

## Covid -19 Risk Benefit Assessment

**Benefits of being engaged in an outdoor activity in natural environment:**

Being outdoors in nature reduces stress, keeps immunity strong, builds resilience and community, keeps us physically healthy.

Forest school builds confidence, social skills, motivation and concentration, physical skills, knowledge and understanding, stress relief, connection to nature and independence.

**Value Added Benefits:**

Staff-student relationships, staff skills development, alternative source of recreation to digital media, fitness and health

**NHS recommendations:**

- ✦ Wash hands regularly with soap and water (hand sanitizer if not possible to wash effectively).
- ✦ Catch coughs and sneezes in a tissue or use your sleeve. Bin tissues immediately. Wash hands.
- ✦ Self-isolate if showing any symptoms of Covid 19 (high temperature, cough, anosmia) and book a PCR test.

**FSA guidance:**

Government has acknowledged that "the risk of transmission outdoors is significantly lower".

Forest School session should not proceed without suitable hand washing facilities. Tippy tap of similar and soap always available.

This risk assessment will be reviewed frequently

| Hazard and to whom                                                                                                                                                    | Like-lihood | Hazard | Risk Factor | Control measures to reduce the risk                                                                                                                                                                                                                            | Residual Risk Factor |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|--------|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| <p>Spread of Covid19 during forest school sessions</p> <p>Contraction of the virus within a group setting</p> <p>Further cross contamination within the community</p> | 3           | 3      | 9           | <p>We are informing people to:</p> <p>Follow the NHS recommended listed above</p> <p>Stay away if they have had a positive PCR or LF test</p> <p>Stay away if they are experiencing high temperature or even a mild cough</p> <p>Not share food and drink.</p> | 7                    |

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|  |  |  |  | <p>We are actively and regularly:</p> <ol style="list-style-type: none"> <li>1. Hand washing and gelling at the start of the session, before snacks, after snacks, before an activity IF using tools</li> <li>1 x handwashing system is on site- soap dispenser pump action.</li> <li>2. Do not come to FS if feeling unwell.</li> <li>3. Cleaning and disinfecting objects and surfaces</li> <li>4. Informing ourselves of updated HSE and govt advice and to follow accordingly</li> <li>5. Designing sessions that are taking Covid -19 into account. Omitting equipment that encounters close contact with the face i.e. binoculars, mirrors.</li> <li>6. Follow NHS recommendations listed above</li> <li>7. Keeping open and informed dialogue with participants and parents/carers.</li> </ol> |  |
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