



**CYNGHRAIR AWYR AGORED  
OUTDOOR ALLIANCE**

# **Post Covid-19 Guidelines and Recovery Matrix for Adventure Sports and Provision in Wales**

Compiled by Outdoor Alliance Wales

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**Version 4**



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# Post Covid-19 Guidelines and Recovery Matrix for Adventure Sports and Provision in Wales

## Introduction

The Outdoor Alliance Wales Post Covid-19 Recovery Plan for the outdoor sector in Wales highlighted how the sector can work together with Welsh Government to alleviate the issues arising from the lifting of restrictions.

This document considers adventure sports activity in the post Covid-19 recovery phase and in doing so offers generic advice and guidelines for the safe and responsible return for outdoor recreation providers and businesses together with a summary matrix of how outdoor recreation activities (participation and provider-led) can be resumed in accordance with Welsh Government Guidelines as Covid-19 restrictions are lifted.

The aim is to provide an 'at a glance' guide to how different activities can be re-introduced for both participation and provider-led activities.

The content of this document reflects the current thinking and messaging from:

- Royall National Lifeboat Institution (RNLI): <https://rnli.org/news-and-media/2020/may/29/rnli-in-wales-issues-important-safety-advice-following-latest-lockdown-changes>
- Mountain Rescue England & Wales (MREW): <https://www.mountain.rescue.org.uk/stay-safe-be-adventure-smart/coronavirus-covid-19>
- British Cave Rescue Association (BCRA): <https://www.caverescue.org.uk/cave-rescue-coronavirus-update>
- AdventureSmartUK (ASUK): <https://www.adventuresmart.uk>

All information has been provided by the National Governing Bodies (NGBs), National Governing Organisations (NGOs) and Professional Bodies, in line with the published recovery plans / guidelines for the activities they represent.

## Guidelines for safe and responsible practice for outdoor activity providers post Covid-19

Provider / Business Re-start Check List		Tick
1	Are you aware of all relevant current Government guidance and statutory requirements?  <a href="https://gov.wales/coronavirus">https://gov.wales/coronavirus</a> ; <a href="https://gov.wales/announcements">https://gov.wales/announcements</a>	
2	Have you checked with your insurers as to what is covered? <ul style="list-style-type: none"> <li>• Are you insured for the activities you're undertaking?</li> <li>• If you're working with others do you have appropriate insurance cover in place?</li> <li>• If claims related to Covid-19 are not covered, have you made this clear to your staff and clients?</li> <li>• Consider adding a statement or acknowledgement of risk with regard to Covid-19 on your client's booking forms.</li> </ul>	
3	Have you reviewed your policies and procedures and referenced Covid-19?	
4	Have you carried out a satisfactory risk assessment for any proposed activities and included Covid-19, noting the impact of social distancing?	
5	Have you taken appropriate steps to mitigate against the risk of infection amongst staff, volunteers and members?	
6	Have you taken appropriate actions to mitigate against the risk of requiring the emergency services? <ul style="list-style-type: none"> <li>• The emergency services are currently operating a very limited service, partly because of limits on the help they are able to safely offer while protecting their members on a call out (see links above for the most up to date information).</li> </ul>	
7	Are you confident you can offer an appropriately 'Covid-19 secure' environment for your clients?	
8	Do you know how you will manage a contact or suspected contact with Covid-19?	
9	Do you know how you will handle situations where your policies and procedures in relation to Covid-19 are not followed?	
10	Have you effectively communicated any new / revised operating procedures with staff?	
11	Do you have a plan to review all of the above weekly?	

## Generic guidance for businesses / providers offering adventure activities

		Thinking about your <b>CLIENTS!</b>	Thinking about <b>YOURSELF</b> &/or <b>YOUR STAFF!</b>
<b>Pre-delivery of an activity</b>	<b>HEALTH</b>	<p>Inform your clients that if anyone has symptoms, however mild, or is in a household where someone has symptoms, they should not leave their house to take part in activities.</p> <p>As part of the booking procedures, ask your clients to complete a medical declaration that references the above.</p>	Should you or your staff have symptoms, however mild, or is in a household where someone has symptoms, they should not leave their house to provide any form of activity.
	Client <b>PAYMENTS</b>	<p>Avoid cash payments.</p> <p>Ask clients to make payments in advance.</p>	Establish a safe means of payments for what you are offering.
	<b>TRAVEL</b> arrangements	Ask clients to minimise the number of vehicles travelling to the meet and greet location.	<p>Minimise the vehicles you use.</p> <p>Consider whether you need a trailer.</p>
	<b>EQUIPMENT</b> considerations	Reassure your clients by explaining your equipment cleaning protocols.	Use equipment rotation when possible and aim to ensure used equipment is not re-issued for 72 hours or more, unless you are able to thoroughly clean your equipment in line with manufacturer's instructions on Covid-19 cleaning. Providers should consider using an effective equipment management system to ensure equipment is both traceable and trackable at all times.
	<b>HYGIENE</b> arrangements	<p>Ask your clients to have hand sanitiser available to them in their vehicle.</p> <p>Inform your clients that it is unlikely that public toilets will be open.</p>	Ensure you have hand washing facilities or hand sanitiser available in your vehicle.
	<b>FOOD &amp; DRINK</b>	Ask your clients to bring their own food and drink with them as it is unlikely that any facilities will be open.	Ensure you and/or your staff have their own food and drink with them as it is unlikely that any facilities will be open.

