



A Summary of Liquid Footprints' Covid19 Processes and Procedures

Activity: Gorge Scrambling

Face masks, hand sanitizer and protective gloves

- Prior to the day of the activity Liquid Footprints will communicate with the participants to confirm that they may bring their own face mask, hand sanitizer and protective gloves if they wish.
- Face masks, hand sanitizer and protective gloves will be provided by Liquid Footprints free of charge for participants if they wish.

Prior to the activity day

- A summary of Liquid Footprints Covid19 processes and procedures will be provided to the lead contact upon booking confirmation.
- Liquid Footprints will also send out the activity declaration form to the group contact that will ask detailed medical questions including whether they as individuals or anyone in their household have had Covid19 symptoms in the last 14 days.
- If they declare they have shown symptoms or have been in contact, they will not be allowed to participate in said activity.
- Prior to equipment being loaded the instructor clean their hands with hand sanitizer.

Travel and Transport for the activity

- Liquid Footprints will make every effort to ensure that all activities refrain from any shared transport.
- Where transport is required the driver will wear a face mask and there will be the maximum of six participants in the minibus.
- Participants will be required to sit in the back two rows of the minibus and hand sanitizer will be made available upon getting in and out of the bus.
- The windows of the bus will be opened to allow a steady flow of air through the bus.
- No eating or drinking will be allowed in the bus at any time.
- All passengers will be required to wear a face mask unless they have a medical or behaviour condition that that excuses them from this.
- If Liquid Footprints' minibus is used for transporting participants, then after the activity the bus will be cleaned using anti-bacterial wipes and spray and the floor of the bus will be mopped using disinfectant floor cleaner.

Handwashing facilities and procedures

- Liquid Footprints will provide anti-bacterial hand sanitizer at the start of the activity and at the end.

Meet points

- Meeting point for gorge scrambling shall be arranged so that the instructor can maintain the current guidelines for social distancing from the participants.



- This may mean that the meeting place may not be where the activity will take place and participants and instructor may have to walk to the start of the activity.

Welcome Brief on the day

- The welcome brief given by the instructor shall be done in an open area adhering to current social distancing requirements.
- All participants will be asked to clean their hands with hand sanitizer before proceeding with the activity.

Handing out and donning of equipment

- Before handing out equipment the instructor will clean their hands with hand sanitizer.
- Once equipment has been handed to an individual this equipment will remain theirs throughout the activity and no sharing or exchanging of equipment will be permitted.
- The instructor will give a demonstration on how to don equipment and will then guide the participants in said process from current social distance guidelines.
- If participants are struggling with equipment the instructor will make every effort to guide another member of the group to assist said participant in the correct donning of equipment.
- The instructor will directly assist a client as a last resort and shall be wearing a face mask during said intervention.
- The instructor will visually check all participants' equipment to ensure that it is correctly fitted before starting the activity.
- Any equipment not being used for the activity will be moved by the instructor to an area within the Liquid Footprints vehicle to ensure that at the end of the activity it does not get mixed up with used equipment.

During the activity

- Before starting the activity, the instructor will give the group a demonstration on what the activity is likely to be like.
- Participants will be given the chance to practice the activity before starting.
- The instructor will demonstrate to either the adults of the group or the group as a whole how to support and protect one another during the activity so that the instructor can maintain social distancing.
- During the activity, the instructor will make every effort to maintain social distancing with the participants.
- The instructor will encourage the group to support and protect each other throughout the activity but will be on hand to assist if required.
- The instructor shall be wearing a buff so that if a participant and instructor must be in close proximity to each other the instructor can reduce the risk.

First Aid

- If possible, any first aid treatment shall be administered by the individual in question or by the group to the individual under the guidance of the instructor.
- If the instructor has to administer first aid directly then this will be done wearing a face mask and protective gloves. However, this cannot be guaranteed and a dynamic risk assessment and the level of risk to life will determine whether the instructor has time to don said items.



Handing back equipment by participants

- All equipment worn by the participants will be removed by the participants themselves.
- Participants will place all the equipment they have used inside large dry bags identified by the instructor.
- If a participant is struggling to remove any equipment, then assistance will be sourced from their own group and guidance will be given by the instructor whilst maintaining social distancing.
- If group assistance cannot help with the removal of said equipment the instructor will render assistance whilst wearing a protective face mask.

Post activity equipment management

- All equipment that has not been used by participants will be returned to the active equipment area.
- All equipment used for the activity will be washed in a bucket of water that will include Milton disinfectant.

Response to a client/instructor confirming a positive Covid19 case post activity

- Liquid Footprints will contact any other groups that the instructor may have worked with since said group and inform that they may be at risk due to their contact with the instructor.
- The instructor will self-isolate for a minimum of fourteen days and so will their family.
- The instructor will also apply to be tested.
- All activities booked in for the next fourteen days will be cancelled and full refunds offered.
- All equipment will be cleaned and wherever possible sterilised with special attention given to those items that were used by the group in question. Equipment will then be quarantined for a minimum of 72 hours.