

Vaulting COVID-19 Protocols

Introduction

This document provides measures for vaulting participants when working in close proximity to others.

These protocols should be read alongside the latest Government regulations and local authority guidance. RDA Groups should refer to the RDA Road to Restart Guidance at <https://www.myrda.org.uk/runningyourgroup/getting-started-after-lockdown/> Wherever possible, the relevant UK Government social distancing guidance should be adhered to when undertaking activities that are not explicitly listed in these protocols. In circumstances where social distancing is not feasible, mitigations should be implemented in line with the advice within this document.

This document has drawn on general guidance for England but is relevant to all UK home countries when restrictions allow vaulting to proceed under these protocols. This document has also referenced the guidelines from British Equestrian Vaulting.

These protocols are subject to change in response to the current COVID-19 local restrictions, alert Level, community prevalence of COVID-19 and/or updated UK Government guidance.

Essential first steps

All participants/volunteers prior to vaulting with people from other households

- Self-symptom check before leaving home or take regular lateral flow tests if relevant
- Assess personal risk and that of other participants, coaches and volunteers
- Conduct quiet corner/grooming sessions/ practise individual training sessions
- Arrive dressed to vault
- Sanitise hands on arrival and prior to touching any shared surfaces

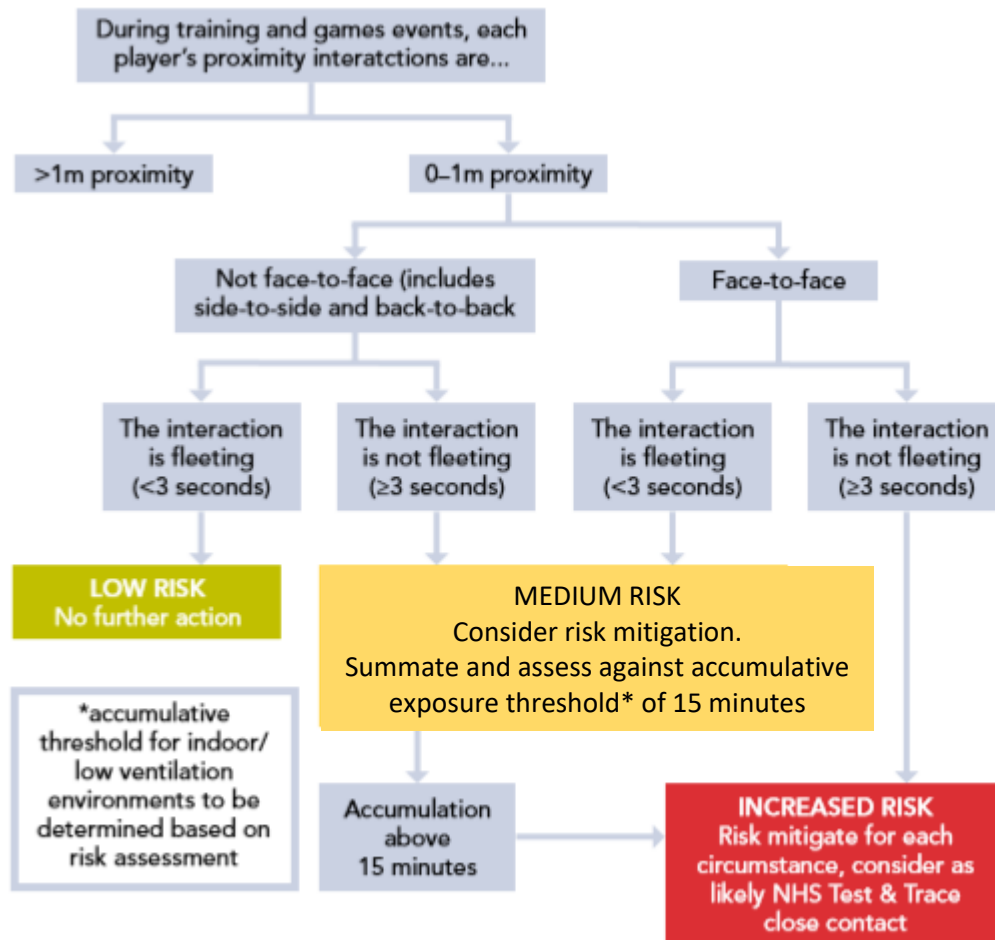
RDA Groups and Vaulting Coaches prior to any reintroduction of sessions should make sure that:

- The group has been signed off to restart by National Office
- A risk assessment for vaulting activities has been completed and signed
- The equine assessment and induction form available on the MyRDA website has been filled in for each equine used.

