



**Positive Strides, Inc**

**PO Box 391**

**Easton, Md 21601**

### **COVID-19 Infection Control Plan for Outdoor Riding Sessions**

1. During outdoor riding sessions, no one will enter the building except for designated staff.
2. No one will be allowed on property for 14 days since the date that they returned from travelling as designated by the CDC policies. Or if they live with someone who has travelled. Everyone will be screened for travel.
3. If any person, who comes on property, tests positive for COVID 19, they must inform us, and the program will be shut down immediately for 14 days and possibly longer.
  - Anyone who was on site at the time of possible exposure will be contacted immediately.
4. If any person, who comes on property, is exposed to someone who has tested positive for COVID 19- the program will be shut down immediately for 14 days and possibly longer.
  - Anyone who was on site at the time of possible indirect exposure will be contacted immediately.
5. No one with signs or symptoms should come to the facility. Posters will be displayed with signs and symptoms.
  - Triage volunteers will perform health check with everyone entering the facility at the beginning of every session asking about: signs and symptoms, travel, and exposure. Documentation will be recorded on the Covid-19 health checklist..
6. Upon arrival, everyone will sanitize their hands at the designated hand sanitizing stations.
7. The Timber Grove training barn is off limits to everyone.
8. Prior to the reopening date, a detailed schedule of procedures will be sent to riders and volunteers.

## **Rider Screening**

1. A customized Risk Benefit Assessment will be completed for each rider prior to acceptance into the semester program. This assessment will also include a copy of the Positive Strides, Inc. COVID 19 Infection Control Policies for Indoor and Outdoor sessions. This form will be signed by the family/guardian and the Horsemanship Program Manager or Physical Therapist.

a. If a risk/benefit assessment is performed, and a significant greater risk is determined, particularly with patients with respiratory or immune issues, families may be asked to get an additional doctor release, or an alternate option to riding may be explored.

b. A risk/benefit assessment may indicate specific considerations; this will be a case by case basis.

2. For now, no rider requiring a full-time thigh hold will be able to participate in mounted sessions due to close proximity of riders to volunteers for an extended period. The reasoning for this policy is that volunteers would be at an angle in front and below the riders for an extended period.

\*\*Full time knee holds, heel holds and stirrup leather holds are acceptable

\*\*If a rider who does not normally require a thigh hold is having a bad day and is needing a prolonged thigh hold then the rider will be dismounted . The session will either be completed indoors on a horse simulator where less support is required or discontinued. The rider will be dismounted safely immediately wherever they are on the facility.

## **Family/Rider Procedures**

1. Families/caregivers should bring the minimum number of people needed to care for the rider to help limit the number of people on site. Families/caregivers and riders should wear masks at all time with the exception of mounted riders..

2. Riders will be strongly encouraged to have their own helmets.

3. Riders will wear gloves.

4. Families/caregivers will bring their own chairs. They can bring a simple folding chair – without a bag.

- Positive Strides reserves the right to refuse a chair due to safety concerned of horses.

- Positive Strides Picnic tables and chairs will be removed.

5. Riders will wait in their vehicle until a volunteer comes to get them at the start of a session.

Families/caregivers will be asked to assist riders with boots, helmets, and belts to lessen exposure. After riders are mounted, families/caregivers will be asked to place their chairs at least 6 feet apart from others or may return to their cars. Please do not keep cars running in parking lot, the fumes and loudspeakers cause problems for our horse and sessions.

6. Riders will exit the arena one at a time and will be dismounted in the designated dismounting area located near rider parking so riders can go straight to their families.

7. Families will be asked to leave promptly after class to allow for disinfecting and to limit the number of people on site.

## **Volunteers**

1. To keep volunteers engaged and to maximize volunteer retention, we may need to limit volunteers to fewer sessions. Thus, maintaining a small number of people on site but maximizing number of people engaged in program.

