



Ascend Adventure Covid-19 Risk Assessment - outdoor activities

The health and wellbeing of our staff and participants is paramount. The measures below are put in place to enable us to deliver our work safely and in line with government guidance.

| What are the hazards? | Who might be harmed | Controls Required | Additional Controls | Action by who? | Action by when? | Done |
|---------------------------------|---|---|--|----------------|----------------------------------|------|
| Spread of Covid-19 Corona virus | <ul style="list-style-type: none"> • Staff • Visitors to our premises • Vulnerable groups – Elderly, Pregnant workers, those with existing underlying health conditions • Anyone else who physically comes in contact with us in relation to Ascend Adventure | <p>Hand Washing</p> <p>Hand washing facilities with soap and water in place. Stringent hand washing taking place. See hand washing guidance. https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/</p> <p>Drying of hands with disposable paper towels.</p> <p>Gel sanitisers in any area where washing facilities not readily available</p> | <p>Employees and participants to be reminded on a regular basis to wash their hands for 20 seconds with water and soap and the importance of proper drying with disposable towels.</p> <p>Also reminded to catch coughs and sneezes in tissues – Follow Catch it, Bin it, Kill it and to avoid touching face, eyes, nose or mouth with unclean hands.</p> <p>Tissues will be made available at Bittern Meadow.</p> <p>Additional bins will be available at Bittern Meadow for the safe disposal of tissues and handtowels.</p> | AA staff | Prior to and during each session | |

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| Spread of Covid-19 Corona virus | <ul style="list-style-type: none"> • Staff • Visitors to our premises • Vulnerable groups – Elderly, Pregnant workers, those with existing underlying health conditions • Anyone else who physically comes in contact with us in relation to Ascend Adventure | <p>Social Distancing and PPE</p> <p>Limiting the number of participants Participants to be reminded of social distancing guidelines at start and during each session Avoiding shaking hands hugging and touching Maintaining 1-2 metre distance from others Avoiding sharing plates, cups and utensils</p> <p>Staff only to enter caravan area.</p> | <p>Providing face masks, particularly for during travel (participants with respiratory conditions to seek medical advice regarding wearing mask)</p> <p>Participants will not be permitted to attend if they are currently displaying any Covid-19 symptoms (new, persistent cough, high temperature) or if they have had these symptoms in the past 14 days.</p> <p>Setting out chairs at Bittern Meadow at sufficient distance.</p> <p>Providing disposable gloves for participants who wish to use them</p> <p>Keeping records in line with track and trace legislation.</p> | AA staff | Prior to and during each session | |

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| Social isolation and lack of positive activity impacting negatively on mental and physical health | <ul style="list-style-type: none"> • Participants | <p>Risk Benefit Analysis</p> <p>Begin to deliver programs of activities in the outdoors for participants in line with social distancing and virus prevention measures as detailed above.</p> | Liaise with Referring staff, participants and other relevant individuals/ organisations about any concerns with implementing risk reduction measures. | AA staff | Before and during each session | |

Updated guidance on Social Distancing regulations and the use of community facilities can be found at <https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-multi-purpose-community-facilities/covid-19-guidance-for-the-safe-use-of-multi-purpose-community-facilities>

Specifically relevant exceptions to Ascend Adventure groups meeting the guidance states -Community facilities in COVID alert level: Stay at Home (Tier 4) areas must close unless they are venues used for providing a small number of exempt activities, including: support groups, education or training, providing essential voluntary services or public support services, including digital access to public services, medical treatment, the provision of food bank or other support for the homeless or vulnerable people, blood donation services or support in an emergency.