



LiftMeUp!

COVID-19 and LiftMeUp!

UPDATED: JUNE, 2020

Responding to the COVID-19 pandemic is giving all of us at LiftMeUp! an unprecedented opportunity to live and breathe what we believe to be of utmost importance: safety and well-being of our clients, staff, volunteers, and of course, our equine friends.

In keeping up with the on-going and ever-changing environment, LiftMeUp! is making the recommendations outlined in the following policy and adopting it immediately. These recommendations are intended to be preventative measures as we do not currently have any known cases or exposures to the virus.

So that we can protect the well-being and safety of our clients, volunteers, staff, and horses, we had suspended services and closed the barn and facilities through the whole month of May. We continue to monitor things closely and adapt as needed. We also recognize the potential for a longer-term response and are planning for such scenarios in case they become necessary.

For anyone who misses lessons due to this necessary closure: it is our intention to find a way to make up those lessons, whether it be to carry over the spring session into summer or even carry over lessons to the fall session.

As of June 1, we have started Phase 1 of reopening. This Phase involves ONLY riders who are independent riders and are able to mount and dismount without any additional assistance. Phase 2 riders will begin riding on June 15. These riders are able to ride with minimal assistance, and that assistance will be provided by a parent, care-taker, or other responsible adult who cohabitates with the rider. All volunteer paperwork must be on file for any person assisting with lessons.

We strongly recommend that any lessees and other riders procure their own riding helmet and gloves. 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.

Gloves are recommended, but please realize that gloves are vectors for viral spread and the virus can live several days on fabric. We all often wipe our nose on our riding gloves or sleeves. Be conscious and try to avoid this, carry Kleenex or take off your gloves after you ride, hand wash again, wash the gloves at home.

On the following page, please find additional barn rules that MUST be followed during this time. These rules are IN ADDITION to the regular barn rules that are in place for LiftMeUp!

ADDITIONAL COVID-19 LMU! BARN RULES

**Upon arrival you MUST WASH YOUR HANDS with soap and running water
for 20 seconds before touching anything.**

- If you or someone in your household has had a fever or cough or known COVID-19 exposure, DO NOT come to the barn until you have self-quarantined for 2 weeks or tested negative and been released by a medical professional.
- Visits should be limited to riders, immediate family who will be assisting with the lesson, and staff only. Farriers and veterinarians are allowed as needed, provided they meet the requirements of the point above, but any other visits should be cleared first by your barn management.
- Respect the **6 foot distance** to other people. Please note that we are capping the maximum number of human/horse teams in the arena at any given time to 2. Please do not ride if there are already 2 human/horse teams riding in the arena. We will do our best to schedule riding times to avoid overcrowding.
- Plan to be efficient while at the barn and not linger.
- Please only use brushes and grooming tools in the bins identifies as “clean” and respect the system set in place to avoid cross-contamination.
- If you develop symptoms of COVID-19 (e.g. fever, shortness of breath, cough, lethargy, etc.) or find out about a known exposure, YOU MUST notify LMU! staff immediately so appropriate steps can be taken to reduce the risk to our barn community.
- Upon entering the facility, **DO NOT TOUCH** any door handles until you have washed your hands with soap and running water for 20 seconds. This is the best prevention, perhaps better than alcohol-based hand gel. Any doorknobs, faucet knobs and gate latches should be wiped daily at minimum.
- For all shared tack, wash the reins, bridle and saddle with saddle soap and water after each use. Please DO NOT switch out the reins. Additionally, please spray the assigned saddle pad, lead rope, and halter before and after each use with the provided disinfectant spray.

At LiftMeUp! we will be taking the following steps:

- We will wipe down all common touched sites with an anti-viral solution. Common sites include: doorknobs of tack rooms, port-a-potty, field gate and stall gate latches, light switches, pitchfork/broom/shovel handles, and wheelbarrows.

Please consider your personal risk level and whether coming to a communal place is an appropriate risk for you.

While all VA schools are now closed and it is not certain if they will be opening up come the fall, we are hopeful that we may be able to return to full service soon and will continue to monitor the situation and will be making decisions based on the larger picture.

For more factual information on COVID-19, please visit the CDC website on the [Corona Virus](#).

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