Understanding the risk

With vaulting, there will be times where volunteers and other participants will come into closer contact with those you are vaulting with. This may be for a relatively short period of time, or it may be for longer. If the interaction is relatively fleeting or short-term, the risk is relatively low. However, if the interaction is for a longer period of time and face to face, the risk is much higher, and mitigations will need to be considered to lower the risk of transmission of COVID-19. It is important that all participants/carers/families/volunteers and staff take personal responsibility for evaluating any potential risks to themselves or others. To correctly assess the risk of each participant it may be

worthwhile considering starting with grooming sessions, quiet corner (where participants get to spend one to one time with equines to familiarise themselves and regain confidence) or to focus on individual training sessions first. Some vaulters may have had a year or more away from an RDA group and could be nervous or over excited at restarting which could affect their behaviour.



Risk Assessment Framework – taken from British Equestrian, Return to Equestrian, Team Sports Action Plan. Based on DCMS framework.

Mitigation Steps

No.	Mitigation	Applies To	Conducted By
1	Pre-attendance symptom check	All participants/ coaches/volunteers	All participants/ coaches/volunteers
2	Normal social distancing rules to be followed outside of vaulting session	All participants/ coaches/volunteers	All participants/ coaches/volunteers
3	Whilst assisting with mounting/dismounting, the coach/ volunteer	All participants/ coaches/volunteers	All participants/ coaches/volunteers

	supporting the vaulter must wear a face covering		
4	Where possible organise manoeuvres on barrels or equine to maximise social distancing and avoid any face to face contact between vaulters	All participants/ coaches/volunteers	All participants/ coaches/volunteers
5	Between each session with a vaulting bubble all equipment should be sanitised (see RDA Road to Restart page for guidance)	Coaches Volunteers	Coaches Volunteers
6	At the end of each vaulting session and more frequently where practical, practice good hand hygiene	All participants/ coaches/volunteers	All participants/ coaches/volunteers
7	Maintain records of all participants/volunteers contact details for 21 days	RDA Group	RDA Group

Test & Trace Contacts

Based on our risk assessments, the RDA believe that the following should be considered as close contacts for the purpose of test & trace in the context of vaulting.

1. Those who have been within 1 m of each other.
2. Those who have assisted with mounting/dismounting of vaulters or have supported vaulters on a barrel or horse for a total of more than 5 minutes.
3. Those who have had a non-fleeting (>3s) face-to-face interaction within 1 m of another person.
4. Those who have had to attend to an emergency situation where any of the above apply.

Individual vaulting

This document will primarily deal with pairs or team vaulting where vaulters are likely to be in close proximity to each other. For individual vaulting, it is permissible for coaches and volunteers to breach social distancing to support a vaulter to mount or dismount a barrel or horse if a face coverings are worn and good hand hygiene is followed.

Face coverings for individual vaulters is optional. Face shields must not be worn by vaulters.

Supporting vaulters

In most instances the coach/lunger will be more than 2 m away from the vaulter and so there should be no need for face coverings to be worn if social distancing can be maintained. We would not recommend coaches to wear face coverings as this can impede communication.

If a volunteer is required to support a vaulter on a barrel or horse and will be in close proximity, the same rules for side walkers should be applied. From 21 June in England, Wales and Northern Ireland and in Levels 0 and 1 up to 2 supporters are able to support a vaulter by coming into closer proximity than social distancing would normally allow if face coverings are worn and good hand hygiene is followed. In Level 2 in Scotland only 1 close proximity supporter is permitted.

Face shields are not a replacement for face coverings for those providing support as face coverings must cover both nose and mouth.

Pairs and Team Vaulting

Pairs and Team vaulting can now take place. In training and team competition there should be no more than 6 participants in a session and they should form an exclusive bubble i.e. they should not vault with anyone else. Details of these bubbles should be noted for track and trace purposes.