2. Volunteers will wear face masks the entire time they are on property.

3. Volunteers will be encouraged to bring their own masks however a small supply will be available on site.

4. If volunteers want to wear gloves, they can come onsite and have gloves disinfected.

5. Volunteers will be trained in proper face mask use, hand washing techniques and signs/symptoms of COVID 19. Training will be documented.

6. Minimal jewelry will be worn. Only easily washable watches with minimal grooves may be worn such as a fitbit etc.

7. Volunteers on arrival will sanitize hands. Horse handlers will be assigned horses. Sidewalkers will wait at their designated waiting spots. Volunteers can bring a simple folding chair- without a bag. Positive Strides reserves the right to refuse a chair due to safety concerned horses.

## **Staff**

1. Instructors will each have an infection control apron. The apron will contain supplies to mitigate contamination by bodily fluids including properly folded masks, sanitizer, tissues, Ziploc bags (for soiled tissues), and gloves.

- Gloves will be worn with riders who are drooling, hands in mouth/nose, any other instance where they are considered needed.
- Aprons to be machine washed daily.

2. Instructors will wear their masks during mounting and whenever within proximity of others, but will remove and store mask according to CDC infection control guidelines when further away for clear communication.

3. Staff have recently been trained in COVID 19 symptoms, Handwashing/ Eye/Face Safety, Personal Protective Equipment use, Blood Born Pathogen, and safe biohazard disposal.

4. Instructors will aid riders from the side or back as much as possible- avoiding standing directly in front of them as much as able.

5. Instructors have been trained in biohazard procedures.

6. Staff and volunteers will manage all for proper social distancing- not normal in our environment- so many will need reminders initially.

### **Programming**

1. There will be a maximum of 2 riders, 2 horse handlers, 2 sidewalkers and 2 instructors at one time. There will also be a designated "gate volunteer" to manage opening and closing of arena gates as riders enter and exit the arena

2. 2 riders can be in a class together or 2 separate classes.

3. Nothing gets attached to saddles.

4. There will be set weekly activities using easily washed objects.

5. Horses will be tacked in their stalls. And there will be a designated area for "clean" and "dirty" tack.

6. The tack room will have restricted access by authorized personnel only.

### **Horses**

1. If necessary, only 1 wash bay will be used to bathe horses.

2. The wash bay will be disinfected after each use.

### **Tack**

1. There will be designated areas for "clean and "dirty" tack, and these areas will be clearly marked

2. There will be assigned cleaning volunteers.

3. Cleaning volunteers will record when saddles are cleaned.

4. All cleaning will follow CDC guidelines.

### *Grooming items.*

Will dunk in disinfectant solution following CDC guidelines after use. Will use wooden handled tools with first use of a horse. Will use synthetic tools for 2nd horse use. (Wooden handles take a day to dry)

### *Reins*

Pre riding skills classes will ride without reins.

We will use rubber reins for ease of cleaning.

Reins will be dipped in a disinfectant solution following CDC guidelines, and then dried.

There will be separate designated areas for clean vs. dirty tack.

All areas will be clearly signposted.

### **Saddles**

Saddles will be cleaned between riders.

There will be separate designated areas for clean vs. dirty tack.

All areas will be clearly signposted.

***Lead ropes and halters***

Horse leaders will be assigned a single lead rope for the day.

Lead ropes and halters will be dipped in cleaning/disinfectant and then hung.

***Saddle/Bareback Pads***

Will be washed after each use.

Girths Will be cleaned after each use.

**Facility**

1. Will disinfect gate latches, cross tie snaps, hose ends, door knobs, light switches, ramp rail, scrapers twice a day (or more often as needed).

2. There will be pedal trash bins provided, separate for general and for biohazard. Biohazard will be disposed of in a double bag, according to CDC guidelines, and placed in street trash cans 2x a day (after morning and night classes)

3. There will be no recycling during this time.

4. There will be signs such as "Elbow" on light switches, signs on handwashing by faucets etc.

5. Disinfectants will follow the CDC recommendations

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Director Signature: \_\_\_\_\_ Date: \_\_\_\_\_