



LiftMeUp!

COVID-19 and LiftMeUp!

UPDATED: September 2021

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.

We currently are following the Fairfax County Mask Guidance and CDC recommendations and best practices for masking, distancing, handwashing, cleaning, symptom screening, ventilation, etc. Our current [mask policy aligns with the CDC guidelines](#).

Those who MUST continue to wear masks while on LMU property are:

- People, including children older than 2, who are not fully vaccinated
- Fully vaccinated people with weakened immune systems

We realize that the barn is a semi-outdoor setting, however since Fairfax County is considered an area with [high numbers of COVID-19 cases](#), we are requiring that any unvaccinated individuals continue to wear a mask while on property.

Additionally, **all riders are required to have their own helmets**. We have temporarily suspended our helmet loaning program for the safety of all of our riders and staff members. 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 not required. Instead, we require the washing of hands prior to any activity taking place on LiftMeUp! premises. We realize that as the weather turns cooler, riders and others involved may wish to wear gloves, but this DOES NOT replace the need for hand washing. 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, and 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 each person MUST WASH THEIR HANDS with soap and running water for 20 seconds before touching anything.

- If you or someone in your household has had a known COVID-19 exposure, DO NOT come to the barn until you have self-quarantined for at least 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.
- Upon entering the facility, **DO NOT TOUCH ANYTHING** 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.
- Respect the 6-foot distance to other people (for unvaccinated, mask wearers), as per the CDC's current guidelines.
- Plan to be efficient while at the barn and not linger.
- If you develop symptoms of COVID-19 (e.g., fever, shortness of breath, cough, lethargy, loss of smell or taste, 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.
- All shared tack (e.g., lead ropes, reins, bridle, saddle pads, and saddle) must be wiped and treated with saddle soap (for leather items) or sprayed with a NON-BLEACH disinfectant spray (for non-leather items) after each use. Please see the LiftMeUp! instructor or staff member on site for instructions on how to best clean the tack so as not to cause any damage.

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

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](#) and [Virginia's Corona Virus information hub](#) for information on public health and safety.

Thank you everyone for your understanding. Please know that we are staying vigilant and are doing our part slow the spread of the virus so that none of our LMU! family becomes ill.