<b>Pre-delivery of an activity</b>	<p><b>MEET &amp; GREET</b> location - This may not be where you need to be for the activity delivery but may be the best location to meet and greet as parking may be a concern at the actual activity location.</p> <p>Consider being able to walk to the activity site from the 'meet &amp; greet' location.</p>	<p>Ask your clients to make themselves known to you.</p> <p>Where possible, ask your clients to be as activity ready in their attire, as possible.</p> <p>Ask clients to help one another in putting on specialist activity equipment and inform them that you will check to ensure it is fitted correctly.</p>	<p>Ensure you are visible to avoid your clients having to search for you.</p> <p>Ensure your location enables an easy process to issue any equipment needed by your clients, which minimises your time here.</p> <p>Where clients need assistance to put on specialist activity equipment, aim to use other group members to support them unless absolutely necessary. There is always a need to check that it's fitted correctly.</p>
	<b>CHANGING</b>	<p>Where possible, encourage your clients to be as activity ready in their attire, as possible. Where this is not possible, ask that they respect local residents and local communities and do so as quickly and discretely as possible.</p>	<p>Where possible, aim to be changed and ready for the activity on arrival at the meet &amp; greet / parking location.</p>
	<b>PARKING</b>	<p>Where parking is needed either at the 'meet &amp; greet' location or the activity location, ensure there is sufficient space for you and your clients to do so safely, whilst respecting the local residents and rural communities.</p>	
	<p><b>ACTIVITY VENUE</b></p> <p>When choosing a venue remember that there may be community members in or near the venues that are still shielding or practicing stringent social distancing and to be considerate as possible.</p>	<p>Check that the venue you wish to use is open.</p> <p>Avoid crowded areas and respect legitimate access restrictions and impacts on local communities (e.g. being prepared to change activity venues or timings to avoid crowding, particularly at known activity 'hotspots'; moving carefully through 'pinch points' including car parks, access points, narrow paths, gates and stiles – and/or coordinating venues and timings with other providers to avoid overlap and liaising with landowners / managers). Be creative and have several options in mind.</p>	
	<b>WILDLIFE</b> considerations	<p>Be aware that during the lockdown with having less of a human presence in the countryside it is possible that you could encounter wildlife, plant and animals in areas not usually occupied. This is an opportunity to share nature with your clients, avoid causing disturbance and be aware of protected species.</p>	

<b>During the activity</b>	<b>EQUIPMENT</b> considerations	Once fitted, there should be no need to re-adjust any equipment but if there is a need, ask a group member to help.	Keep an eye on the fit of your clients equipment and should the need arise, request that a member of the group assists in the re-adjustment.
	<b>HYGIENE</b> arrangements	Ask your clients to have hand sanitiser available to them at all times.	Ensure you have hand sanitiser available for use at all times.
	Physical <b>SUPPORT</b> &/or <b>HELP</b>	Explain to your clients how you aim to manage the activity and how you will be look to others within the group to provide help and support, under your guidance.	Aim to manage the activity in a way that does not require you to provide any 'hands on' physical support. This may be a different approach to the one you have used previously.
	<b>FIRST AID</b> arrangements	Inform your clients that where possible, you will be asking other group members to assist with any first aid, under your direction and that should you need to administer first aid directly, you will do so, taking all the necessary and available precautions.	Ensure you are stocked up on surgical gloves as you are likely to be using more of these.  Make sure your first aid kit is easily accessible and laid out in a way that makes it easy for your clients find what they are looking for.
<b>Post-delivery of an activity</b>	<b>EQUIPMENT</b> considerations	Ask your clients to return any equipment they have hired/borrowed and place the items in a designated location.	Use equipment rotation when possible and aim to ensure used equipment is not re-issued for 72 hours or more, unless you are able to thoroughly clean your equipment in line with manufacturer's instructions on Covid-19 cleaning.  Providers should consider using an effective equipment management system to ensure equipment is both traceable and trackable at all times.
	<b>CHANGING</b>	Where possible, encourage your clients to return home before changing. Where this is not possible, ask that they respect local residents and local communities and do so as quickly and discretely as possible.	Where possible, aim to change when you get back to your place of business.

<b>Post-delivery of an activity</b>	<b>PERSONAL CLOTHING</b>	Recommend that everyone washes their clothes after the activity.	
	Post session <b>REVIEW</b>	Inform your clients that you will be sending them a feedback form, which will include any thoughts on how you might improve your provision during this time.	Consider the most appropriate way to obtain feedback from your clients that will enable you to make any necessary changes to the management of your activities.
	<b>FOLLOW UPS</b>	Inform your clients that you will be following up to ensure that all group members continue to feel well, following the days activity.	Follow up with the group within the week to ensure that remain fit and well.

The guidance above relates to a range of adventure activity businesses i.e. micro and SME's through to very large outdoor activity centres, many of who will have an accommodation offer as integral to their provision.

## **RED / AMBER / GREEN Matrices**

The matrix that follows considers the approach a typical outdoor centre would take through the Red, Amber and Green phases of the easing of restrictions.

