



## **RIDING WITH HEART COVID-19 RE-OPENING PLAN & GUIDELINES**

Riding with HEART is committed to providing the safest environment possible for our riders, clients, volunteers, and staff. As we make plans to resume operations, we have reviewed all federal, state of New Jersey, and Hunterdon County guidelines to ensure that our newly created policies and procedures achieve this goal. If updated best practice protocols are released, Riding with HEART will update protocols accordingly.

All riders, clients, volunteers, and staff are required to comply with the procedures and policies as set forth in this document and will be required to sign in agreement before participating in any activities at Riding with HEART.

PLEASE **DO NOT** COME TO RIDING WITH HEART IF YOU OR A FAMILY MEMBER ARE SICK OR HAVE BEEN EXPOSED TO SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19 IN THE PAST 14 DAYS

### **STEP ONE**

Step One: NOW - Adaptive Riding lesson riders/summer program participants who can mount and dismount unassisted and do not need a leader and/or sidewalker(s) during their lessons.

Non-riding participants may be in contact with the equine as appropriate for the level of ability of the participant. Face coverings/masks will be required to be worn by all clients if the client can wear a face covering/mask. If not, it will be the instructor's discretion to treat or not treat the client. Riding with HEART will not be utilizing the full staff of volunteers but will depend on a small pool of volunteers who will be trained on current protocols for infection prevention. See Adaptive Riding Protocols on page three.

### **STEP TWO - When Allowed by NJ State Guidelines**

Adaptive riders/summer program participants who require **minimal** assistance mounting and dismounting, and who need a leader occasionally during their lesson but no sidewalker(s).

### **STEP THREE - When Allowed by NJ State Guidelines**

Adaptive riders/summer program participants need sidewalker(s) who do not need to be in physical contact with the rider except to briefly adjust or do an ankle hold if trotting.

### **STEP FOUR – Post-Quarantine**

Activities resume and everyone welcome back at Riding with HEART.

## GENERAL GUIDELINES

Riding with HEART adheres to the Center for Disease Control's recommendations to minimize the spread of disease, including COVID-19:

- Frequent hand washing or sanitizing
- Maintain physical distancing of six feet from others when possible
- Wear a face covering or mask
- Stay at home while sick
- Covering your mouth and nose with the corner of your arm when coughing or sneezing

## Riding with HEART-Specific Guidelines

- Riding with HEART will be open by appointment and to scheduled participants/volunteers only
- Participants, volunteers, and staff will stay home if they or someone they reside with are feeling ill.
- Individuals who are experiencing coughing or shortness of breath, or anyone experiencing at least two of the following symptoms: fever, headache, new loss of taste or smell, sore throat, chills, repeated shaking with chills, or muscle pain is encouraged to call their healthcare provider for medical advice. *Individuals experiencing these symptoms CANNOT come to Riding with HEART.* They are to follow any quarantine or self-quarantine instructions recommended by their medical provider.
- If a participant, volunteer, or staff member is diagnosed with COVID-19 OR if anyone that a participant, volunteer, or staff member has been in contact with is diagnosed with COVID19, they must alert Riding with HEART immediately. Riding with HEART will close immediately and let the building sits undisturbed for 24 hours. Riding with HEART will be professionally cleaned and sanitized and will open as soon as that process is completed. Anyone who was at Riding with HEART at the time of possible direct or indirect exposure will be contacted immediately.
- All participants, volunteers and staff members must sign an updated liability waiver prior to their first engagement at Riding with HEART.
- Face coverings/masks must be worn by all volunteers and staff members while interacting with participants and other volunteers. Participants who can wear a face covering/mask should wear one when at Riding with HEART. Face coverings/masks do not need to be worn when staff members are sitting at their desks or if they are with only other staff members and able to practice safe social distancing. Everyone must provide their own face covering/mask.
- Hand washing and/or hand sanitizing is required immediately upon entrance for all participants, volunteers, and staff. Hand sanitizer is available in the office, clinic, barn, tack room, indoor arena, and outdoor ring.
- Riding with HEART staff members are responsible for disinfecting common surfaces multiple times daily.

### Areas at Riding with HEART with Restrictions

- The office, barn, and restrooms will be closed to everyone except Riding with HEART staff. Restroom restriction may be adjusted in case of emergency.
- Tack room is open only to Riding with HEART staff and specifically designated volunteers.

### Facility Guidelines

- Barn is open only to Riding with HEART staff, participant, and volunteers during lessons. (including veterinarians, farriers, hay, and feed delivery).
- Arena is open only to Riding with HEART staff, riders, and volunteers for each rider during their lesson.
- Picnic tables will be removed, and family members/caregivers may bring their own chair if they desire.
- The Riding with HEART playground is closed.

### Adaptive Riding Procedures

- Lesson times will be staggered to minimize contact between riders.
- Lessons will remain 20 minutes in duration.
- All riders, parents/guardians will be asked to sign this document and return it to Riding with HEART PRIOR TO SCHEDULED LESSON.
- PAYMENT REQUIRED PRIOR TO SCHEDULED LESSON.
- Parent/guardian must sign liability form showing that therapies/programs at Riding with HEART benefits outweigh the risk of exposure to Covid 19.

Riding with HEART reserves the right to refuse services if any guidelines or protocols are not followed or violated. Payment for lessons will be invoiced at the start of the 6-week session. Lessons will be scheduled for a 6-week session and will continue weekly unless conditions change. If participant has already paid for lessons ahead of time, those monies will be credited towards future sessions.

