

# COVID-19 REOPENING PROCEDURE MANUAL



**renew**  
therapeutic riding center



# WHAT'S INCLUDED

- P2** Cleaning Station
- P3-4** Participant Procedures
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## WELCOME BACK!

We are excited to welcome you back to Renew and resume lessons! As we do so, we want to assure you that we are doing everything possible to keep our participants, parents, volunteers, staff, and community safe and healthy.

We will be following the Center of Disease Control (CDC) as well as state and local health department guidelines with regard to social distancing practices in order to reduce the spread of COVID-19. Outlined in this manual are the procedures and precautions Renew TRC will be taking to ensure the safety of all individuals. If we all work together, we can mitigate the spread of this virus and others.

# CLEANING STATION

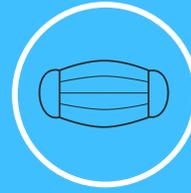
Upon entering the facility, there is a cleaning station complete with hand sanitizer, masks, gloves, and disinfectant spray. Please wear your mask when entering the facility and wash your hands with soap and water at the sink (located in the connector between the arena and barn).



**stay home if you are sick**



**maintain proper social distance**



**wear a mask**



**wash hands with soap and water**



**use hand sanitizer as needed**

# PARTICIPANT PROCEDURES

## WHEN YOU ARRIVE

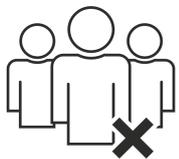
Please arrive to your session 10 minutes early.



- If anyone in the household has been exposed to someone with COVID-19, we ask that you follow the CDC guidelines and quarantine for 14 days. If anyone in the household has been sick with anything within 24 hours prior to the session, we ask that you refrain from attending for one week.



- Upon arriving to Renew, please remain in your vehicle where you will be greeted by either the Program Manager or your instructor to complete a health assessment.



- At this time, only the participant will be allowed to enter the barn. Parents/caregivers are encouraged to stay in their vehicle, or are able to watch their rider's lesson from outside the gates of the indoor arena with their own lawn chairs.



- Participants will need to wash their hands with soap and water when entering the facility. Hand sanitizer will be available as needed.

### WHAT TO EXPECT



- During lessons, we ask that all participants wear some type of covering on their face to reduce the risk of spreading respiratory droplets. There are a variety of options to do this. If you aren't sure how to accomplish this with your individual rider please feel free to contact Shaina, our Program Manager, to discuss alternatives to masks. If you feel that a mask is contraindicated to health or wellness for you or your participant we are happy to work with you to decide what is best. We will need to know this in advance to be sure that we have educated the volunteers on how to safely engage with your participant for mounting and dismounting, as well as in the case of an emergency.



- We encourage you to provide practice and education at home on avoiding touching faces, practice wearing masks, and staying at a socially appropriate distance to reinforce this during your time at Renew TRC.



# VOLUNTEER PROCEDURES

## WHEN YOU ARRIVE

Please arrive to your session 30 minutes early.



- If anyone in the household has been exposed to someone with COVID-19, we ask that you follow the CDC guidelines and quarantine for 14 days. If anyone in the household has been sick with anything within 24 hours prior to the session, we ask that you refrain from attending for one week.



- Upon arriving to Renew, our Safety Officer will ask you questions for a health assessment. If you need to answer "yes" to any question, you will need to cancel your session and communicate this to Jael, the Volunteer Coordinator.

## WHAT TO EXPECT



- Masks will be required when entering the facility. Please bring your own mask. We will have some on hand if you do not have your own.



- Volunteers will need to wash their hands with soap and water when entering the facility and between each lesson. Hand sanitizer will be available as needed.

# VOLUNTEER BARN CREW PROCEDURES

## WHEN YOU ARRIVE



- If anyone in the household has been exposed to someone with COVID-19, we ask that you follow the CDC guidelines and quarantine for 14 days. If anyone in the household has been sick with anything within 24 hours prior to the session, we ask that you refrain from attending for one week.

## WHAT TO EXPECT



- Barn Crew will be required to wipe down handles of all stall cleaning tools and wheel barrows after use with a mixture of anti-bacterial soap and water, bleach and water, or liquid and spray disinfectant.



- Masks will be required when entering the facility. Please bring your own mask. We will have some on hand if you do not have your own.



