

GUIDANCE FOR THE RE-LAUNCH OF TRISHAW RIDES

August 11th 2020

Cycling Without Age Scotland (CWAS) is pleased to be able to advise you that we are now in a position to re-launch trishaw rides in our communities, provided the recommended guidance, as follows, is strictly adhered to.

Unfortunately, re-launching trishaw rides is with the exception of Care Homes where special conditions apply (see note 12 in “General Guidance” below). Also, of course, activity in any geographical area must be in line with COVID-19 restrictions currently in force in that area.

We want to let you know the actions we’ve been taking to arrive at this decision and to give guidance on the measures each Chapter’s captains, pilots and other volunteers should take to make this activity as safe as it can, with as much protection as possible against COVID-19.

Throughout lockdown we have been observing, collating and updating information from various sources, including the Scottish Government, the World Health Organisation, the Health and Safety Executive and other UK national health agencies. Earlier last week we consulted with and received updated guidance from Michael Matheson MSP’s office (Michael is the Minister for Scottish Transport, one of our principal Government funders).

The advice in this document on the appropriate protection measures required to prepare the trishaws and to carry out the rides as safely as possible is based on that collated information.

Rationale behind the decision to restart rides

Since lockdown started to ease, we have been following closely the advice given by the Scottish Government, paying particular attention to information about social distancing and the reduced risk in outdoor activities compared to those indoors.

Cycling Without Age chapters around the world, including in Ireland, have now re-started rides and we don’t want our passengers in Scotland to lose out, especially considering the immeasurable benefits, not least in mental health, to someone who has been locked down of getting a change of scene, fresh air and an invigorating and uplifting experience.

However, we at CWAS take our responsibilities very seriously and have to stress that no activity is completely risk-free. We must carefully balance caution with the needs and wishes of the providers and users of our service and, therefore, we must emphasise that volunteers and passengers have to make their own decisions about whether or not to take part in CWAS trishaw rides at this time.

Our main concern has always been the 1-metre minimum social distance. As the distance between our pilots and passengers is slightly less than 1-metre, we felt that we could not endorse the restarting of rides whilst that measure was mandatory. However, on Thursday 23rd July the First Minister announced that, from Friday 24th July, “people who are shielding can use public transport, including taxis, whilst wearing a mask.”

Based on this advice, we feel that, although our passengers and pilots are slightly closer than 1-metre when the ride is in motion, this would be comparable to using a taxi service, which is now permitted, including for people who are shielding. Additionally, based on research referenced by the Scottish Government, we feel that the COVID-19 risk in trishaw rides is reduced because they take place entirely outdoors, pilot and passengers do not face each other and both will be advised to wear a mask. **There can only be a second passenger on any one ride only if s/he is within the same social bubble as the other passenger.**

The following guidance is generic. We have Chapters located in communities, care homes, local parks and centres etc., and all circumstances are different. Therefore each Chapter should carry out its own risk assessment in addition to this guidance.

We strongly advise that all volunteers and passengers provide their own masks and that Chapters provide hand sanitiser, cleaning materials which are compliant with government guidelines, a spray bottle containing soapy water, absorbent cleaning cloths, absorbent kitchen roll and/or paper towels and refuse sacks which can be securely tied. Used refuse sacks should be disposed of appropriately and as soon as possible. Should any Chapter have concerns over the provision of any of these items, please let us know and we will help when possible.

However, if you share our concerns about the amount of paper waste that could be created, an alternative to kitchen roll and/or paper towels is for pilots and other volunteers to take their own fabric cleaning cloth/s and towel/s to the storage unit to prepare the trishaw for each ride, and to clean afterwards, and take them home for washing after each occasion.

Guidance in Preparation for the Trishaw rides

Whilst it is stating the obvious, no pilot or passenger or any other volunteer should embark on a ride if s/he is experiencing or has experienced any symptoms which might be related to COVID-19 in the past 14 days. Both pilot and passenger/s should complete a track and trace record (essentially a record of recent contacts) before the ride takes place, and this should be given to and retained by the Chapter Captain in case that information becomes needed. It is essential that confidentiality is strictly observed in storing that information and that it is destroyed 21 days after the ride if no COVID-19 related incident arises.

If a trishaw is to be used more than once in any one day, it must be cleaned and sanitised with meticulous thoroughness between rides.

Passengers must be advised, in advance of the ride, that it will necessary to bring their own mask and wear it throughout the ride and that they must bring their own blanket / warm covering and take it home for cleaning. The pilot must wear a mask whilst cleaning the trishaw and throughout the ride.