### Lesson Protocol for Participants

- All riders must sign a new COVID-19 liability release form and return it via email or mail **before** attending their first lesson. Please return signed forms via mail or email.
- Families/caregivers should bring the minimum number of people possible to the lesson.
- Participant and one family member/caregiver should exit the car and wait next to a specified area near the arena until the instructor tells you to approach the mounting area.
- Family member/caregiver must wear a mask while at Riding with HEART. The rider must wear a mask during mounting and during the lesson unless wearing a mask will cause harm to rider's health.
- Hand sanitizer is available at the outdoor ring and must be used by rider before and after the lesson.
- At the end of the lesson, the rider will put on their mask if possible, and dismount with guidance from instructor.

- Riders and their family member/caregiver are asked to exit the farm as soon as their lesson is finished.

#### **Lesson Protocol for RWH Staff, Volunteers**

- All staff working at Riding with HEART must wash their hands as soon as they arrive on the property. Face coverings/masks must be worn unless staff members are sitting at their desks.
- Bathrooms must be cleaned after each use.
- The last staff member to leave the property at the end of each day must use disinfectant spray on all frequently touched surfaces – light switches, copy machine, door handles etc. Everyone is responsible for cleaning their own desk area.

#### **Lesson Protocol for Equipment and Horses**

- Staff is responsible for grooming, tacking, and untacking the horses. In specific cases, qualified volunteers may assist in grooming or tacking and must adhere to all relevant protocols.

#### Horses

- Horses will not be used in back to back lessons. Horses will be cleaned in a manner that is safe for the horse.

#### Cleaning Tack and Equipment

- Riding with HEART staff and volunteers are responsible for cleaning all tack and equipment before and after lessons.
- All tack will be disinfected after each use, saddle pads and girths will be single use.
- Individual horse's grooming tools and buckets will be disinfected at the end of each day. If grooming tools are used multiple times, they will be disinfected in between each use.
- Gates, latches, door handles, and other frequently touched surfaces will be disinfected between each rider.
- All gate latches, crossties, stall door handles, light switches, door handles and other high touch points will be disinfected with spray after each use.
- All staff are required to wash their hands frequently throughout the day.

Any questions or concerns can be directed to Carla Harbourt, [carla@ridingwithheart.org](mailto:carla@ridingwithheart.org) or 908/735-5912



## **RIDING WITH HEART COVID-19 RE-OPENING PLAN & GUIDELINES**

**Please read, sign and date this document BEFORE participation in any activity at Riding with HEART.**

**Return page 5 and page 6 (signed) and drop off, mail, or scan and email to [programs@ridingwithheart.org](mailto:programs@ridingwithheart.org)**

I (parent, guardian, or participant), acknowledge the contagious nature of the Coronavirus/COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing.

I (parent, guardian, or participant), further acknowledge that Riding with HEART has put in place preventative measures to reduce the spread of the Coronavirus/COVID-19.

I (parent, guardian, or participant), further acknowledge that Riding with HEART cannot guarantee that I (parent, guardian, or participant), will not become infected with the Coronavirus/Covid-19.

I (parent, guardian, or participant), voluntarily seek services provided by Riding with HEART and acknowledge that I (parent, guardian, or participant) am increasing my risk of exposure to the Coronavirus/COVID-19. I (parent, guardian, or participant) acknowledge that I must comply with all set procedures to reduce the spread while attending each lesson.

I (parent, guardian, or participant), attest that:

- I (parent, guardian or participant) am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.
- I (parent, guardian, or participant) have not traveled internationally within the last 14 days.
- I (parent, guardian, or participant) have not traveled to a highly impacted area within the United States of America in the last 14 days.
- I (parent, guardian, or participant) do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.
- I (parent, guardian, or participant) have not been diagnosed with Coronavirus/Covid-19 and not yet cleared as non-contagious by state or local public health authorities.
- I (parent, guardian, or participant) am following all CDC recommended guidelines as much as possible and limiting my exposure to the Coronavirus/COVID-19.
- I (parent, guardian, or participant) acknowledges that Riding with HEART reserves to right to refuse services if any guidelines or protocols are not followed or violated.



I (parent, guardian or participant), hereby release and agree to hold Riding with HEART harmless from, and waive on behalf of participant, family or guardians, and any personal representatives any and all causes of action, claims, demands, damages, costs, expenses and compensation for damage or loss to myself and/or property that may be caused by any act, or failure to act of Riding with HEART, or that may otherwise arise in any way in connection with any services received from Riding with HEART. I (parent, guardian or participant) understand that this release discharges Riding with HEART from any liability or claim that participants, family, or guardian, or any personal representatives may have against Riding with HEART with respect to any illness, death, medical treatment, or property damage that may arise from, or in connection to, any services received from Riding with HEART. This liability waiver and release extends to all staff, volunteers, other participants, their families', or guardians, and the RWH Board of Directors.

#### **RIDING WITH HEART COVID-19 RE-OPENING PLAN & GUIDELINES**

Please sign below to confirm that you have read all information in this document and that you and your family will be able to adhere to the protocols detailed within it.

Participant Name(s): \_\_\_\_\_

Participant/Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Riding with HEART Staff Signature: \_\_\_\_\_

Date: \_\_\_\_\_

NOTE: This document will be updated as necessary by Riding with HEART following current health recommendations to comply with new guidelines/recommendations from federal, state, and local public health agencies.

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