

COVID-19 Infection Control Plan

All

1. No one will be allowed on property for 14 days since the date that they returned from travelling to a location on the state travel advisory list.
2. If any person, who comes on property, tests positive for COVID-19, they must inform us.
 - Anyone who was on site at the time of possible exposure will be contacted immediately.
3. If any person, who comes on property, is exposed to someone who has tested positive for COVID-19, they must inform us.
4. No one with signs or symptoms should come to the facility. Posters will be displayed with signs and symptoms.
5. Upon arrival, everyone will wash their hands at a hand washing station following CDC guidelines.

Rider Screening

1. A customized Risk Benefit Assessment will be completed for each rider prior to readmittance into the program. This assessment will also include a copy of the COVID-19 Infection Control Plan and Covid-19 Liability Release.
 - a. A risk/benefit assessment may indicate specific considerations; this will be a case by case basis.
 - b. A risk/benefit assessment that the rider would be at greater potential of exposing others, albeit inadvertently, will be performed. For instance, a person who sneezes a lot – the rider would be required to wear a mask.

Family/Rider Procedures

1. Families should try to bring only one person other than the rider to help limit the number of people on site.
2. Riders will be required to have their own helmets.
3. Riders can bring their own clean reins with input from instructors for rein selection.
4. Families will bring their own chairs. They can bring a simple folding chair - without a bag. – Hearts TRC reserves the right to refuse a chair due to safety concerned of horses. – Hearts TRC Picnic tables, chairs, and benches will be removed and the gazebo will be closed.
5. Riders will wait in cars until 5 minutes before the start time of their lesson.
6. Observers are asked to refrain from touching any fences or gates and remain in the assigned viewing areas.

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. Volunteers will wear face masks when social distancing is not possible.
2. Volunteers will be encouraged to bring their own masks however a small supply will be available on site.
3. Volunteers will be trained in proper face mask use, hand washing techniques and signs/symptoms of COVID 19.
4. No hand jewelry will be worn. Only easily washable watches with minimal grooves may be worn such as a fitbit etc.
5. Volunteers on arrival will wash hands.

Staff

1. 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.
2. 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.
3. Staff will manage all for proper social distancing- not normal in our environment- so many will need reminders initially.

Programming

1. Lesson plans will be limited to activities that do not require the rider to share props. If props are used they will be cleaned immediately after each lesson.
2. The tack room will have restricted access for authorized personnel only.

Tack

Reins – a different set of reins will be used for each rider and immediately put in disinfecting solution when done.

We will use rope, nylon or cotton reins that can be more easily cleaned. Reins will be dipped in a disinfectant solution following, and then dried. There will be a designated place for dirty tack. All areas will be clearly signposted.

Parent/Guardian Signature: _____ Date: _____



Hearts TRC Inc. COVID-19 Liability Release

COVID-19: The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. It is believed that an individual can be infected with COVID-19 without their knowledge and be asymptomatic. Hearts TRC Inc. has put in place preventative measures to reduce the spread of COVID-19. However, Hearts TRC Inc. cannot guarantee that I or anyone else will not become infected with COVID-19, including my spouse, guests, unborn child, or relatives. Participation in a Hearts TRC Inc. program(s), related event, or activity, could increase the risk of contracting COVID-19. By signing this agreement, I ACKNOWLEDGE the contagious nature of COVID-19 and VOLUNTARILY ASSUME THE RISK that I may be exposed to or infected by COVID-19 by participating in a Hearts TRC Inc. program(s), related event, or activity, and that such exposure or infection may result in personal injury, illness, permanent disability, and death to myself, my spouse, guests, unborn child, or relatives. I understand that the risk of becoming exposed to or infected by COVID-19 at a Hearts TRC Inc. program(s), related event, or activity may result from the actions, omissions, or negligence of myself or others, including, but not limited to, Hearts TRC Inc. employees, volunteers, and program participants. I UNDERSTAND AND VOLUNTARILY ACCEPT AND ASSUME ALL the foregoing risks related to COVID-19 and accept sole responsibility for any injury or illness that may occur. Further, I UNDERSTAND AND AGREE that this release includes any Claims based on the actions, omissions, or negligence of Hearts TRC Inc., its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Hearts TRC Inc. program(s), related event, or activity.

PARTICIPANT/RELEASOR

PARENT OR GUARDIAN

Signature

Signature

Address: _____

Address: _____

**IF YOU ARE UNDER 18 YEARS OF AGE, YOU AND YOUR PARENT OR
GUARDIAN MUST SIGN AND INITIAL THIS FORM WHERE INDICATED.**

Risk/Benefit Assessment of equine movement and therapeutic activities specifically for:

Risk to Rider

1. Possibility of contracting COVID-19 despite infection control measures taken by Hearts TRC.
2. Potential to fall from horse despite safety measures and equine training taken by Hearts TRC.

Risk Potential

- _____ is at higher risk due to having an underlying medical condition.
_____ is at higher risk because he/she struggles to maintain social distancing.
_____ is at higher risk because he/she is unable to comply with wearing a mask.
_____ is at higher risk because he/she touches his face/mouth frequently, drools,

Risk to Others (ex. allergies, drooling, touching face)

Benefits to Rider

1. Provides general exercise and gentle cardio workout.
2. Provides sensory stimulation in a rhythmic way which modulates the sensory system that helps to calm the overactive areas and stimulate the underactive areas.
3. Requires rider to maintain midline and balance in response to each unique step of the horse, with the added balance challenges provided by games and/or riding skill challenges.
4. Works on social interaction, engagement and command following.
5. Provides rider with a place to be normal and have fun.
7. Provides an activity that can be customized based on abilities on that day.
8. Provides an opportunity to use both hands equally in activities.
9. During COVID-19 pandemic, rider has fewer opportunities for social interaction, exercise, and cognitive challenge.

After assessing the risk/benefit specifically for _____ and considering the attached infection control plan the rider and/or their parents/guardian agree that the benefits outweigh the risks and that riding is appropriate at this time.

Parent/Guardian Signature: _____ Date: _____