



COVID-19 GENERIC RISK ASSESSMENT (V3)

What is COVID-19?

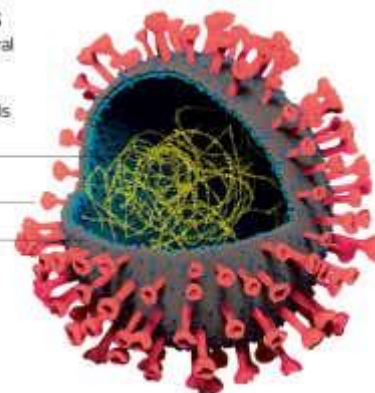
As a group, coronaviruses are common across the world. COVID-19 is a new strain of coronavirus first identified in Wuhan City, China in January 2020.

COVID-19 is an enveloped RNA virus. This means that it is a sphere of RNA (ribonucleic acid) and proteins encased in an external lipid membrane case. 'Lipids' are fats. Protein spikes on the surface of the virus are used to 'latch' onto our cells.

Anatomy of a virus

The covid-19 virus has several features we may be able to target with drugs to break it down and stop it entering cells

RNA enclosed in protein
Spike protein
Lipid membranes



What is incubation period of COVID-19?

The incubation period of COVID-19 is assessed to be between 2 and 14 days. This means that if a person remains well 14 days after contact with someone with confirmed coronavirus, they have not been infected.

How many people have been infected with COVID-19?

The Office of National Statistics have estimated number of people with COVID-19 in the community in England was 33,000 at any given time between 31 May and 13 June 2020 (0.06% of the community population). These statistics show that there is a low level of infection in the community and, if sensible precautions are adopted, your risk of contracting COVID-19 is low.

The risk of infection may increase as the UK reduces the 'lockdown' measures, which may lead to stricter lockdown measures being re-imposed on a local, regional or national level.

What are the signs and symptoms of COVID-19?

The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 infection:

- A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- A 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)
- A 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

Generally, these infections can cause more severe symptoms in people with weakened immune systems, older or obese people, and those with long-term conditions like diabetes, cancer and chronic lung disease.

How COVID-19 is spread?

From what we know about other coronaviruses, spread of COVID-19 is most likely to happen when there is close contact (2 metres or less) with an infected person. It is likely that the risk increases the longer someone has close contact with an infected person.

Droplets produced when an infected person coughs or sneezes containing the virus are the main means of transmission.

There are two main routes by which people can spread COVID-19:

- **Direct Infection** - Infection spread to people who are nearby (within 2 metres) from droplets inhaled into the lungs.
- **Indirect Infection** - Infection by touching a surface, object or the hand of an infected person that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes (such as touching door knob or shaking hands then touching own face)

How long the virus can survive?

How long any respiratory virus survives will depend on a number of factors, for example:

- What surface the virus is on
- Whether it is exposed to sunlight
- Differences in temperature and humidity
- Exposure to cleaning products

Under most circumstances, the amount of infectious virus on any contaminated surfaces is likely to decrease significantly over 72 hours.

Because COVID-19 has lipids (fats) as a part of its structure, detergents by themselves – such as soap and even washing-up liquid – work very well. Detergents disrupting the virus structure by dissolving the lipids, which in turn inactivates the virus by stopping it binding to our cells. The alcohol in hand sanitiser works in a similar way, by dissolving lipids in the virus coating.

Surfaces can be disinfected with products that contain at least 70% alcohol, 0.5% hydrogen peroxide bleach or household bleach containing 0.1% sodium hypochlorite. These will inactivate COVID-19 within a minute of application. Many products marketed as antibacterial will have no effect against a virus like COVID-19.

When washing clothes, you should choose a laundry powder that contains a bleaching agent. Biological powders tend to have more bleaching agents than non-biological powders.

Is everyone equally vulnerable to COVID-19?

No

There are individuals that are **extremely clinically vulnerable** to COVID-19 (for example: those with impaired immune systems from chemotherapy or organ transplants, those with severe respiratory conditions, etc). People in this category will have received a letter from their GP.

There are those that are **clinically vulnerable** to COVID-19. This includes older people and people with pre-existing health conditions (for example: diabetes, obesity, high blood pressure etc). Younger people, while they still contract COVID-19, are less likely to be adversely effected by the virus.

Why do I need to carry out a risk assessment?

Just as under normal working conditions, the identification and assessment of risks is the starting point for managing occupational safety and health (OSH). Riding Establishment licence holders are obliged to revise their risk assessment whenever a new hazard, in this case the biohazard COVID-19, is identified. You are required to develop safe working practises to protect the health and welfare of your employees, clients and the general public.

