



ROCKING HORSE RANCH

Therapeutic Riding Program

www.rhrnc.com

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Participant Policies and Procedures

COVID-19 Version Updated: September 22, 2020

Purpose

Rocking Horse Ranch (RHR) has implemented measures to allow for a slow, phased approach to reopening of the facility during the COVID-19 Pandemic. The health and safety of our community is our top priority. As a result, the following guidelines have been established to protect our participants, staff, volunteers, and community members with the guidance of our state and local public health officials, the Centers for Disease Control and PATH Intl.

Daily Health Screening – Prior to coming to the property

Ask yourself the following questions prior to coming to the property. If the answer is **YES** to any of the questions, please call the RHR office at (252) 752-0153. We ask that you give us 24 hours' notice of cancellation but understand that, if illness arises the day of your lesson, this degree of notification is impossible. It is important that you **CALL** the office to notify staff of your absence.

Questions to Ask Yourself Prior to Coming to Rocking Horse Ranch

Are you feeling unwell? Tired, body aches, sore throat, GI upset, etc.
Have you or anyone you know shown symptoms of COVID-19? These include: Shortness of breath, difficulty breathing, coughing, fever, sore throat, prolonged sneezing, body aches, GI upset, loss of taste/smell, etc.
Did anyone in your household encounter a co-worker or anyone who is symptomatic? (spouse, significant other, child, roommate, etc.)
Has anyone in your household been exposed* to anyone else who has tested positive or has had symptoms (being treated as a positive case) for COVID-19?

Exposure Guidelines

Exposure to confirmed or suspected case of COVID-19

*Exposure is defined as being exposed to a household member, intimate partner, individual providing care in a household without using recommended infection control precautions, or an individual who has had close contact (< 6 feet) for a prolonged period of time (greater than 15 minutes)

- Participant will need to stay home until 14 days after last exposure
- Participant will self-monitor for symptoms
- If the participant becomes sick while at RHR, they should notify a staff member, go home immediately, self-isolate and call their doctor

Return to Rocking Horse Ranch - After symptomatic with COVID-19 (non-tested) and positive COVID-19 diagnosis.

Use one of the below strategies to determine when participant can return.

1. *Test-Based Strategy*. Exclude from programming until:

- Resolution of fever without the use of fever-reducing medications **and**
- Improvement in respiratory symptoms (e.g., cough, shortness of breath), **and**
- Negative results of an FDA Emergency Use Authorized molecular assay for COVID-19 from at least two consecutive nasopharyngeal swab specimens collected ≥ 24 hours apart (total of two negative specimens)

2. *Non-Test-Based Strategy*. Exclude from programming until:

- At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**,
- At least 10 days have passed *since symptoms first appeared*.

Participant Procedures

Prior to First Class Review and sign:

1. Participant Registration and Release Form
2. Participant Medical History and Medical Provider Statement
3. Participant Policy and Procedures
4. Acknowledgement of Covid-19 Risk Form
5. Participant Scholarship Application (optional)

Weekly Class Routine

- Upon arrival, participants and family members must wear a mask/facial covering. If they do not have one, RHR will have a limited supply of disposable masks available for participants.
- Only one other person will be allowed to accompany the participant to the property. Exceptions will be made on a case-by case basis.
- The person that accompanies the participant must remain on the property for the duration of the lesson.

- Upon arrival to the facility, please park in one of the designated parking spaces and remain in your car. A designated staff member will come to your car to complete the Covid-19 screening protocol.
 - Participants and family member will need to complete the Daily Health Screening including temperature verification of the participant.
- Participants will wait in their car until a designated staff member accompanies them into the barn for their lesson.
- Designated separate entrances and exits will be clearly marked at the building.
- Family members/caregivers are asked to wait in/at their personal vehicles during the lesson; the bathroom may be accessed through the side entrance of the barn.

****Note:** It is okay to step outside of your vehicle, but please do not disturb on-going lessons, open any gates, cross any of the fencing, or get too close to the barn as it could startle the horses. Also, please be mindful of noise levels as it can be distracting to both participants and horses.

Please remember there is absolutely **NO SMOKING** anywhere on the grounds of RHR.

- All visitors must wear facial mask/coverings on Rocking Horse Ranch property when in public common areas and when social distancing is not possible.
- Participant masks may be removed in arena or outdoor spaces if social distancing can be maintained.
- Participants will either have their own helmet (approved by RHR) or will borrow one from RHR for the lesson session. Helmets will be disinfected after each use by staff.
- Families will be asked to leave promptly after class to allow for disinfecting and to limit the number of people on site.

Participant Responsibilities

- Bring your own water bottle.
- Make sure participants have appropriate foot wear and clothing. You will not be able to borrow these items from RHR.
- Arrive on time for your lesson. Participants that are more than 10 minutes late, will forfeit their lesson.
- Full tuition is due at the beginning of each session (Ex. 7-Week session = \$210).
- If you are unable to pay in full at the beginning of a session, contact info@rhrnc.com regarding other arrangements.

Best Practices to Reduce Disease Transmission

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your nose, eyes and mouth with unwashed hands.
- Stay at least 6 feet from other people.
- Cover coughs and sneezes with a tissue or your elbow. Wash hands afterwards.

- Wear a mask.

Facility Protective Measures

- Everyone on the property will be advised to avoid physical contact with others and keep six feet social distancing, where possible.
- With the exceptions of Evaluations, in-person meetings will be limited. To every extent possible, meetings will be conducted by telephone or virtually.
- Disinfectants used on the property will follow the EPA recommendations.
- Frequently touched surfaces (i.e. door handles, phones, gate latches, cross tie snaps, hose ends, door knobs, light switches, etc.) will be cleaned and disinfected daily. Lesson props and tools will be disinfected between uses.
- Regular housekeeping practices for bathrooms and common areas will be enhanced to cleaning twice daily.

Confirmed Case of COVID-19 on the Rocking Horse Ranch Property

- RHR Leadership will trace the person's time and locations at RHR for 48 hours prior to illness onset and notify anyone who meets the CDC prolonged exposure criteria to follow the exposure protocol as well.
- The outside area(s) used or visited by the ill person will be cleaned and disinfected.
- The inside area(s) used or visited by the ill person will be closed for at least 24 hours.
- Doors and windows to the indoor area(s) will be open as much as possible during this time and ventilating fans may be used to increase air circulation in the area.
- After 24 hours, the indoor area(s) will be appropriately cleaned and disinfected.
- After appropriate cleaning and disinfecting has been completed, the indoor area(s) can be opened for use.
- Staff without close contact with the person can return to work immediately after the disinfection is completed.
- All confirmed or suspected exposures will be handled on a case by case basis taking into consideration both CDC guidelines and the comfort level of the individuals involved.

PLEASE READ AND SIGN THE FOLLOWING STATEMENT; BE SURE TO DETACH THIS SECTION AND INCLUDE IT WITH THE PARTICIPANT'S REGISTRATION FORMS.

I have received a copy of the Rocking Horse Ranch Therapeutic Riding Program Participant Policy and Procedures and have read it in its entirety. I understand that failure to abide by these policies and procedures may result in the termination of services provided by Rocking Horse Ranch Therapeutic Riding Program.

Signature: _____ Date: _____
(Rider, Parent, or Guardian)