

## Gritstone Adventure Activities Ltd

### Covid-19 operating Procedures for outdoor activities from 1/6/20

#### Introduction

On the 28 May 2020 the UK Government announced that people from different households will be able to meet in outdoor spaces from the 1st June 2020 as long as social distancing guidelines are observed. To this end, we believe that we are in a position to deliver outdoor activities in groups of up to and including 6 people. This document outlines how we can deliver outdoor activities with an acceptable and minimal degree of risk to participants and staff.

#### References:

World Health Organisation: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

UK Government Travel guidance: <https://www.gov.uk/government/collections/coronavirus-covid-19-transport-and-travel-guidance>

Association of Mountaineering Instructors / British Mountain Guides: "*Helping Keep Outdoor Activities Covid Secure*" document available upon request.

British Mountaineering Council: <https://www.thebmc.co.uk/bmc-launches-covid19-recovery-plan-for-climbing--hill-walking>

#### Our procedures:

1. Where possible keep a minimum distance of 2 metres apart.
2. At the beginning of any activities no-one involved should be in a position where they need to self-isolate either because of personal symptoms or contact with others. Participants will have completed a Covid-19 health questionnaire prior to the activity.
3. Participants should avoid sharing. All participants supply their own:
  - Drink, lunch and snacks.
  - Face coverings if they feel happier wearing one and hand sanitizer.
  - Basic first aid kits – appropriate protective gloves, blister kits, plasters alcoholic wipes etc.
  - Sun glasses, sun cream etc.
  - Outdoor clothing appropriate for any conditions.
  - Specialist equipment if possible (map/compass for mountain days, harnesses, helmets, boots for climbing etc.) However we will provide equipment where necessary.
5. The Instructor should have a face covering for themselves and spares. It is recommended that client(s) bring their own.
6. The Instructor will have a sealed communal first aid kit.
7. Client(s) should understand rescue procedures in the event of an accident including the requirement for increased self-reliance as a party owing to limitations placed on the services of Mountain Rescue services at present.
8. Clients need to take more ownership of any personal medical problems and the instructor needs to be more considerate of these problems allowing for more of a net of safety again.
9. When stopping for breaks or lunch, give thought to wind direction and the air born movement of Coronavirus particles.

10. Restrict numbers in cars (unless household members) to a minimum to help with social distancing.
11. The Instructor should ensure that their own clothing and all equipment used or provided has been cleaned and/or quarantined and stored appropriately since the last use. Equipment Quarantine period is 72 hours.
12. All communal kit will be labelled as when last cleaned and so ready for the day.
13. Be mindful of potential "honeypot" venues, paths, areas and parking – be creative.
14. Where equipment is loaned or rented it will be issued at the beginning of the day and remain in the client's possession all day.
15. Social distancing, hygiene and risk management will all be aided by working to low ratios in all activities.
16. Operate comfortably within ones and the clients abilities/fitness levels and in optimum conditions.

#### **Your Responsibilities as Customers:**

- 1) Try and stay 2m apart from anyone outside your house hold
- 2) Complete the Covid-19 Health questionnaire before arriving (emailed to you upon booking)
- 3) Don not come to your booking if you have any of the following symptoms (NHS website <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/#symptoms>):

- **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

- 4) Try and be as self-sufficient as you can on the day of your activity by not sharing and having your own:
  - Drink, lunch and snacks.
  - Face coverings if they feel happier wearing one and hand sanitizer.
  - Basic first aid kits – appropriate protective gloves, blister kits, plasters alcoholic wipes etc.
  - Sun glasses, sun cream etc.
  - Outdoor clothing appropriate for any conditions.
  - Specialist equipment if possible (map/compass for mountain days, harnesses, helmets, boots for climbing etc.) However we will provide equipment where necessary.
- 5) Taking control of any medication you have, have the means to deal with your own ongoing medical problems (asthma, allergies, previous injuries and so on).
- 6) Use the same equipment you are issued throughout the day and don't "swap" your gear around to others on the course / activity.