

## **COVID 19 – Proposal for the safe delivery of ‘Wheels for All – Cycling’ provision during social distancing.**

9<sup>th</sup> July 2020

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**1. Overview;** this document sets out the proposal to restart ‘Wheels for All’ – Cycling provision during the current period of ‘social distancing’ following the full suspension of Community Health & Well Being physical activity sessional activities.

This proposal has been developed using guidance from Public Health England (PHE), UK Active, British Cycling, Cycling Projects and UK Athletics.

### **2. General**

We will be closely monitoring Public Health England advice and responding to the local Public Health advice accordingly.

At any point the government changes its measures or guidance (nationally or locally) we can ‘turn off’ the service in line with advice.

### **3. Proposed Date**

We propose working towards a delivery start date of Thursday 13<sup>th</sup> August 2020.

The rationale for choosing this date:

- From 1st August the government will be advising that shielding will be paused. From this date, the government is advising strict social distancing rather than full shielding measures. Can go outside to buy food, to places of worship and for exercise but you should maintain strict social distancing
- Community Health & Well Being coaches and instructors will have returned to their pre-COVID roles after working on COVID 19 response
- We have been contacted by the Aiming High for Disabled Children’s Team, Avon & Wilts Mental Health Partnership and Swindon Advocacy Movement and asked to prioritise the recovery of this service for disabled children, those with poor mental health & residents with a learning disability respectively.
- The County Ground Athletics Track will be open and operating following UK Athletics venue protocols.

The ‘Hop, Skip & Jump’ centre has closed and this was a vital services for families. While this service is re-commissioned other service areas that can provide sessional short breaks for families with children with disabilities have been asked to contribute as a priority.

There has been increasing feedback and requests from existing clients via email and social media with regards to the restarting of sessions now lockdown measures are easing.

#### 4. Outdoor Activity Venue

The activity will be hosted exclusively outdoors at the County Ground Athletics track, where at no point are there any interactions in an indoor space. At all times, clients are socially distanced by at least 2m, and will likely be much further apart once cycling, as with reduced numbers in attendance on a 400m athletics track, it is easy to maintain the distance.

This will mean that at the present moment, there is no wet weather contingency, we will still operate the activity even if the weather is wet, however, we would expect lower attendance as a consequence.

#### 5. Activity Session Delivery

##### - Ratios

1:1

1 leader to 1 participant

Or

1 leader to 1 family

While the Government guidance now permits groups of up to six to ride together, British Cycling believes that the need to maintain a two-metre distance while riding as a group of six may present practical difficulties and potential risks. We also want to ensure safety as a priority hence 1:1

We will also be targeting children and adults with disabilities and therefore we anticipate some may not have the capacity to fully understand social distancing guidelines.

- **Session Format.** Proposal is to run this Mon, Thursday & Fri (8 participants / families per day)

<b>Session 1</b>	<b>9.30am-10.30am</b>	<b>2 leaders &amp; 2 participants / families</b>	<b>45min session</b>
<b>15min wipe down &amp; reset</b>			
<b>Session 2:</b>	<b>10.30am-11.30am</b>	<b>2 leaders &amp; 2 participants / families</b>	<b>45min session</b>
<b>15min wipe down &amp; reset</b>			
<b>Session 3</b>	<b>11.30am-12.30pm</b>	<b>2 leaders &amp; 2 participants / families</b>	<b>45min session</b>
<b>15min wipe down &amp; reset</b>			
<b>Lunch</b>	<b>12.30pm-13.30pm</b>		
<b>Session 4:</b>	<b>13.30pm-14.30pm</b>	<b>2 leaders &amp; 2 participants / families</b>	<b>45min session</b>
<b>15min wipe down &amp; reset</b>			

##### - Equipment

Helmets: Each participant is encouraged to bring their own helmet, when this is not possible each participant can select their own helmet, once they have finished they will be asked to wipe it clean. If they cannot / do not clean it their leader will. Each helmet will only be used once, after it has been cleaned it will be placed in a quarantine box for minimum of 72hrs.

