

## “Navigating through the Scottish Route Map”

### **Guidance Document for BHS Accredited Professional Coaches and BHS Centres Operating in Scotland**

#### **Introduction**

This document is primarily aimed at BHS Accredited Professional Coaches and BHS Centre Coaches operating under COVID-19 restrictions in Scotland. The gradual lifting of COVID-19 restrictions follows a different route and pace in each Nation, however the BHS endeavours to offer support and guidance to all stakeholder groups in all areas of the UK. This document details the current BHS guidance for the anticipated criteria within each phase of the Route Map, whilst prioritising public safety at all times. As this is a new, constantly evolving situation this guidance will be updated regularly in response to Scottish Government information on the Route Map and phases.

#### **Background**

- The Scottish Government information must be taken into account:
  - [Coronavirus in Scotland](#)
  - [Health and Safety in Scotland](#)
- The British Horse Society [coach information](#).
- The British Horse Society Careers Pathways [BHS Career Pathways](#).

The world-renowned BHS career pathway, approved centre scheme and Accredited Professional Coach scheme is the largest and most comprehensive equestrian coach register in the UK. It ensures that BHS APCs and centres are well qualified, participate in regular professional development and have current First Aid, Safeguarding and are members of the PVG scheme (Scotland). This document recognises that BHS coaches are already well informed on best practice as professional members of our quality assurance schemes so looks to concentrate on specific Scottish detail as a response to the Scottish Government Route Map.



## **Phase 1**

In this phase, the virus is not full contained. The Scottish Government plans for outdoor workplaces to resume with social distancing measures in place. In this phase unrestricted outdoors access and non-contact outdoor activities in the local, subject to social distancing measures are permitted. Equestrianism is a non-contact, primarily outdoor activity.

### **What a coach can do at this time;**

- Semi-private for more experienced riders from within the same family/household group (enabling maximum space between each other) One household each day. Coach needs to keep physical distance from clients, members of same household can mix freely.

### **Considerations for coach:**

- Maintain accurate records of who and where you have coached daily. Include recorded data on any “near misses” of social distancing or relevant incidents. This allows you to ensure your biosecurity protocols are robust or change them if you feel they should be adjusted after you initial coaching sessions. Your records may also be important for traceability should a client be diagnosed with Covid-19. (New records for each “change” phase during Route Map e.g. when permitted to coach unlimited individuals and then when permitted to coach small groups).
- Ensure your client understands that you will have far less availability during this phase of the Route Map and explain the “coaching one household” restriction to them.
- Ensure if accessing your client at a facility or centre that this has been agreed upon with the facility and request “visiting professional” information and risk assessments from the facility in advance.
- Ensure you have clearly detailed your own policy to your clients which should confirm their awareness of Covid-19 symptoms and advice to self-isolate. Examples of how to ensure your clients have the information are:
  1. Educating through your business social media pages
  2. Emailing your guidelines on booking/receipt of payment
  3. Calling your clients to keep engagement and update them on your coaching in relation to Route Map.
- Payment should be contactless.



## **Phase 2**

The virus is under control remote working should remain the default position for those who can. Indoor non-office-based workplaces can resume, once relevant guidance has been agreed. Scottish Government are planning a reopening of playgrounds and sports courts with physical distancing, and a resumption of professional sport in line with public health advice. At a minimum APCs will be able to offer unlimited individual sessions in a day but in addition may be able to offer small group sessions (with all social distancing measures in place) – BHS Scotland will update this document accordingly once more detail is released.

### **Additional considerations under Phase 2;**

- Do you need to stagger consecutive sessions to reduce risk of 'over-run' or unnecessary congregation of clients?
- Start to plan for sessions with riders who require assistance mounting or side walkers. These clients may be in higher risk group and will be able to resume at later phases, but planning should be in place now.
- Recording of participants, time and date is still vital. Recording any "near misses" in social distancing or incidents is advised in order that a coach can assess and ensure their protocols are sufficient.
- Reminder to all participants of your Covid-19 guidelines and what they should do if they are Covid-19 symptomatic. At each phase, it is important to continue to emphasise your guidelines as a coach as human nature means the participants may become more relaxed as the phases progress, but our responsibility is to keep them aware.



### **Phase 3**

At this time things will begin to feel closer to normal. The virus will have been suppressed and Test and Protect working across Scotland means we will understand where any additional local measures might be required. Many workplaces will already have adapted, with physical distancing the norm.

- Communities will be fully engaged and participating in the transition back to a more open life and economy however coaches should “be prepared” in case restrictions have to be increased at any point in the future.
- It is anticipated that coaches will now be able to carry out lunge lessons for more competent riders, lead rein sessions with a sufficiently trained pony and/or family member volunteer and group lessons (if not permitted in Phase 2)

### **Phase 4**

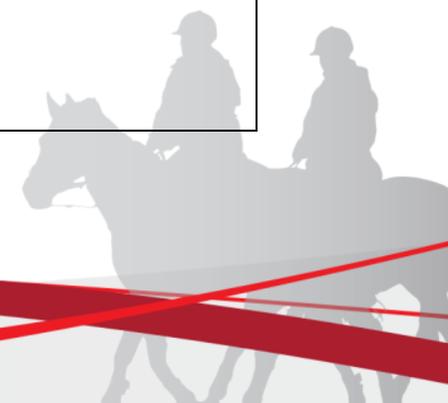
This is the final phase the virus remains suppressed to very low levels and is no longer considered a significant threat to public health, but society remains safety conscious.

- Coaches should at this point review their record keeping from first three phases and ensure their long-term biosecurity remains best practice. This is also a stage where further engagement with participants to ensure Covid-19 is fresh in their mind and they maintain good hand hygiene etc.

This Route map presumes that BHS Accredited Professional Coaches are either insured through the membership of the APC scheme or have their own insurance.



Phase on Scot Gov Route Map	Likely permitted activities/restrictions for coaching in guidance	Social distancing/measures required.	Record keeping	Session content
<b>Phase 1</b>	Restricted to coaching one household in one session per day.	Minimum 2 metres (would suggest 4), hand sanitiser carried by coach at all times, any shared equipment to be sanitised before use. First Aid PPE – disposable face mask, disposable gloves, consideration given to face shield/aprons.	Clear detailed record of each participant, time, day and venue to assist with traceability if required. Consider assessing after 14 days and recording any near misses in social distancing or incidents which may make you review your coaching risk assessments/protocols.	Lower risk activities for rider. This is not the time to push the height of fences/increase speeds/try a canter for the first time etc.
<b>Phase 2</b>	Likely to be unrestricted in number of individual sessions that can be coached/may be able to coach small groups.	As above with addition of emphasising safe distances to any semi-private group riders.	As above – second assessment after 14 days of Phase 2 advised.	Remain with lower risk activities with slight build on Phase 1 activities.
<b>Phase 3</b>	Likely to be able to coach small groups	As above – consider a strong emphasis this week on educating participants to social distancing/safety measures on social media/by email etc. as this is a potential danger phase for clients becoming more relaxed.	As above – third assessment after 14 days of Phase 3 is advised.	Wider range of activities can be included as per good coaching practice.



<b>Phase 4</b>	Group sizes may increase	As above – again emphasise social distancing.	No assessment advised at this phase.	Full range of activities can be included
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