

Tyneside Loipers

Covid-safety Guidance for Outdoor Activities including Roller Skiing

Keeping fit and active is one of the best defences against Covid-19, both physically and mentally. Tyneside Loipers will continue to organise socially distanced training sessions for roller skiing and from time to time will organise outdoor meetings such as walks and bike rides.

Tyneside Loipers have appointed a Covid Safety Coordinator who will work/liaise with the committee and any meeting organisers. The current Safety Coordinator is Paramjeet Bhogal (mrpsbhogal@gmail.com).

Outdoor meetings will be organised via a nominated contact person. He/she will keep track of who is attending and will pass names and contact details to the Covid Safety Coordinator. The contact person for roller skiing is currently Mike Hall (mjhall41@btinternet.com).

Under current government rules and Snowsport England guidance, outdoor meetings should be limited to six or fewer people. All should be aware of the following guidelines.

1. If you have any of the symptoms of the corona virus or you have recently been in contact with people who are affected, then please do not turn up (let the organiser know). Advice is available online at www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection
2. Consider if your health or someone you live with, places you in a more vulnerable category with respect to Covid-19. Decide if it is appropriate for you to take part. Refer to the same link above.
3. It is everyone's responsibility to obey social distancing rules. If you feel that others are not sticking to the rules, then say something.
4. Consider how if you suffer an injury, you will get home, or get first aid.
5. If you have not trained for some time, take it easy to begin with. Injuries are more common when you are less fit or insufficiently warmed up.
6. If you test positive for Covid-19 after the event, please get in touch and inform the organiser so that appropriate action can be taken.
7. Further guidance is given in this Snowsport England link www.snowsportengland.org.uk/guidance-update/
8. The group leader will make a note of attendees and collect any contact info not already available through the Club.
9. Cleaning of equipment. It is recommended that you clean equipment before and after use. This can be done with detergent and sponge. Alternatively, storing in a safe place for 72 hours will greatly reduce Covid-19 infectivity. Sharing of equipment should be avoided.

Roller Skiing Covid Risk Assessment

Hazard	Risk	Precaution	Revised risk
Corona virus is transmitted between persons by exhaled water droplets.	High	Assume everyone you meet is infectious. Stay alert and maintain social distance.	Low
The virus can stay alive on various surfaces for several days.	High	Do not touch anything unnecessarily. Avoid touching your face without first removing your gloves or washing your hands.	Low
Vigorous exercising can increase virus transmission.	High	If you have to ski behind another person, try to allow a 4m gap or try to ski diagonally behind them. Skiing side-by-side is acceptable when space allows.	Low
Skiers may leave behind a cloud of aerosol vapour that can infect others.	High	Keep a safe distance of 2m from other track users. Give warning of approach so others can take avoiding action.	Low