



Induction: Changes to TRC sessions due to Covid 19

These rules are in addition to the club's standard rules that are available on our website and all members would have received in their 'welcome pack' email on joining. If you do not have access to the general club rules please contact a member of committee immediately.

It is the responsibility of the member and responsible adults to read and comply with these rules. If you have any queries please contact a committee member (list on our website) immediately.

Any persons not abiding by the rules may be asked to leave the club field and not be allowed to attend whilst these addition rules are in place.

- Comply with the 2 metre social distancing rule as much as possible. (This is not required for children under 11 years) or for persons in the same household.
- Only arrive at club if you have booked on through the booking system. (Entry will not be permitted if you are not booked in)
- Do not arrive early or late to a booked session.
- Only 1 responsible adult may attend with a junior member.
- No spectators. (If you are a senior and require additional support from a helper you must discuss this with a committee member and permission given by the chairman before you book a session)
- You must follow the one way system in place.
- Do not enter into another session's area – areas will be marked out.
- Do not leave rubbish, use the bin provided or take it home.
- **BRING YOUR OWN TOILET** PAPER – no toilet paper will be provided in an effort to stop cross infection.

Before your arrival

- DO NOT attend if you are symptomatic or have been in contact with someone that has symptoms or is confirmed in the last 14 days.
- Should you become symptomatic or confirmed with Covid – 19 within 14 days of attending club field you must contact a member of committee immediately.
- Be responsible – if you have a horse that you are likely to come off of, don't bring it!
- Only use the toilet if you really need too. There will be cleaning products outside of the toilet. It is your responsibility to clean the toilet and door BEFORE and AFTER using the toilet. As well as the toilet seat. We will not be cleaning it in an effort to protect ourselves.
- If you are high risk of catching Covid – 19 do not attend.

We apologise for all these rules, but we hope they make you feel that we have everyone's health and wellbeing are top priority. Please let us know if we can do anything to make you feel more secure.



TORFAEN RIDING CLUB



As committee members of TRC we will also abide by the above and have done the following:

- A risk assessment to ensure it is safe for our members to attend.
- Designed a plan of club field to keep session attendees separate.
- Provided hand sanitizing stations.
- Designed session times to ensure we comply with the government guidelines of a maximum of 30 attendees in total at any one time.

- ❖ Please send a text/email confirming your attending, and who will be attending with you, are fit and healthy before you leave home
- ❖ Please send a copy of your passport to Torfaenridingclub@gmail.com for checking a week prior to attending the session.
- ❖ The area will be cleaned and sanitised for your safety
- ❖ Please pay for your session using bacs or a block payment of sessions to - Torfaen Riding Club, Lloyds bank, Sort: 30-91-92 Account no:67686468

On Arrival

- ❖ Park in the area you are directed too in accordance to your session number and stay in your car until ready to unload and tack up
- ❖ Keep to the areas marked out
- ❖ Take time to read the notices positioned around the club site.
- ❖ Wash your hands following the NHS guidance. Hand sanitiser will be available and should be used on entry and before exit and during your time at club field.

Mounting/dismounting

- ❖ All the equipment will be sanitised with a wipe just before you arrive
- ❖ Your family member/ helper needs to follow the signage for distancing, but stay close by in case of an emergency

Riding session

- ❖ **Relax, breathe, and enjoy this time on the horse.** This is a stressful situation for everyone so please do not put yourself under any pressure when riding.
- ❖ Please take into account your horses' fitness and if you require any assistance with this please consult your coach or a committee member.
- ❖ Only committee members are permitted to touch the equipment, please alert a committee member should you require assistance.

On completing the session

- ❖ Sanitise your hands before departure
- ❖ Ensure you have made your next booking and updated us of any change to your contact details

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First Aid

There will be a First Aider at every session as usual but due to the current situation, should there be an accident, we require your permission to attend the causality. We have the correct PPE to carry out first aid, the exception being CPR should it be required.

BY BOOKING A SESSION YOU ARE AGREEING TO THE ABOVE TREATMENT FROM A TRC FIRST AIDER.

We are so pleased to be able to welcome you back.

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