the session, and this will be done wearing gloves and tightly sealing the bin bag before placing it inside a second bag. This should be stored for 72 hours and then disposed of in normal waste.		Gloves. Bing bags Hand sanitiser/hand washing facilities.

Visitors/members of the public on site.	Visitors to the site will increase the safe group sizes beyond the upper limit. If visitors/members of the public approach the site where we are operating, the leader will: ● Approach the individual(s) maintaining a 2m distance, but away from the rest of the group. ● Explain the activity and the group size limits and that we are complying with these guidelines. ● Request that they leave the area, during the time-frame of the session.		
Recommendations on transport to the site	North East Wilds CIC may arrange private bus transport to the sites. For participants using this service we will follow the same guidelines as public transport services and private hire taxi services are following. This same advice is passed onto participants that may be travelling to our sessions via public transport: ● Face coverings and masks must be worn on board transport. ● Hand sanitiser must be used before getting on board and after disembarking. ● (private bus) will be cleaned down with disinfectant after each use. ● Passengers advised to sit as spaced apart as possible.	Session leaders will advise participants of the risks and procedure before they arrive and before they leave the session.	Spare masks. Hand sanitiser/hand washing facilities. Gloves. Disinfectant wipes.
Washing clothes/hygiene after day	We will be advising participants to wash their hands when they return home and to wash their clothes.	Participants will be advised at the end of sessions.	

First Aid response needed increases close contact between leaders and participants.	If a participant or other learner becomes unwell while in our session and needs direct personal care until they can return home we will: ● Ensure first raiders use fluid-resistant surgical face masks and disposable gloves when assisting a participant. ● Advise other participants to leave support and first aid treatment to the session leaders, if they are needed to support the casualty then they will be provided with fluid-resistant surgical face masks and disposable gloves. ● A face guard must be used for mouth to mouth resuscitation. ● Keep a record of who assisted the casualty on site, in case this is needed for track and trace.	Participants will be informed at the start of sessions that first aiders will respond to any casualties.	Fluid-resistant surgical face masks Gloves. Face guard for mouth to mouth.
Mental Health	Mental health issues are likely to be affected, or induced by the concerns and safety measures surrounding the Covid-19 pandemic. To help support participants during this time we will: ● Ensure leaders on site keep abreast of current developments to help dispel misinformation. ● Ensure session leaders on site have mental health first aid training. ● Have reporting procedures in place for recording and following up on concerns.	Participants will be supported on an individual basis such issues arise. Session leaders will have a de-brief at the end of sessions to discuss and follow up on any concerns.	

	• Be aware of organisations and contacts for signposting should additional support be needed.		