All activity would incorporate current government guidance. When the government guidance enables schools to have students back in school and class sizes increase then the social distancing employed on that setting would be applied in the residential and activity setting. When hotels are able to open, then the risks in a residential centre would potentially be less as the groups attending are from a smaller social group or locality, who are already mixing. When classes return to pre Covid-19 sizes and coach travel can take place then taking part in a residential based outdoor activity course should not pose a further risk in transmission amongst that group than what is already taking place.

<p>Welsh Government (WG) restrictions for sport and leisure activities and travel</p>	<p><b>Lockdown</b></p> <p>People are advised to stay at home, only leaving home for essential travel and exercise</p>	<p><b>Red</b></p> <p>Local travel allowed</p>	<p><b>Amber</b></p> <p>Travel for leisure allowed together with meeting with small groups of family or friends for exercise</p>	<p><b>Green</b></p> <p>Unrestricted travel subject to ongoing precautions All sports, leisure and cultural activities, as well as socialising with friends permitted, with physical distancing</p>				
<p><b>ACTIVITY PROVIDERS WITH ACCOMMODATION</b></p>	<p><b>NGOs and link to their full Recovery Plan / Guidelines:</b>            Association of Heads of Outdoor Education Centres (AHOEC): <a href="https://ahoec.org/">https://ahoec.org/</a>            Institute for Outdoor Learning (IOL): <a href="https://www.outdoor-learning.org/">https://www.outdoor-learning.org/</a>            Outdoor Education Advisors Panel (OEAP): <a href="https://oeapng.info/4847-coronavirus-covid-19-new-guidance/">https://oeapng.info/4847-coronavirus-covid-19-new-guidance/</a></p>							
<p><b>Day activity on site</b></p>	<table border="1"> <tr> <td data-bbox="495 703 889 1473"></td> <td data-bbox="889 703 1288 1473"> <p>Comply with government guidance.</p> <p>Work with members of one household or individual, low level/low risk activity where social distancing can be observed safely and where this doesn't impact on the leading/guiding/teaching of the activity safely.</p> <p>Groups are from a specified local area.</p> <p>The same tutor/guide/instructor is used.</p> </td> <td data-bbox="1288 703 1686 1473"> <p>Activity provision for small groups – e.g. family groups, groups from the same household, groups from the same class at school, groups from same nursery group, college/university tutor groups, groups from same care group. Therefore limited to existing groups in contact with each other and following latest guidance on social distancing.</p> <p>Operating as single groups for all activities and not mixing with other activity groups.</p> <p>Groups come from same area are within one day travel distance.</p> <p>Stay with same tutor/instructor.</p> </td> <td data-bbox="1686 703 2085 1473"> <p>Can have multiple groups on site from different locations/schools.</p> <p>Can use multiple staff to deliver activity to more than one group.</p> </td> </tr> </table>					<p>Comply with government guidance.</p> <p>Work with members of one household or individual, low level/low risk activity where social distancing can be observed safely and where this doesn't impact on the leading/guiding/teaching of the activity safely.</p> <p>Groups are from a specified local area.</p> <p>The same tutor/guide/instructor is used.</p>	<p>Activity provision for small groups – e.g. family groups, groups from the same household, groups from the same class at school, groups from same nursery group, college/university tutor groups, groups from same care group. Therefore limited to existing groups in contact with each other and following latest guidance on social distancing.</p> <p>Operating as single groups for all activities and not mixing with other activity groups.</p> <p>Groups come from same area are within one day travel distance.</p> <p>Stay with same tutor/instructor.</p>	<p>Can have multiple groups on site from different locations/schools.</p> <p>Can use multiple staff to deliver activity to more than one group.</p>
	<p>Comply with government guidance.</p> <p>Work with members of one household or individual, low level/low risk activity where social distancing can be observed safely and where this doesn't impact on the leading/guiding/teaching of the activity safely.</p> <p>Groups are from a specified local area.</p> <p>The same tutor/guide/instructor is used.</p>	<p>Activity provision for small groups – e.g. family groups, groups from the same household, groups from the same class at school, groups from same nursery group, college/university tutor groups, groups from same care group. Therefore limited to existing groups in contact with each other and following latest guidance on social distancing.</p> <p>Operating as single groups for all activities and not mixing with other activity groups.</p> <p>Groups come from same area are within one day travel distance.</p> <p>Stay with same tutor/instructor.</p>	<p>Can have multiple groups on site from different locations/schools.</p> <p>Can use multiple staff to deliver activity to more than one group.</p>					

	Lockdown	Red	Amber	Green
<b>Day activity off site</b>		<p>Comply with government guidance. Work with members of one household or individual, low level activity where social distancing can be observed safely and where this doesn't impact on the leading/guiding/teaching of the activity safely.</p> <p>Groups are from a specified local area.</p> <p>The same tutor/guide/instructor is used.</p> <p>Can meet at off site location and maintain social distancing.</p>	<p>Activity provision for small groups – e.g. family groups, groups from the same household, groups from the same class at school, groups from same nursery group, college/university tutor groups, groups from same care group. Therefore limited to existing groups in contact with each other and following latest guidance on social distancing.</p> <p>Operating as single groups for all activities and not mixing with other activity groups.</p> <p>Groups come from same area are within one day travel distance.</p> <p>Stay with same tutor/instructor.</p>	<p>Groups could be comprised of participants from outside of social/family group, from different areas.</p> <p>Follow social distancing guidelines and any other government guidance.</p>

	Lockdown	Red	Amber	Green
<b>Residential courses schools</b>		Small group sizes socially distancing in accordance with guidance.	<p>UK based school groups. The group is not mixed up with other groups in the same residential facility or on activity.</p> <p>The groups are effectively maintaining their own social group, may stay with same tutor for the duration of the course.</p> <p>Cleaning of kit and facility to follow guidance (before use by another group).</p> <p>Gap could be a weekend break between courses with regards to building, facility, equipment and transport use.</p>	<p>Schools form anywhere in UK and further afield if allowed to travel.</p> <p>May have more than one school/group sharing the residential facility.</p>
<b>Residential courses other</b>		As above	As above, group maybe form same social group e.g. workplace colleagues, community group, clubs.	Groups could come from multiple locations to take part.