Cycles: The session leader will put a range of bikes out on the track and the participant will select their appropriate bike

Adjusting set up of bikes: participant / support worker / family members to do this. If a leader needs to help, the client will be encouraged to wear a mask, the leader will be doing the same, the bike can then be adjusted. A good example of this is when supporting clients with straps on pedals.

### **- Client / Family Journey**

1. The client / family will arrive at the designated entrance at the track, there will be signage so this is not mistaken.
2. A coach will meet the family (2m apart) and detail how the session will be delivered and what to expect, there will also be hand gel on a table at arrival.
3. The family will follow the leader round the track to the waiting area, there will cones spaced 2m apart in case there are multiple clients arriving at the same time.
4. The will usher the family / client forward one at a time to select a helmet, provided they have not brought their own.
5. They will then select their bike to use, of which there will be a choice of bikes depending on the needs of the individual.
6. The client / family will cycle round the track, keeping at least 2m apart at all times for 45 minutes.
7. There will be designated 'break zones', which will be signposted, where client / family can stop their bike, have a rest and rehydrate, there will be no contact with benches etc. where wipe down will be required.
8. Upon finishing the cycling, client / family will take helmet off and leave on the seat of the bike or on the handlebars and will leave via the designated exit.
9. Coaches will then proceed to wipe down helmet and place into the designated **Monday, Thursday or Friday** box, where the helmets will not be worn until the following week.
10. All contact points on the bike will then be wiped down.

### **6. Cleaning**

There will be ample opportunities for coaches to wipe down equipment throughout the day, additionally to the cleaning after each session. Staff will be wearing gloves, as well as masks when a 2m distance cannot be maintained and adjusting set up of bikes. Bikes will be wiped down after each 1-hour session, as well as all helmets after being worn.

### **7. Changing Rooms/Toilets**

Participants are encouraged to use the toilet before attending the track so as to minimise usage of the single toilet at the track. However, in an emergency, the service user / carer / parent is asked to clean the space/ handles after use, there will be appropriate antibacterial gel for hands after, as well as antibacterial spray and disposal paper for cleaning surface. There are no changing room facilities available.

## **8. First Aid**

All coaches will have a valid first aid certificate; the first aid box will be checked before sessions restart that it is fully stocked, it will be stored in the container where the bikes are stored. There is also a defibrillator attached to the Foundation Park building, approx. 200 meters away from the container. In the event of a first aid incident, coaches will ensure their own protection using PPE before administering first aid. Leaders will follow the latest First Aid guidance - there will be no mouth to mouth (except for children) and chest compressions only while covering the mouth of the casualty. <https://www.hse.gov.uk/coronavirus/first-aid-and-medicals/first-aid-certificate-coronavirus.htm>

## **9. Booking**

A booking only process will be administered. Strictly no walk ups. Booking for sessions will be via Live Well Hub [livewell@swindon.gov.uk](mailto:livewell@swindon.gov.uk) 01793 465513

## **10. Payment**

We are working with the SBC finance team to apply a contactless payment system such as 'SumUp' in order to remove the need for exchange of cash. This should be in place for 13<sup>th</sup> Aug

However, not all clients / families will be able to make use of contactless technology and therefore we will need to make concessions. A money box will also be in place where the exact money is placed into the tin with no exchange of change. When counting the cash at the end of the week, gloves will be worn and hands washed afterwards after banking with SBC finance team.

## **11. COVID-19 Protocol around illness**

If client / family is displaying any of the symptoms of Covid-19 they will be asked to stay at home:

- A high temperature
- A new, continuous cough
- A loss or change to sense of smell or taste

For some clients with learning difficulties / disabilities there may be challenges around conveying this message, however, the coach that meets clients upon arrival can ask basic questions to triage.

## **12. Sources**

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

[https://www.britishcycling.org.uk/zuvvi/media/The\\_Way\\_Forward\\_18-06-20\\_FINAL.pdf](https://www.britishcycling.org.uk/zuvvi/media/The_Way_Forward_18-06-20_FINAL.pdf)

<https://www.cyclinguk.org/article/coronavirus-ga-it-safe-cycle>

<https://www.ukactive.com/covid-19/>

<http://www.activityalliance.org.uk/how-we-help/resources/reopening-activity>