Should I involve my staff in generating the risk assessment?

You should have an ongoing engagement with staff. They can offer good ideas. You are more likely for your measures to work if your staff understand why specific mitigation measures have been imposed and they will help you better implement and monitor changes to the working environment.

ABRS Generic Risk Assessment

The ABRS have produced the attached generic risk assessment that may be adapted by member Riding Establishments should the Government ease lockdown restrictions and permit activities, such as riding, to recommence.

This Risk Assessment is 'generic' in that it does not, and cannot, take into account the establishment-specific requirements, physical limitations and client activity associated with individual schools. Furthermore, it remains **solely** the responsibility of the licence holder to undertake the risk assessment for their licensed premises.

The generic risk assessment, therefore, can serve only as a start point and must be adapted to reflect local requirements and circumstances. You may also need to amend the risk assessment based on government guidance (for example, the lockdown may be progressively eased or tightened again dependent on national or local death rates).

The government have issued the following guidelines that encompass working outdoors:

<https://assets.publishing.service.gov.uk/media/5eb961bfe90e070834b6675f/working-safely-during-covid-19-construction-outdoors-110520.pdf>

When implementing control measures, you must devise safe systems of work and document these where appropriate – in staff handbooks, posters on notice boards and on websites. In general, client-facing measures should be prominently displays on your

website and, where you are able, emailed to clients. Staff-facing measures should be placed as written instructions in staff handbooks and supported by briefings and training.

To demonstrate that you have undertaken a risk assessment and implemented measures to mitigate the risk, Government guidelines recommend that you display the following poster:

Staying COVID-19 Secure in 2020

We confirm we have complied with the government's guidance on managing the risk of COVID-19

FIVE STEPS TO SAFER WORKING TOGETHER

- ✓ We have carried out a **COVID-19 risk assessment** and shared the results with the people who work here
- ✓ We have **cleaning, handwashing and hygiene procedures** in line with guidance
- ✓ We have taken all reasonable steps to **help people work from home**
- ✓ We have taken all reasonable steps to **maintain a 2m distance** in the workplace
- ✓ Where people cannot be 2m apart, we have done everything practical to **manage transmission risk**

Employer _____ Date _____

Who to contact: _____ Your Health and Safety Representative
(or the Health and Safety Executive at www.hse.gov.uk or 0300 003 1647)

HEALTH AND SAFETY RISK ASSESSMENT FORM

Assessment No: 001	Riding Establishment:	
Activity: Provision of Riding Lessons	People at Risk:	Staff (??) Clients (??)

Part 1 – Risk Assessment

Hazards arising from activity	Risks associated with hazard	Initial Assessment			Control measures implemented	Adjusted Assessment		
		L	S	IA		L	S	AA
Biohazard: Infection by Covid-19 virus	Direct infection: through person-to-person transmission	3	5	15	<p>Reduce likelihood of coming into contact with an individual with coronavirus:</p> <ul style="list-style-type: none"> • Staff and clients (riding or livery) are to be advised that they are not to visit yard if they have any of the common symptoms of coronavirus, including a continuous cough and/or a fever/high temperature (37.8C or greater) • Publish an isolation policy for staff and ensure staff fully understand their responsibilities • Relax lesson cancellation policies <p>Reduce the likelihood of transmission by creating conditions that allow individuals to maintain and adequate social distance on the yard:</p> <ul style="list-style-type: none"> • Limit the number of people on the yard at any one time (numbers to reflect yard and school capacity for social distancing) • Provide signage at entrances to the worksite to remind the clients and staff to maintain social distancing • Reduce staff numbers required on the yard at any one time through reducing the number of horses in work (overall or at any one time), allowing fewer staff to be rostered • Separate yard into working zones to keep different members of staff physically separated as much as practical • Agree a specific time schedule for livery clients to visit their horses. The schedule should be limit numbers and de-conflict from busy yard periods (such as riding lessons) • Allow only staff on duty and clients scheduled to ride to enter yard. Clients that are minors may be accompanied by one adult • Ensure clients do not arrive too early for lessons (no more than 15 mins) • Allow sufficient time between lessons and/or physical space to enable clients departing and arriving not to cross paths • Introduce one-way flows where possible (for example, separate entrance/exit) 	2	5	10