The following matrix considers the main outdoor adventure activities NGB's & NGO's approach through the Red, Amber and Green phases of the easing of restrictions.

Activities listed in alphabetical order, are as follows;

**Boating**

**Caving**

**Coasteering**

**Cycling**

**Equestrian activities**

**Gorge walking and Canyoning**

**Hillwalking / Outdoor mountaineering activities**

**Mountain biking**

**Paddlesports**

**Rock climbing activities**

**Wild / Open water swimming**

Welsh Government restrictions for sport and leisure activities and travel	<b>Lockdown</b> People are advised to stay at home, only leaving home for essential travel and exercise	<b>Red</b> Local travel allowed	<b>Amber</b> Travel for leisure allowed together with meeting with small groups of family or friends for exercise	<b>Green</b> Unrestricted travel subject to ongoing precautions All sports, leisure and cultural activities, as well as socialising with friends permitted, with physical distancing
<b>BOATING</b> (Sailing, Windsurfing, Motor Boating)	<b>NGB and link to their full Recovery Plan / Guidelines:</b> Royal Yachting Association Wales Cymru (RYAWC): For the Guidance documents and Recovery Plan associated with a Return to Boating in Wales: click <a href="#">here</a>			
<b>Recreational Boating</b>	No Boating	Use of own boat if access allows	No restrictions, subject to social distancing measures	No restrictions, subject to social distancing measures
<b>Club Boating</b>	No Boating	No Boating, outdoor sport facilities to remain closed under Wales	Re-opening of club facilities, in line with WG guidelines to offer access to boats and activity in line with our Club Guidance document	Organised Activity, subject to social distancing measures
<b>Organised Boating</b>	No Boating	No Boating, outdoor sport facilities to remain closed under Wales	Re-opening of club facilities, in line with WG guidelines to offer access to boats and activity in line with our Club Guidance document	Organised Activity, subject to social distancing measures
<b>Club Racing</b>	No Racing – eSailing has been provided through the #SailfromHome programme	No Racing – eSailing has been provided through the #SailfromHome programme	No Racing – eSailing has been provided through the #SailfromHome programme	Racing in line with Welsh Government guidelines and following our Restarting Racing guidelines

	<b>Lockdown</b>	<b>Red</b>	<b>Amber</b>	<b>Green</b>
<b>Regional/National Events</b>	No Events – organised events and activities suspended until 30 <sup>th</sup> June	No Events – organised events and activities suspended until 30 <sup>th</sup> June	No Events – organised events and activities suspended until 30 <sup>th</sup> June	Events in line with Welsh Government guidelines and following RYA Racing Department guidelines
<b>Workforce Development (Training)</b>	No classroom delivery – online resource through the #SailfromHome programme	No classroom delivery – online resource through the #SailfromHome programme	No classroom delivery – online resource through the #SailfromHome programme	Development of RYA Training protocols implement appropriate engagement of training provision
<b>Squad Training/Coaching</b>	No Training/Coaching– online training resource through the #SailfromHome programme	No Boating – online training resource through the #SailfromHome programme	Potential of 1-2-1 coaching in line with Welsh Government guidelines on non-elite athlete training	Training provided in line with Welsh Government guidelines on social distancing and hygiene measures

	Lockdown	Red	Amber	Green
<p><b>CAVING</b> (inc. Mine Exploration) Provider led activities only</p>	<p><b>NGB and link to their full Recovery Plan / Guidelines:</b> British Caving Association Qualifications Management Committee (BCA QMC): <a href="https://british-caving.org.uk">https://british-caving.org.uk</a></p>			
<p><b>Award Scheme coaching courses (Local Cave &amp; Mine Leader Award [LCMLA] / Caving Instructor Certificate [CIC])</b></p>	<p>No activities other than very limited on-line workshops and administration</p>	<p>Most cave and mine exploration activities considered “not to pose a significant risk” to participants provided appropriate measures taken. Access restrictions to many venues likely and must be respected. Very limited simple activities, possibly some award scheme training/ assessment courses 1:1 for those living in close proximity, providing access agreements are in place. Social distancing and managing shared equipment (e.g. wearing gloves when handling ropes) needs to be maintained.</p>	<p>Increased number of venues expected to open Limited Award scheme coaching and assessment courses with smaller group sizes where social distancing can be maintained (e.g. avoiding confined pitches or routes which require spotting). PPE (e.g. gloves) encouraged when handling shared equipment such as ropes. Encourage outdoor and underground coaching sessions, ensure social distancing for classroom-based course (such as CPD workshops). Consideration needed with regards venues and other users.</p>	<p>As previous (amber) with increasing number of venues available.  Social distancing together with handling shared equipment likely to remain important considerations.</p>

