

## **DofE WORKING PRACTICES & RISK ASSESSMENT** **KEEPING Covid-19 SECURE**

**VIRTUAL MEETINGS:** In order to maintain Social Distancing during the course, temporary adaptations have been made available to course delivery. For part of the Courses we may be utilising Virtual Video Meetings. Easy to use links will be sent and Outlook Adventures will help guide participants through it.

**DEMONSTRATIONS:** Where any demonstrations involved close contact, this will be facilitated as best practically possible by discussion, individual demonstration using markers/rucksacks etc to simulate other people. Large Training Maps may be used to enhance navigation training etc.

### **HEALTH SCREENING QUESTIONNAIRE**

Anyone who has symptoms of COVID-19 or has been in contact with anyone with symptoms within 14 days of your programme starting will not be allowed to attend and should self-isolate in line with Scottish Government advice. Each participant will need to confirm that:

- ✓ They have not been infected or shown symptoms of Covid-19 in the last 14 days or
- ✓ No one in their household has been infected or shown symptoms of Covid-19

On arrival you will be asked to confirm that your answers to the Questionnaire are still correct. Participants who develop symptoms of COVID-19 during the course will be required to notify the Instructor. The course will be brought to a close and all participants will be advised to follow Scottish Government advice, including self-isolation.

### **TEST & PROTECT**

In the event of a Covid-19 situation your personal information may be used with the Scottish Government's Test & Protect system.

<https://www.nhsinform.scot/campaigns/test-and-protect>

### **TRAVEL**

Travel to venues should be in separate vehicles where possible (except for people from the same household). Where public transport is used, participants must follow Scottish Government guidelines for the use of face coverings.

**HYGIENE & PPE (Personal Protection Equipment)** We ask that you bring your own personal PPE:

- ✓ **Hand Sanitiser** (min 70% alcohol) to be used regularly (can be refilled using our supplies).
- ✓ **Face Covering** to be worn when social distancing is not possible or you feel the need.

## **SOCIAL DISTANCING**

A 2m distance should be maintained where ever possible from other participants and staff. Where this is not possible, Face Coverings should be worn and time spent in closer proximity minimised.

## **VENUE CHOICE**

We will aim to be self-sufficient by using venues within our limits in order to reduce any potential need to require the assistance of emergency services or mountain rescue

## **QUARANTINE OF EQUIPMENT**

Any equipment provided by will be quarantined for 72 hours between use.

## **MAPS**

Participant will be issued with their own laminated map. At the end of each course maps will be quarantined for 72 hours. We recommend putting this in your own Map Case.

## **TENTS**

Individual Tents will be used where camping out overnight. On Courses where you normally share tents, each participant will carry a portion of their tent (as they would if they had been sharing a tent) and the remainder will be transported safely to the campsite if this scenario is possible. Following the course tents have to be quarantined for 72 hours.

## **COOKING**

Food should be prepared on individual stoves. It may be more appropriate to use pre made meals such as 'Boil in the bag' or 'Freeze Dried Food Bags'

## **FIRST AID**

Where possible participants will carry out first aid on themselves. Practicing Covid-19 First Aid will be discussed at the start of the course. First Aid Kits should include additional Covid-19 Kit of gloves & masks for use in an emergency where another participant is unable to carry out first aid on themselves and needs to rely on other participants. Check out St John's: [www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/](http://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/)

## **PRE COURSE LEARNING**

As part of your pre course learning and CPD, we have an Online Learning Hub available to you on the Outlook Adventures website. Materials made available here can be discussed on the Virtual Meetings and during the course practical elements. You can access the Hub here: [www.outlookadventures.co.uk/downloads](http://www.outlookadventures.co.uk/downloads)