The trishaw and equipment to be used during a ride must be cleaned and ready for use before meeting the passenger/s. The priority areas are hard surfaces and fabric where contact is more prevalent - referred to below as 'touch points'. We advise as follows:

1. On entering the trishaw storage area, use hand sanitiser before touching the trishaw.
2. Clean all the touch points on the trishaw with a solution of soapy water, and then dry with a clean paper towel, in the following order:

Starting with the tub, clean the hood area, then the seating area and armrest, then the footrest area.

Clean the bike in the following order: handlebars and headset, including the bell and visual display, followed by the seat - then the battery and battery holder.

Dispose of the used paper towel in a disposable bag and secure it.

3. Then repeat the cleaning of all touch points as above with an anti-viral cleaning solution, ensuring that the solution is in contact with all surfaces for a minimum of 60 seconds before drying with a paper towel.

(The advice we have been given is that the footrest does not need to be dried after the anti-viral solution is applied; this is helpful, as paper towels tend to shred when drying the footrest).

Dispose of any used paper towels as above. Notes referring to paper towels will, of course, not be relevant if you are using fabric cloths and towels to be laundered after the ride.

The trishaw is now ready for use.

Guidance for the Trishaw rides themselves

4. When arriving at the passenger pick-up point, the pilot, maintaining a **2-metre social distance**, should ask the passenger to confirm whether they have any Covid 19 symptoms and if they do have symptoms, instruct the passenger that the ride cannot go ahead. If the passenger is symptom free, the track and trace details should be exchanged between the pilot and passenger, then the passenger should be instructed on how to get into the trishaw. The pilot should remove the footplate and then sit on the trishaw to balance it when the passenger is getting seated.
5. We recommend that that all passengers either get into the trishaw unaided or are helped by a family member, a carer or someone from their own social bubble. The footplate should then be replaced by whoever is assisting the passenger. If no assistance is available, the pilot may dismount the trishaw, replace the footplate and then remount the trishaw to start the ride – maintaining as much distance from the passenger as possible throughout that process.
6. **It is very strongly recommended that the passenger/s and the pilot keep their masks on at all times during the ride.**
7. If the pilot needs to dismount at any point, we recommend that social distancing of **2-metres** between pilot and passenger/s is observed. Masks can be removed for eating or drinking but, again, we strongly recommend that **social distancing of 2 metres** is observed in such circumstances.
8. At the end of the ride, the passenger should dismount unaided or with the help of a carer, family member or someone from their own social bubble. The passenger must take their blanket and any belongings away with them.
9. The pilot should follow all preparation steps in points 1-3 above for each successive ride.
10. We recommend that, on returning the trishaw to the storage unit after the last ride on any occasion, the pilot repeats steps 2 and 3 above as an extra precaution for the next pilot.

11. Please ensure that all used refuse sacks are tied up securely and disposed of appropriately and with minimal delay.

General Guidance

12. We are delighted that CWAS is returning to providing rides and sincerely regret that we are not able to endorse rides for care home residents at this present time, unless the trishaw is located within the care home, the pilot is a member of the care home staff **and the care home gives permission for this to take place** – and that may require reference by the home to the resident’s family. If a care home is undertaking a ride on this basis, the route must be selected on the basis of minimal or preferably no contact with other people during the ride. If the ride can take place and stay within the care home’s grounds, that is ideal. Any requirements that the care home has in place to counter COVID-19 must of course be strictly observed, for example frequency of testing, temperature checks.
13. When meeting Chapter friends and passengers, a **2-metre social distance** should be maintained whenever possible.
14. We are conscious that the social engagement nature of our Cycling Without Age Scotland project means that many Chapter volunteers and their passengers are long-term friends who enjoy warm welcomes and goodbyes and physical support. Obviously, while the government’s social distancing restrictions remain in place, this kind of close contact should be avoided.
15. Most of the public are aware of the risks of COVID-19, and of government guidelines, and abide by them. Therefore we expect that passengers and volunteers will understand why these safety precautions are being put in place and appreciate that they are essential if our fabulous rides are to get going again. We anticipate that the majority, and probably all, will be co-operative.

If anyone has any questions relating to any of the above information, please do not hesitate to call us to discuss them.

Good luck! Enjoy the freedom, the fresh air and the elation of sharing this simple but huge pleasure with many people who have undergone a very difficult few months.

Christine Bell

CEO

Cycling Without Age Scotland

Sent by e-mail to all chapters 11th August 2020