	Lockdown	Red	Amber	Green
<b>Guided trips within the LCMLA and CIC schemes</b>	No activities	1:1 household or family group guided trips for those able to access local sites only. Subject to careful selection of simple trips taking into consideration social distancing, shared equipment and local access arrangements.	Smaller group trips possible with due consideration to social distancing (e.g. avoiding confined pitch heads and routes that require spotting).	Increased party size possible. Continued care needed on appropriate venue choice to conform to social distancing.
<b>COASTEERING</b>	<b>NGO and link to their full Recovery Plan / Guidelines:</b> National Coasteering Charter (NCC): <a href="https://www.nationalcoasteeringcharter.org.uk">https://www.nationalcoasteeringcharter.org.uk</a>			
<b>Group Led Activity</b>	Not allowed.	None	Coasteering with household groups only.	Able to run coasteering with mixed groups, in line with current Covid-19 guidance.

	Lockdown	Red	Amber	Green
<b>CYCLING</b>	<b>NGB / NGO and links to their full Recovery Plan / Guidelines:</b> Welsh Cycling / British Cycling: <a href="https://www.britishcycling.org.uk">https://www.britishcycling.org.uk</a> Cycling UK: <a href="https://www.cyclinguk.org">https://www.cyclinguk.org</a>			
<b>Individual recreational cycling including road cycling</b>	Once a day alone or with household, within ability and self-reliant. Local cycling only (within a reasonable radius of home address).	Unlimited exercise alone, with household or with one other household (observing social distancing). Within ability and self-reliant.	As per 'red' (pending updated guidance). Includes unlimited travel to start point.	Unrestricted subject to ongoing precautions (social distancing).
<b>Shared use paths &amp; canal towpaths</b>	Cycling permitted as form of exercise within reasonable radius of home address on rights of way & shared trails, unless those routes closed by Local Authority/National Parks	Cycling permitted as form of exercise unless routes closed by Local Authority/National Parks, subject to social distancing measures	No restrictions, subject to social distancing measures	No restrictions, subject to social distancing measures
<b>Outdoor club activities</b>	No club activity	No club activity	Some outdoor club activities in small groups – facility dependent. <i>*British Cycling sanction eased July 4<sup>th</sup> for insurance purposes).</i>	Unrestricted subject to ongoing precautions.
<b>Indoor club activities</b>	No club activity	No club activity	Some indoor club activities in small groups – facility / venue dependent. <i>*British Cycling sanction eased July 4<sup>th</sup> for insurance purposes).</i>	Unrestricted subject to ongoing precautions.

	Lockdown	Red	Amber	Green
<b>Group Activities</b>	Individuals & household groups	Small groups from more than one household as per regulations (eg friends & family), subject to social distancing measures	Larger groups from multiple households permitted (eg club activities), subject to social distancing measures	No restrictions, subject to social distancing measures
<b>Indoor Cycling/Velodromes</b>	Closed	Outdoor venues open for use with social distancing in place. Closed to spectators. Indoor venues remain closed	Outdoor & indoor venues open for use with social distancing measures in place. Closed to spectators	Outdoor & indoor venues open for use, spectators permitted subject to any restrictions on crowd size and social distancing measures
<b>Outdoor coached, guided or led activities</b>	No guided or led activity. Individual coached activity within qualification remit	No guided or led activity. Individual coached activity within qualification remit	Some outdoor, coached, guided or led activities in small groups. <i>*British Cycling sanction eased July 4<sup>th</sup> for insurance purposes)</i>	Unrestricted subject to ongoing precautions.
<b>Coaching and leadership courses</b>	Virtual support for CPD of those currently qualified.	Virtual support for CPD of those currently qualified.	Resume education courses aligned to government guidance. Facility / venue dependent and potentially restricted numbers due to venue capacity.	Unrestricted subject to ongoing precautions.

	Lockdown	Red	Amber	Green
<b>Competition / non-competitive &amp; mass participation events</b>	No competition.	No competition.	Some outdoor regional / local competition and sportive events where limited numbers / risk management can be applied. <i>*British Cycling sanction eased August 1<sup>st</sup> for insurance purposes).</i>	Unrestricted subject to ongoing precautions. <i>(British Cycling sanction on National / International events eased September 1<sup>st</sup> for insurance purposes).</i>
<b>EQUESTRIAN ACTIVITIES</b>	<b>NGB and links to their full Recovery Plan / Guidelines:</b> British Horse Society (BHS) <a href="https://www.bhs.org.uk/advice-and-information/coronavirus-covid-19/risk-assessment">https://www.bhs.org.uk/advice-and-information/coronavirus-covid-19/risk-assessment</a> <a href="https://www.bhs.org.uk/advice-and-information/coronavirus-covid-19">https://www.bhs.org.uk/advice-and-information/coronavirus-covid-19</a> <a href="https://www.bhs.org.uk/advice-and-information/coronavirus-covid-19/wales">https://www.bhs.org.uk/advice-and-information/coronavirus-covid-19/wales</a>			
<b>Hacking on roads/ riding using local equestrian facilities /carriage driving</b>	Permitted as part of daily exercise – riders asked to consider risk level. Some access routes are closed.	Ideally on own or with others from same household only. Stay local, some access routes are closed.	Meeting one other household (one person or a small group) to exercise or socialise whilst maintaining social distancing, stay local approx. 5 miles. Access routes closures easing,	Meeting others to exercise or socialise whilst maintaining social distancing unlimited households. Unrestricted miles travelling, all riding routes open.
<b>Coaching/lessons e.g. riding schools and freelance coaches</b>	Not permitted	Not permitted	Permitted with social distancing and risk assessments eg first aid, low risk activities etc. Only two households (max) to meet at any one time, meeting should be outside, stay local approx. 5 miles	All coaching and riding lessons to resume, physical distancing – new social protocols. Unrestricted miles travelling.

