



## **Inspire Equine Therapy Program COVID-19 Infection Control Plan**

### **All**

1. No one will be allowed on property for 14 days since the date that they returned from traveling as designated by the CDC policies. Or if they live with someone who has traveled. Everyone will be screened for travel.
2. If any person, who comes on property, tests positive for COVID 19, they must inform us and the program will be shut down immediately for 14 days and possibly longer. Anyone who was on site at the time of possible exposure will be contacted immediately.
3. If any person, who comes on property, is exposed to someone who has tested positive for COVID 19- the program will be shut down immediately for 14 days and possibly longer. Anyone who was on site at the time of possible indirect exposure will be contacted immediately.
4. No one with signs or symptoms should come to the facility. Instructors will do a verbal health check with riders and volunteers in their sessions at the beginning of every session asking about: signs and symptoms, travel, and exposure. Documentation will be recorded in schooling/therapy notes. Temperature checks maybe taken.
5. Upon arrival and when leaving Inspire, everyone will wash their hands at a hand washing station following CDC guidelines.
6. All persons will be required to wear a face mask while on property and maintain 6 feet social distancing as much as possible.
7. Numbers of volunteers, participants, and guests will be limited at any one time.
8. Horses will not be receiving treats from participants at this time and we ask that the everyone please refrain from petting the cats.

### **Participant Screening and Stages of Return**

1. A customized Risk Benefit Assessment will be completed for each rider/driver prior to acceptance into the semester program. This assessment will also include a copy of the Inspire Equine Therapy Program COVID 19 Infection Control Policies. This form will be signed by the family and the Executive Director.
2. Stage 1: **For now**, no rider requiring a side walker in any form or needs assistance mounting or dismounting or is a wheelchair driver or needs assistance mounting/dismounting from the carriage will be able to participate in riding or driving sessions due to the close proximity of the participant to volunteers for an extended period. The reasoning for this policy is that volunteers would be at an angle in front, below and very near the riders/drivers for an extended period of time. Veterans Alternative, Agricultural Training Program, and Stable Memories programs will not be occurring. Other unmounted programs that need minimal volunteer support maybe started with following hand washing, social distancing guidelines and wearing masks by participants.
3. Stage 2: Based on CDC and State Guidelines on when Stage 2 can occur, riders that need minimal assistance mounting/dismounting and only need for a spotter with no ankle or thigh holds involved and carriage drivers who need minimal assistance mounting and dismounting may return. Veterans Alternative programming may return with participants wearing masks and minimal volunteer interaction. Additional sections of property like dock and swing set maybe opened at this time.
4. Stage 3: Based on CDC and State Guidelines on when Stage 3 can occur and/or a vaccine is available, riders that require full assistance to mount/dismount and need ankle and/or thigh holds, along with wheelchair drivers may return. Agricultural Training Program and Stable Memories programming may return with masks being worn by participants.



### **Family/Participant Procedures**

1. Families should bring only one person needed to care for the participant to help limit the number of people on site.
2. All family members and participants will need to wear masks while on property and wash hands before entering and when leaving the property. Additional hand washing and limiting touching of surfaces is recommended.
3. Riders and drivers will be required to have their own helmets. Must be ASTM/SEI Riding helmets. No bike helmets allowed.
4. The families can go to the covered arena for seating which will be designated into 2 separate areas to help in maintaining social distancing. The rest of the property will be off limits at this time. This includes the swings, dock, and barn. Inspire is trying to limit contact points throughout the property.
5. Riders will be dismounted close to the covered arena so riders can go straight to their families. Riders will be dismounted and exited one at a time.
6. Families will be asked to leave promptly after class to allow for disinfecting and to limit the number of people on site. No feeding horses treats at this time.
7. The barn will be off limits to all participants and families until further notice.

### **Volunteers**

1. In order to keep volunteers engaged and to maximize volunteer retention, we may need to limit volunteers to less sessions. Thus, maintaining a small number of people on site but maximizing number of people engaged in program.
2. Volunteers will wear face masks the entire time they are on property.
3. Volunteers will be encouraged to bring their own masks however a small supply will be available on site.
4. Volunteers need to wash their hands before entering and leaving Inspire, along throughout their volunteer time.
5. Volunteers will be trained in proper face mask use, hand washing techniques and signs/symptoms of COVID 19. Training will be documented.
6. Volunteers on arrival and when leaving will wash hands. Horse handlers will only be needed at Stage 1 for now. Side walkers will not be needed at Stage 1 of program returning.
7. Volunteers will text or email Beth, the volunteer coordinator, with the number of hours. The sign in book/computer will not be used.
8. Horse handlers will carry a hand sanitizer with them at all times to be used. Horse handlers will be assigned only one or two horses they are responsible for their volunteer time.



## **Staff**

1. Instructors will each have an infection control bag. The bag will contain supplies to mitigate contamination by bodily fluids including properly folded masks, sanitizer, tissues, Ziploc bags (for soiled tissues), and gloves.
2. Instructors will wear their masks during mounting and whenever within proximity of others, but will remove and store mask according to CDC infection control guidelines when further away for clear communication.
3. Instructors will provide assistance to riders from the side or back as much as possible- avoiding standing directly in front of them as much as able.
4. Staff will manage all for proper social distancing- not normal in our environment- so many will need reminders initially.

## **Programming Procedures**

1. In Stage 1: There will be a maximum of 4 riders, and 4 horse handlers per class.
2. There will be set weekly activities using easily washed objects.
3. Changes of tack will be kept to the minimum.
4. The tack room will be restricted access to staff and horse handlers only.
5. Horses that are used in class will be bathed after classes.
6. Tack: All cleaning will follow to our best ability CDC Guidelines.
7. Grooming items: Will be sprayed with disinfectant solution at the end of use/day.
8. Reins: Will use rubber or bio reins that can be more easily cleaned. Reins will be sprayed with disinfectant between riders/drivers and wiped dry.
9. Saddles: Will be lightly sprayed with disinfectant and allowed to dry between riders.
10. Saddle pads and girths: Will be sprayed with disinfectant and then allowed to dry at the end of the day.
11. Lead ropes and halters: Will be sprayed with disinfectant and then allowed to dry at the end of the day.
12. Harness: Only instructor will be allowed to harness and unharness horses at this time to control the amount of touch points.
13. Carriages: Will be left out in the sun for 30 minutes or sprayed with disinfectant after use.
14. Horse leaders will be responsible for cleaning tack for assigned horse(s). Tack will not be placed back into tack room until cleaned.
15. Will clean gate latches, cross tie snaps, hose ends, door knobs, light switches, ramp rail, and any seating/tables twice a day.
16. There will be signs throughout the property reminding about hand washing, social distancing, etc.
17. Disinfectants will follow the CDC recommendations.
18. Hand Sanitizer stations will also be available throughout the property.

**Parent/Participant/Volunteer/Staff Name:** \_\_\_\_\_

**Parent/Participant/Volunteer/Staff Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_