Contact between vaulters should be kept to a minimum and moves should be held no longer than needed and at most 4 strides on a horse, which equates to about 3 seconds. 3 seconds is the maximum time moves should be held for on a barrel.

Each vaulter should have a cumulative time of no more than 15 minutes in each session in close proximity to another other vaulter. This allows for up to 15 minutes between each vaulting combination as we have a maximum number of 2 vaulters on a horse or a barrel at any time anyway.

Face to face movements and those where vaulters are less than 1 m apart should be minimised.

Face coverings for pairs and team vaulters is optional. Face shields must not be worn by vaulters.

Risk Assessment for vaulting with people from different households

Activity	Total number of people involved	Proximity to each other	Face to Face	Interaction time	Risk Level	Additional Mitigation	Risk level after mitigation
Help a participant to mount or dismount (e.g. leg up)	1 coach or volunteer	<1m	No	<5 minutes	Medium	Face coverings for coach or volunteer	Medium
Support a participant on a horse or barrel – equivalent of a side walker	Maximum of 2 volunteers	<1m	Sometimes	<5 minutes	Medium	Face coverings for volunteer Only step in when support needed and then step away, minimise time breaching social distancing Practice good hand hygiene	Medium
Vaulting training – working on the ground	Up to 6 vaulters in a bubble	>1m -2m	No	>5 minutes	Low	Ensure social distancing between vaulters whilst working on the ground by having each individual at distanced stations	No risk
Vaulting training – working on a barrel	Coach plus up to 6 vaulters in a bubble Coach plus 2 vaulters for pairs	<1m	Yes	<15 minutes	Increased	Exclusive bubbles of maximum 6 vaulters must be maintained Contact between vaulters should be kept to a minimum Moves should be held no longer than 3s Face to face and under 1 m should be kept to a minimum No more than 2 vaulters on the barrel at any one time Cumulative time per combination must be less than 15 minutes Hand sanitisation before and after	Medium

Activity	Total number of people involved	Proximity to each other	Face to Face	Interaction time	Risk Level	Additional Mitigation	Risk level after mitigation
Vaulting training and competing on a horse	Coach plus up to 6 vaulters in a bubble for team Coach plus 2 vaulters for pairs	<1m	Yes	<15 minutes	Increased	Exclusive bubbles of maximum 6 vaulters must be maintained Contact between vaulters should be kept to a minimum Moves should be held no longer than 3s Face to face and under 1 m should be kept to a minimum No more than 2 vaulters on the barrel at any one time Cumulative time per combination must be less than 15 minutes Hand sanitisation before and after	Medium

The risk associated with the handling and transfer of equipment in the sport

There are various items of equipment involved with vaulting which have been identified below. When thoroughly sanitising and preparing your environment and equipment it is important to consider the use of appropriate cleaning materials, which are not only proven effective against COVID-19, but also safe to use around both horses and humans. In conjunction with the British Equestrian Trade Association (BETA), RDA has identified a selection of products from several companies which meet these criteria, and which will not bleach or stain tack. You will find more information on this at <https://www.myrda.org.uk/runningyourgroup/getting-started-after-lockdown/>

Item	Material	Clean When?	Use by	Other Mitigations	Risk level
Bridle	Leather	At end of day	Volunteers/Coach	As few people as possible to fit bridle and lunge line Regular hand sanitising or gloves	Low
Roller	Leather/Synthetic	Wipe with sanitiser between vaulters or vaulting bubbles, paying particular attention to the handles. Must be completely dry before next vaulter or vaulting bubble uses the equipment.	Participants Volunteers/ Coach	Regular hand sanitising	Medium
Back pad	Material	Wash at end of day	Volunteers/Coach Participants	Regular hand sanitising	Medium
Barrel	Metal base/ synthetic handles	Wipe with sanitiser between vaulters or vaulting bubbles, paying particular attention to the handles. Must be completely dry before next vaulter or vaulting bubble uses the equipment.	Participants	Regular hand sanitising	Medium
Riding Hats	Plastic/Glass fibre Polystyrene	After each use	Participants	Encourage participants to have their own hats. Fully sanitise and leave hats to dry completely before next use. If possible, leave hats 48 hours between uses	Medium