	Lockdown	Red	Amber	Green
<b>Competition and club activity</b> e.g. riding/carriage driving	Not permitted	Not permitted	Permitted with social distancing in place, risk assessments etc. but only when more than 2 households can meet otherwise in time slots to ensure different households do not meet, activity should be outdoors. Stay local approx. 5 miles. Audiences should be limited may opt for live streaming of events run behind closed doors	All events resume with risk assessments, physical distancing to remain – new protocols. Unrestricted miles travelling.
<b>Equine holiday businesses</b> e.g. trekking, equestrian B&B	Not permitted	Not permitted	Permitted where there are no shared facilities (same household to share accommodation no mixing of different households indoors) risk assessments completed, social distancing measures implemented as required	Maintain physical distancing and good hygiene. Equine holiday businesses open under new protocols.

	Lockdown	Red	Amber	Green
<b>GORGE WALKING AND CANYONING</b>	<b>NGO and links to their full Recovery Plan / Guidelines:</b> Wales Adventure Tourism Organisation (WATO): <a href="https://www.pembrokeshireoutdoors.org.uk/Gorge%20Walking%20and%20Canyoning%20post%20Covid-19">https://www.pembrokeshireoutdoors.org.uk/Gorge Walking and Canyoning post Covid-19</a> <a href="https://swoapg.com/Gorge%20Walking%20and%20Canyoning%20post%20Covid-19">https://swoapg.com/Gorge Walking and Canyoning post Covid-19</a>			
<b>Personal Activity</b> NB. There are limited options for locations due to Sites and Car Parks being closed	None	Where access to a site is allowed and with individuals or family groups only	Activity could resume in small groups pending sites being reopened	Activity to resume pending sites being reopened.
<b>Training and Courses e.g. technical advice.</b> NB. There are limited options for locations due to Sites and Car Parks being closed	Not allowed	None	Activity could resume in small groups pending sites being reopened  Locations and training content will be adapted to meet social distancing regulations and this will have an impact on site suitability	Activity to resume pending sites being reopened.
<b>Group Led Activity</b> NB. There are limited options for locations due to Sites and Car Parks being closed	Not allowed	None	Many sites and locations will not be feasible due to the management techniques required to safely manage the activity and maintain social distancing.  Some activity could resume in modified and controlled situations and locations with small groups	Activity to resume pending sites being reopened.

	Lockdown	Red	Amber	Green
<p><b>HILL WALKING / OUTDOOR MOUNTAINEERING ACTIVITIES</b></p> <p><b>*Note*... not all activities need to move at the same speed, some activities could move faster along the traffic light system than others</b></p>	<p><b>NGB / NGO and links to their full Recovery Plan / Guidelines:</b></p> <p>British Mountaineering Council (BMC): <a href="https://www.thebmc.co.uk">https://www.thebmc.co.uk</a></p> <p>Mountain Training UK (MTUK): <a href="https://www.mountain-training.org">https://www.mountain-training.org</a></p> <p>Mountain Training Association (MTA): <a href="https://www.mountain-training.org/MTA">https://www.mountain-training.org/MTA</a></p> <p>Ramblers Cymru: <a href="https://www.ramblers.org.uk">https://www.ramblers.org.uk</a></p>			
<b>Individual hill-walking</b>	Hillwalking local to home, no significant risk, already permitted, alone or with members of own household.	All hillwalking allowed, travel local to home, with others from outside of the household, but maintaining 2m social distance. A small number of the very busiest honeypot areas remain closed but subject to regular review with input from recreational bodies.	All hillwalking permitted, reopening of any remaining “closed areas”, travel from and return home same day in own transport. Car parks, toilets, etc. and beauty spots opened.	Activity is back to near normal, including overnight stays and associated supporting infrastructure such as public transport, taxis, etc.
<b>Club/organised hillwalking meets</b>	Not allowed	Club/group day meets not allowed, but subject to social distancing and local travel arrangements, individuals from outside the household can meet for exercise.	Club meets, day visits restart, in all areas, as above.	Overnight stays, club huts and bunkhouses open subject to any social distancing guidance and risk assessments.