- We encourage frequent hand washing and use of hand sanitizer. There are gloves available if you prefer. Please refrain from touching your face.



# EQUINE PROCEDURES

## WHAT TO EXPECT

Our aim is to minimize touch points wherever possible. When this is not possible, we will implement specific measures such as:

- Rein covers on reins when riding
- Halters, lead ropes, and grooming tools sprayed with disinfectant
- Handles and latches will be wiped with disinfectant
- Helmets will be labeled with student names
- During this phase, grooming will be done by volunteer to limit touch points





Participant name: \_\_\_\_\_

**Risk considerations for participating in Renew TRC programs:**

Risk to each participant

- Possibility of contracting COVID-19 despite infection control measures taken by Renew TRC
- Potential of fall or injury from horse despite safety measures and training protocols followed by Renew TRC

**Benefit considerations for participating in Renew TRC programs:**

Benefit to each participant

- General exercise and gentle cardio activity
- Opportunity for sensory regulation from rhythmic, three-dimensional movement of horse
- Encourages a balanced midline and proper postural alignment through individualized riding skill and practice activities
- Allows for positive and appropriate social interactions
- Opportunity for practice of sequencing and memorization
- Provides an enjoyable experience while improving feelings of self-efficacy, empathy, and independence

**High Risk potential to participant (check all that apply):**

- Age or underlying medical condition puts participant at high risk for severe illness from COVID-19 infection based on CDC guidelines
- Limited ability to communicate symptoms or unrecognized illness
- Trouble understanding information or practicing preventative measures such as hand washing, avoid touching face/mouth, or social distancing
- Require mount/dismount and sidewalking assistance due to limited mobility and cannot avoid coming into close contact with others
- Unable to tolerate wearing a mask or experiences frequent drooling

After assessing the risk versus benefit for this individual participant in programming at Renew Therapeutic Riding Center, and considering the center’s infection control policies and CDC guidelines, Renew TRC staff and parent(s) of participant agree that the benefits outweigh the risks and that riding is appropriate at this time.

**Signature of Parent/Guardian or participant if over the age of 18:**

**Date:**

**Signature of Program Manager:**

**Date:**

# YOUTH PROGRAMS AND CAMPS DURING THE COVID-19 PANDEMIC



The purpose of this tool is to assist directors or administrators in making (re)opening decisions regarding youth programs and camps during the COVID-19 pandemic. It is important to check with state and local health officials and other partners to determine the most appropriate actions while adjusting to meet the unique needs and circumstances of the local community.

## Should you consider opening?

- ✓ Will reopening be consistent with applicable state and local orders?
- ✓ Are you ready to protect children and employees at **higher risk** for severe illness?
- ✓ Are you able to screen children and employees upon arrival for symptoms and history of exposure?

ANY NO



DO NOT OPEN

ALL YES



## Are recommended health and safety actions in place?

- ✓ Promote **healthy hygiene practices** such as **hand washing** and **employees wearing a cloth face covering**, as feasible
- ✓ Intensify **cleaning, disinfection**, and ventilation of facilities and transport vehicles/buses
- ✓ Encourage **social distancing** through increased spacing, small groups, and limited mixing between groups, and staggered scheduling, arrival, and drop off, if feasible
- ✓ Where feasible, adjust activities and procedures to limit sharing of items such as toys, belongings, supplies, and equipment
- ✓ Train all employees on health and safety protocols

ANY NO



MEET SAFEGUARDS FIRST

ALL YES



## Is ongoing monitoring in place?

- ✓ Develop and implement procedures to check for **signs and symptoms** in children and employees daily upon arrival, as feasible
- ✓ If feasible, implement enhanced screening for children and employees who have recently been present in areas of high transmission, including temperature checks and symptom monitoring
- ✓ Encourage anyone who is sick to **stay home**
- ✓ Plan for if children or employees get sick
- ✓ Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
- ✓ Monitor child and employee absences and have a pool of trained substitutes, and flexible leave policies and practices
- ✓ Be ready to consult with the local health authorities if there are cases in the facility or an increase in cases in the local area

ANY NO



MEET SAFEGUARDS FIRST

ALL YES



OPEN AND MONITOR



cdc.gov/coronavirus