



COVID-19 Infection Control Plan for Therapeutic Sessions

ALL PEOPLE ON BLUE RIDER STABLES, INC. PROPERTY:

- No one will be allowed on the property for 14 days from the date that they or someone they reside with or has had close contact with has returned from traveling as designated by the CDC policies. Everyone will be screened for travel via COVID-19 Temperature Questionnaire upon arrival.
- If any person who comes on the property tests positive for COVID-19, they must inform us as soon as possible. Date of direct contact should be provided. Anyone who was on site at the time of possible exposure will be contacted immediately.
- No one with signs or symptoms, such as cough, shortness of breath or difficulty breathing, fever or chills, fatigue, muscle or body aches, sore throat, new loss of taste or smell, headache, congestion or runny nose, nausea, vomiting, or diarrhea should come to the facility. Posters will be displayed with signs and symptoms.
- Instructors will do a temperature scan and verbal health check with riders and volunteers in their sessions before exiting the car. COVID-19 Temperature Questionnaire will be recorded in schooling/therapy notes.
- Upon arrival, everyone will use hand sanitizer before working or riding, following CDC guidelines.
- Per CDC guidelines, everything worn on hands and wrists must be able to be disinfected. Therefore, no hand jewelry will be worn, with the exception of easily washable watches with minimal grooves such as a Fitbit, etc.
- Everyone will have a protective face covering to be worn on the property.

RIDER SCREENING:

- A customized Risk Benefit Assessment will be completed for each rider prior to reentry into the therapy program. This assessment will also include a copy of the Blue Rider Stables COVID-19 Infection Control Plan for therapeutic sessions. This form will be signed by the family and Blue Rider Staff.
- If in the risk/benefit assessment performed, a significant greater risk than benefit is determined, particularly with patients with respiratory or immune issues, families may be asked to get an additional doctor release to participate.

- Any rider not able to stay on the horse on his/her own, will not be able to participate in our therapeutic sessions due to close proximity of riders to volunteers for an extended period of time.

SUPPORT STAFF / RIDER PROCEDURES:

- **Families should bring the minimum number of people needed to care for the rider to help limit the number of people on site.**
- **Riders will be required to have their own helmets.**
- Riders will wait in vehicles until a Blue Rider Stables volunteer/instructor comes to get them at the start of a session. The rider support staff can go to the designated seating area, for the duration of the lesson.
- Riders will be dismounted close to the door so riders can go straight to their families. Riders will be dismounted and exited one at a time.
- **Families will be asked to leave promptly after class to limit the number of people on site.**

INSTRUCTORS:

- Gloves will be worn with riders who are drooling, hands in mouth/nose, and any other instance where they are considered needed.
- Instructors will wear their protective face coverings during mounting and whenever within proximity of others, but will remove and store coverings according to CDC infection control guidelines when further away for clear communication.
- Instructors will provide assistance to riders from the side or back as much as possible - avoiding standing directly in front of them as much as able.

STAFF:

- All Staff will wear protective face coverings whenever social distancing space is not maintainable.
- Staff will be encouraged to bring their own protective face coverings, however, a small supply will be available on site.
- If Staff wants/needs to wear gloves, they will use Hand Sanitizer and provided gloves.
- All staff will monitor proper social distancing for all aspects of Blue Rider activities.
- Staff have recently been trained in COVID 19 symptoms, Handwashing/Eye/Face Safety, Personal

Protective Equipment use, Blood Born Pathogen removal, and cleaning procedures. Training is documented.

PROGRAMMING:

- When riding lessons are in session, no one will enter the riding area. The front door is only for riders to access - **not family**.
- Social Distancing in lesson area will be maintained as much as safely possible.
- No overcrowding of lessons will occur.
- The tack room will have restricted access for authorized personnel only.

HORSES:

- Horses will not be used in back to back lessons.

TACK/GROOMING ITEMS:

- Will be cleaned and disinfected after use following CDC guidelines.

FACILITY:

- Staff will disinfect gate latches, hose ends, door knobs, light switches, ramp rail, mounting block, wheelbarrow handles, other mucking equipment, and port-a-potty daily.
- There will be pedal trash bins provided, separate from general trash, for all washable coverings and gloves for bio-hazard. Bio-hazard will be disposed of in a double bag, according to CDC guidelines.
- There will be no recycling during this time.
- There will be signs on hand washing by faucets etc.
- Disinfectants will follow the CDC recommendations.

We recommend all participants have a copy of the above for their records.