Hazards arising from activity	Risks associated with hazard	Initial Assessment			Control measures implemented	Adjusted Assessment		
		L	S	IA		L	S	AA
					<ul style="list-style-type: none"> Eliminate/reduce the need for reception activity (through on-line or notice boards). Where need remains, reception areas to be one-out/one-in, or enable one-way flow, with adequate protection for reception staff Enable remote booking (telephone & online) and non-cash payment (Direct Debit, BACS or contact) Restrict areas such as tack rooms and feed rooms to staff only. Ensure one-out/one-in in such areas Use safe outdoor areas for breaks 			
					<p>Reduce the likelihood of transmission by creating conditions that allow individuals to maintain and adequate social distance while riding:</p> <ul style="list-style-type: none"> Limit riding lesson sizes (numbers to reflect yard and school capacity for social distancing) Staff to tack fully and present horses to riders Train riders, or accompanying adult for minors, to check and tighten girth correctly. Brief riders on the distance that must be maintained between horses when riding Lead rein lessons to be led by an accompanying adult who has been inducted as a volunteer 			
					<p>Reduce the likelihood of transmission where the social distancing guidelines cannot be followed in full:</p> <ul style="list-style-type: none"> Keeping the activity time involved as short as possible Avoid face-to-face working 			
					<p>Reduce the consequence of transmission of coronavirus:</p> <ul style="list-style-type: none"> Encourage staff and clients that are clinically severely vulnerable or vulnerable to COVID-19 to follow government advice and avoid potential of exposure from visiting yard. 			
	Indirect infection: through contact with surfaces that have contaminated with Covid-19 virus				<p>Reduce the likelihood of surfaces being contaminated with coronavirus:</p> <ul style="list-style-type: none"> Require visitors to wash hands/sanitise hands before entering and exiting yard. Provide additional handwashing facilities Restrict clients to reception, mounting and school areas, and away from stables, tack/feed rooms etc Require staff and clients to use gloves and encourage the washing of gloves to between uses Require that clients use their own hats, crops and high-visibility jackets 			

Hazards arising from activity	Risks associated with hazard	Initial Assessment			Control measures implemented	Adjusted Assessment		
		L	S	IA		L	S	AA
					Reduce the likelihood of transmission from a surface that has been contaminated with coronavirus: <ul style="list-style-type: none"> • Staff to wash/sanitise hands frequently. • Disinfect commonly touched areas or equipment including gates, handles, mucking out equipment, grooming kit etc • Frequently clean common use areas, such as reception, food/coffee preparation areas and toilets. • Set clear use and cleaning guidance for toilets. Provide the means to disinfect toilet facilities between uses. • Disinfect tack between uses. Allow sufficient time between lesson for this activity to be performed thoroughly • Replace and wash numnahs daily 			

Part 2 – Sign Off by Assessor and Manager			
Assessor:	Name:	Signature:	Date:
Manager:	Name:	Signature:	Date:

NOTES FOR COMPLETION

Assessment No – Generate an assessment number

Riding Establishment – Name of Riding Establishment

People at Risk - Identify who is at risk (including numbers) from the hazards identified. This may include colleagues, customers, contractors, visitors and the general public etc. You will also need to consider young persons and new or expectant mothers.

Hazard – Identify the hazards associated with the work operation to be carried out and in the place where it is to be done. Trivial hazards can be ignored and concentration given to significant hazards which could result in serious harm or affect several people.

Effect of Hazard Being Realised – Identifies the most likely worst-case effect of the hazard if it occurred.

Initial Assessment – Is the assessment of risk using Risk Rating criteria (see below) but assuming no control measures are in place.

Control Measures Implemented – Identify those control measures and precautions to eliminate or reduce risk to the lowest possible level.

Adjusted Assessment – Is the revised assessment of risk following the application of control measures

Sign-Off by Assessor and Manager – Certifies that a suitable and sufficient assessment of risk has been carried out by a competent person and that any residual risk, where it remains, has been reduced to as low as is reasonably practicable.

Assessment of Risk – Risk is determined by assessing the likelihood of an event (L) occurring and the severity of that event (S) should it occur. Giving a numerical value to these assessments, using the Table below, and then multiplying the 2 values achieves a Risk Rating (RR). This will be either an Initial Assessment (IA) (before control measures are applied) or an Adjusted Assessment (AA) (after control measures are applied). **This is a personal, objective assessment.**

Likelihood of Event		Severity of Event		Risk Rating – Initial Assessment/Adjusted Assessment	
1	Highly Unlikely	1	Trivial Injury		
2	Unlikely	2	Minor Injury	1 to 4	Minimal Risk – Maintain Controls
3	Possible	3	Serious Injury	5 to 8	Low Risk – Review Controls
4	Likely	4	Major Injury (Hospital)	9 to 12	Medium Risk – Improve Controls
5	Probable	5	Single Fatality	13 plus	High Risk – Consider stopping task and improve controls immediately
6	Highly Probable	6	Multiple Fatalities		