	Lockdown	Red	Amber	Green
<b>Outdoor coached, guided or led activities</b>	Not allowed	Outdoor, community training, maximum ratio one to two where social distance can be maintained, no overnight stays, no indoor sessions. Local clients only	Some outdoor, led, guided or coached activities in small groups.	Courses back to normal, including overnight stays.
<b>Mountain Training skills schemes and leadership qualification schemes</b>	Not allowed	<p>Based on latest guidance (1/6/20). Limited potential for a provider to work with members from one other household if it takes place within the local area and on accessible, open, and appropriate terrain. Very limited range of schemes can take place due to current restrictions.</p> <p>Consideration given to adjustment of minimum ratios and, where appropriate, the use of online conference software to deliver “non-practical” aspects of the syllabus.</p> <p>Questions remain on what schemes could be delivered pending further guidance due on 18/6/20.</p> <p>Easements on overnight stays (camping) and indoor climbing facilities are, as yet, unclear.</p>	<p>Based on latest guidance (1/6/20). Limited potential for a provider to work with members from one other household if it takes place within the local area and on accessible, open, and appropriate terrain. Very limited range of schemes can take place due to current restrictions.</p> <p>Consideration given to adjustment of minimum ratios and, where appropriate, the use of online conference software to deliver “non-practical” aspects of the syllabus.</p> <p>Questions remain on what schemes could be delivered pending further guidance due on 18/6/20.</p> <p>Easements on overnight stays (camping) and indoor climbing facilities are, as yet, unclear.</p>	Delivery of all indoor and outdoor courses can resume

	Lockdown	Red	Amber	Green
<b>MOUNTAIN BIKING</b>	<b>NGB / NGO and links to their full Recovery Plan / Guidelines:</b> Welsh Cycling / British Cycling: <a href="https://www.britishcycling.org.uk">https://www.britishcycling.org.uk</a> Cycling UK: <a href="https://www.cyclinguk.org">https://www.cyclinguk.org</a>			
<b>Individual Recreational Trail Cycling (Shared routes &amp; rights of way)</b>	Cycling permitted as form of exercise locally (within reasonable radius of home address on rights of way & shared trails, unless those routes closed by Local Authority/National Parks)	Unlimited cycling alone, with household or with one other household permitted as form of exercise on rights of way & shared trails, unless those routes closed by Local Authority/National Parks, within ability and self-reliant.	As per 'red' (pending updated guidance). Includes unlimited travel to start point.	Unrestricted subject to ongoing precautions (social distancing).
<b>Outdoor club activities</b>	No club activity.	No club activity	Some outdoor club activities in small groups – facility dependent. <i>*British Cycling sanction eased July 4<sup>th</sup> for insurance purposes).</i>	Unrestricted subject to ongoing precautions.
<b>Outdoor coached, guided or led activities</b>	No guided or led activity. Individual coached activity within qualification remit.	No guided or led activity. Individual coached activity within qualification remit.	Some outdoor, coached, guided or led activities in small groups. <i>*British Cycling sanction eased July 4<sup>th</sup> for insurance purposes).</i>	Unrestricted subject to ongoing precautions.
<b>Coaching and leadership courses</b>	Virtual support for CPD of those currently qualified.	Virtual support for CPD of those currently qualified.	Resume education courses aligned to government guidance. Facility / venue dependent and potentially restricted numbers due to venue capacity.	Unrestricted subject to ongoing precautions.

	Lockdown	Red	Amber	Green
<b>Trail centres (NRW &amp; other cross country trail centre facilities)</b>	Closed	Trails and Car parks open with social distancing measures in place where land access is permissible (typically private ownership) and government guidance can be robustly applied. Open for use by local (5 mile radius) user groups only. Other facilities closed	Trails and Car parks open, where land access is permissible (typically NRW / National Parks) and government guidance can be robustly applied. Other facilities (toilets, cafes etc.) reopened as per sectoral guidance Unlimited travel to access.	No restrictions subject to social distancing measures
<b>Bike Parks (dedicated gravity &amp; downhill riding facilities with uplift)</b>	Closed	Trails and Car parks open with social distancing measures in place Other facilities closed	Trails and Car parks open, other facilities (toilets, cafes etc.) reopened as per sectoral guidance, uplift services restarted with social distancing measures in place	No restrictions subject to social distancing measures
<b>Competition / non-competitive and mass participation events</b>	No competition.	No competition.	Some outdoor regional / local competition and events where limited numbers / risk management can be applied. <i>*British Cycling sanction eased August 1<sup>st</sup> for insurance purposes).</i>	Unrestricted subject to ongoing precautions. <i>(British Cycling sanction on National / International events eased September 1<sup>st</sup> for insurance purposes).</i>
<b>Group Activities</b>	Individuals & household groups	Small groups from more than one household as per regulations (eg friends & family), subject to social distancing measures	Larger groups from multiple households permitted (eg club activities), subject to social distancing measures	No restrictions subject to social distancing measures

	Lockdown	Red	Amber	Green
<b>PADDLESPORTS</b> (kayaking, open canoeing and stand-up paddleboarding [SUP])	<b>NGB and link to their full Recovery Plan / Guidelines:</b> Canoe Wales (CW): <a href="https://www.canoewales.com">https://www.canoewales.com</a>			
<b>Individual recreational paddling</b>	No paddling	Individual recreational paddling in household groups	Individual recreational paddling in small groups	Most individual recreational paddling
<b>Outdoor club activities</b>	No paddling	No club activity	Some outdoor club activities in small groups	Most outdoor club activities
<b>Outdoor coached, guided or led activities</b>	No paddling	Some outdoor coached, guided or led activities in household groups	Some outdoor, coached, guided or led activities in small groups	Most outdoor coached, guided or led activities
<b>Coaching and leadership courses</b>	No paddling	Some courses in household groups and/or through webinar or videoconferencing	Some courses which can be done in small groups with social distancing, i.e. no safety and rescue courses	Most courses
<b>Boat hire</b>	No paddling	No boat hire	Some boat hire	Most boat hire
<b>Rafting, canoe polo and double canoes/kayaks</b>	No paddling	No rafting or canoe polo. Double canoes/kayaks in household groups only	Some rafting and double canoes/kayaks in household groups only. Some canoe polo	Most rafting and double canoes/kayaks. Some canoe polo
<b>Indoor pool sessions</b>	No paddling	No indoor pool sessions	No indoor pool sessions	Some indoor pool sessions with social distancing protocols
<b>Competitions and events</b>	No paddling	No competitions or events	No competitions or events	Some competitions and events with social distancing protocols

