



We are required by the state of Massachusetts to establish and follow a COVID-19 control plan to comply with mandatory safety standards, such as social distancing, and need your cooperation to create the best experience possible. The volunteer pledge has been designed for the safety of all Ironstone Farm team members, including staff, riders, and volunteers. The pledge will be reviewed periodically, and a new pledge may be sent out as conditions change in Massachusetts. **This pledge below must be signed by the volunteer, understanding that the volunteer must follow this pledge.**

VOLUNTEER PLEDGE

I pledge to follow the rules and regulations when I enter the property of Ironstone Farm. I understand I am entering at my own risk. Please note that all vaccinated people must follow all rules below including wearing a mask.

- I agree to come to Ironstone Farm no earlier than 15 minutes before my work shift. I will leave the property 15 minutes after my last lesson ends.
- I will use hand sanitizer or wash my hands in the hand wash sink, as well as get my temperature checked, as soon as I arrive on property.
- I agree to wear a mask at all times while on Ironstone Farm property, except as noted here: The only time I will take down my mask is while I am taking a lunch break/drink and socially distant from other people. My mask will be worn when I am done with the above activity.
- I will not bring any guests with me to the farm. If someone needs to bring me something, they will remain in the parking lot with a mask, and I will meet them there.
- I will limit what I bring onto the property. For example: food, beverages, weather appropriate clothing.
- I will maintain social distancing (6 ft.) while at the farm whenever possible.
- If I feel ill, I will not come to the farm and let the farm know I am not coming, I will contact a health-care professional and follow their guidance.
- If I have been in close contact with a positive COVID-19 case, I will not come to the farm, and I will let the farm know I cannot attend. I will consult my health-care professional and follow their directions, including quarantining. I will get a negative COVID-19 test to return.
- If I have been in close contact with a positive COVID-19 case, and I am fully vaccinated (2 weeks after the final dose shot, or 2 weeks after a single dose vaccine), I do not have to quarantine. I do have to be mindful of symptoms for the next 14 days, and if I develop symptoms, I must follow the steps in the bullet point above.
- If I have tested positive for COVID-19, I will not come to the farm and will inform the farm that I am not coming. I will consult a health-care professional, follow their directives – including isolating – and will not return to the farm until I have received a clearance letter from the local health department or contact tracing releasing me.

I also understand that this pledge is effective April 1, 2021, and shall remain in effect until rescinded or until the state emergency is terminated, whichever happens first.

Volunteer Name (print)

Volunteer Signature

Date



COVID-19 ADDITIONAL INFORMATION

All information on this page is meant to help answer common questions, and is based on information from health professionals as of March 2021. It does not take the place of advice from health-care professionals. Please consult and follow all directions from your health-care professional and be aware that recommendations and advice may change as more information becomes available.

What is considered a Close Contact?

A “close contact” is when a person has been within 6 feet of a positive COVID-19 case, for a total of 15 minutes or longer, masked or unmasked, starting 48 hours before the positive case’s symptom onset or positive test result. It also includes someone who has come in physical contact with a positive person. People known to be close contacts will be informed by public health officials.

In addition, all known contacts at Ironstone Farm with someone who tests positive (whether considered a close contact or not – and whether the parties were masked, unmasked, vaccinated or unvaccinated) will be informed, so they can make a decision on getting tested. We want to be transparent and keep people informed, while still respecting individual’s information.

If you are considered a close contact and you have been fully vaccinated (2 weeks after final vaccine dose, or 2 weeks after single vaccine doses), you do not have to quarantine, according to public health officials. You do, however, have to be mindful of symptoms over the next 14 days, as vaccinated individuals can still carry and transmit the virus.

Please note: a contact of a close contact is not considered a close contact himself or herself. In other words, if you have been around someone who has been exposed to COVID-19, but the person has not tested positive and does not have symptoms, you are not considered a close contact. You may still get tested if you choose, for peace of mind and as an extra step to keep others around you safe.

What symptoms should I look for?

- Fever or chills (100.4 or above)
- Cough
- Shortness of breath or difficulty breathing
- Extreme fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Please note that many of these are general symptoms of many differential diagnoses. If one of these symptoms is part of your daily routine, like headaches or symptoms from frequent allergies, we would recommend you stay home until symptoms subside. If one of these symptoms is experienced and is not normal for you, we recommend you stay home and consult your healthcare provider.