



COVID-19 and Lift Me Up!

In keeping up with the on-going COVID-19 virus, Lift Me Up! is adopting the following policy and making these recommendations. These policies are intended as preventative measures as we do not currently have any known cases or exposures to the virus.

For riders who miss lessons either due to their illness or to as part of a necessary shut down; it is our intention to find a way to make up those lessons. Whether it be to have lessons over spring break, carry over the spring session into summer or even carry over lessons to fall. We know that is an important consideration to our riders and we will have options to offer.

We will also keep hand soap available at the sink for hand washing and antibacterial hand sanitizer if it is available. Currently we have it, but as it can be hard to come by; we cannot guarantee that we will have it in supply as time goes on. You may wish to bring your own in case our supplies are diminished.

At Lift Me Up! we will be taking the following steps.

- 1) Reins and helmets will be cleaned at the end of each day. Rings and toys that are used in lessons will also be cleaned.
- 2) All riders, instructors and volunteers should wash their hands with soap or antibacterial cleaner after lessons. Soap will be available at the sink for washing.
- 3) Per PATH International recommendations, any rider who requires a bandana to catch drool will be asked to have that bandana tucked into the chin strap of the helmet. Volunteers and instructors will not be wiping drool, or runny noses while the COVID-19 virus is still in heavy circulation. Parents or caregivers may come into the arena, after obtaining permission from an instructor that it is safe, to perform these hygiene tasks, if needed.
- 4) **We do ask that anyone who feels sick, has a fever, or has been exposed to someone with the virus to stay home. Symptoms can show up 2-14 days after exposure and an individual can be contagious while incubating the virus. For more info on the virus go to:**
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- 5) Riders may wish to wear riding gloves or other thin gloves for their lessons to keep from picking up potential germs. Instructors and volunteers may choose to wear them as well.
- 6) We recommend that riders procure their own riding helmet. While we do have helmets and will continue to supply them and clean them; riders can be more secure in knowing that their helmet has not been exposed to potential germs if it is their own. Helmets should be ASTM/SEI approved, (most helmets are) and can be ordered online from www.Amazon.com , www.doversaddlery.com or www.statelinetack.com to name a few sources. These retailers will give you directions on how to measure for proper fit. A good schooling helmet should run about \$50.

While Fairfax County is closing next Monday for a cleaning of the schools; because we do not have school desks, lunchrooms, doorknobs and the like to disinfect; we plan lessons as usual with the above mentioned measures. **However, should a county-wide quarantine be put into place we will abide with the same quarantine as Fairfax County Schools.**

Thank you everyone for your understanding. Fingers crossed that the warmer weather will slow the spread of the virus and that none of our LMU family becomes ill.