	Lockdown	Red	Amber	Green
<b>ROCK CLIMBING ACTIVITIES</b> (including sports climbing, bouldering, and traditional climbing)	<b>NGB / NGO and links to their full Recovery Plan / Guidelines:</b> British Mountaineering Council (BMC): <a href="https://www.thebmc.co.uk">https://www.thebmc.co.uk</a> Mountain Training UK (MTUK): <a href="https://www.mountain-training.org">https://www.mountain-training.org</a> Mountain Training Association (MTA): <a href="https://www.mountain-training.org/MTA">https://www.mountain-training.org/MTA</a>			
<b>Individual recreational rock-climbing</b>	Allowed alone or with members of own household, local to the home. Contrary to some belief, climbing activities do not pose a significant risk. Evidence in main plan.	Allowed with others from outside of main household. Travel local to home. Key car parks in honeypot areas closed but local/regional (define?) access allowed and reviewed. Social distancing from others required, no gatherings.	All rock-climbing areas open, including honeypot areas. Day travel only. Social distancing from others required, voluntary approach to prevent overcrowding of popular sites.	Campsites, bunkhouses, etc. open. Overnight stays allowed. Travel from anywhere in UK that is subject to similar or equivalent travel restrictions.
<b>Clubs</b>	Not allowed	Formal club meets and gatherings not allowed.	Outdoor Club meets allowed subject to comments above.	Club huts and bunkhouses open. Overnight stays allowed subject to social distancing guidelines and risk assessments
<b>Guided / Instructor led climbing</b>	Not allowed unless clients are from the same household as the provider	Possible if clients fit criteria and guidance outlined above for individual recreational climbing	Possible with individual or small client groups subject to comments above	All climbing activity possible subject to social distancing guidelines and risk assessments (as above)

	Lockdown	Red	Amber	Green
<b>Mountain Training skills schemes and leadership qualification schemes</b>	Not allowed	<p>Based on latest guidance (1/6/20). Limited potential for a provider to work with members from one other household if it takes place within the local area and on accessible, open, and appropriate terrain. Very limited range of schemes can take place due to current restrictions. Careful planning needed during led climbing activities to remain socially distanced.</p> <p>Consideration given to adjustment of minimum ratios and, where appropriate, the use of online conference software to deliver “non-practical” aspects of the syllabus.</p> <p>Questions remain on what schemes could be delivered pending further guidance due on 18/6/20.</p> <p>Easements on overnight stays (camping) and indoor climbing facilities are, as yet, unclear.</p>	<p>Based on latest guidance (1/6/20). Limited potential for a provider to work with members from one other household if it takes place within the local area and on accessible, open, and appropriate terrain. Very limited range of schemes can take place due to current restrictions. Careful planning needed during led climbing activities to remain socially distanced.</p> <p>Consideration given to adjustment of minimum ratios and, where appropriate, the use of online conference software to deliver “non-practical” aspects of the syllabus.</p> <p>Questions remain on what schemes could be delivered pending further guidance due on 18/6/20.</p> <p>Easements on overnight stays (camping) and indoor climbing facilities are, as yet, unclear.</p>	<p>Delivery of all indoor and outdoor courses can resume</p>

	Lockdown	Red	Amber	Green
<b>WILD / OPEN WATER SWIMMING</b>	<b>NGB and link to their full Recovery Plan / Guidelines:</b> Swim Wales: <a href="https://www.swimwales.org">https://www.swimwales.org</a>			
<b>Wild / Open water swimming</b>	No Open Water swimming to take place.	<p>If you are an experienced open water swimmer we recommend that you only swim in an operated and supervised open water venue.</p> <p>If you are not used to swimming in open water, we strongly urge you NOT to start now unless you can do so under supervision and guidance.</p> <p>If choosing to swim in an open water venue that is not operated or supervised, individuals should carefully plan the location based on guidelines (refer to link below).</p> <p>Adhere to social distancing requirements.</p>	<p>If you are an experienced open water swimmer we recommend that you only swim in an operated and supervised open water venue.</p> <p>If you are not used to swimming in open water, we strongly urge you NOT to start now unless you can do so under supervision and guidance.</p> <p>If choosing to swim in an open water venue that is not operated or supervised, individuals should carefully plan the location based on guidelines (refer to link below).</p> <p>Adhere to social distancing requirements.</p>	<p>If you are an experienced open water swimmer we recommend that you only swim in an operated and supervised open water venue. (No restrictions subject to social distancing measures).</p> <p>If you are not used to swimming in open water, we strongly urge you NOT to start now unless you can do so under supervision and guidance.</p>