

# Hearts & Horses Participant Policies and Procedures

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COVID-19 Version

Updated: May 20, 2020

## Purpose

Hearts & Horses has implemented measures to allow for a slow, phased approach to reopening of the facility during the COVID-19 Pandemic. The health and safety of our Hearts & Horses community is our top priority. As a result, the following guidelines have been established to protect our participants, staff, volunteers and community members with the guidance of our state and local public health officials, the Centers for Disease Control and PATH Intl.

## Daily Health Screening- Prior to coming to the property

Ask yourself the following questions prior to coming to the property. If the answer is **YES** to any of the questions, please call the Hearts & Horses office at (970) 663-4200. We ask that you give us 24 hours' notice of cancellation but understand that, if illness arises the day of your lesson, this degree of notification is impossible. It is important that you **CALL** the office to notify staff of your absence.

Questions to Ask Yourself Prior to Coming to Hearts & Horses
Are you feeling unwell? Tired, body aches, sore throat, GI upset, etc.
Have you or anyone you know shown symptoms of COVID-19? These include: Shortness of breath, difficulty breathing, coughing, fever, sore throat, prolonged sneezing, body aches, GI upset, loss of taste/smell, etc.
Did anyone in your household (spouse, significant other, child, roommate, etc.) encounter a co-worker or anyone who is symptomatic?
Has anyone in your household been exposed* to anyone else who has tested positive or has had symptoms (being treated as a positive case) for COVID-19?

## Exposure Guidelines

### Exposure to confirmed or suspected case of COVID-19

\*Exposure is defined as being exposed to a household member, intimate partner, individual providing care in a household without using recommended [infection control precautions](#), or an individual who has had close contact (< 6 feet) for a prolonged period of time (greater than 15 minutes)

- Participant will need to stay home until 14 days after last exposure
- Participant will self-monitor for symptoms

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- If the participant becomes sick while at Hearts & Horses, they should notify a staff member, go home immediately, self-isolate and call their doctor

**Return to Hearts & Horses - After symptomatic with COVID-19 (non-tested) and positive COVID-19 diagnosis. Use one of the below strategies to determine when participant can return.**

1. *Test-Based Strategy*. Exclude from programming until:
  - Resolution of fever without the use of fever-reducing medications **and**
  - Improvement in respiratory symptoms (e.g., cough, shortness of breath), **and**
  - Negative results of an FDA Emergency Use Authorized molecular assay for COVID-19 from at least two consecutive nasopharyngeal swab specimens collected  $\geq 24$  hours apart (total of two negative specimens)[[1](#)]. See [Interim Guidelines for Collecting, Handling, and Testing Clinical Specimens for 2019 Novel Coronavirus \(2019-nCoV\)](#).
2. *Non-Test-Based Strategy*. Exclude from programming until:
  - At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**,
  - At least 10 days have passed *since symptoms first appeared*.

## Participant Procedures

### Prior to First Class

- Review and sign
  - Participant Policy and Procedures
  - Acknowledgement of Risk Form
- Watch COVID-19 Safety Video

### Weekly Class Routine

- Only one other person will be allowed to accompany the participant to the property.
- Designated separate entrances and exits will be clearly marked in each building.
- Upon arrival, participants and family members must have a mask on. If they do not have one, Hearts & Horses will have a supply of disposable masks available.
  - Masks must remain on when in public common areas.
  - Participant masks may be removed in arena or outdoor spaces if social distancing can be maintained.

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- Masks may be removed once an independent participant has mounted and a final girth check has been completed. Once the lesson is finished, the mask must be put back on before the participant dismounts.
- Upon arrival, participants and family members must wash hands at the entrance and proceed directly to check in at the desk.
- Clean pens will be available to sign in. After signing in, place the used pen in the basket labeled “used” so that it can be disinfected
- Participants and family members must read the Daily Health Screening and initial on the sign in sheet that they are currently symptom free.
- Staff person at the front desk will direct the participant to their next step, depending on where their lesson will be taking place.
- Participants will either have their own helmet or will borrow one from Hearts & Horses for the 10-week session. Hearts & Horses helmets will be individually assigned and will remain at the site for the duration of the 10-week session, labelled with their participant’s name. Helmets will be disinfected after each use by staff.
- Riding will take place in either the Lucky Hearts Arena or the Kroh Arena.
- Families will be asked to leave promptly after class to allow for disinfecting and to limit the number of people on site.

## Participant Responsibilities

- Bring your own water bottle.
- Make sure participants and family members have appropriate foot wear and clothing. You will not be able to borrow these items from Hearts & Horses.
- Arrive on time for your lesson. Participants that are more than 10 minutes late, will forfeit their lesson.
- Participants will not be allowed to assist in tacking their equine for the lesson.

## Best Practices to Reduce Disease Transmission

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your nose, eyes and mouth with unwashed hands.
- Stay at least 6 feet from other people.



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- Cover coughs and sneezes with a tissue or your elbow. Wash hands afterwards.
- Wear a mask.

For more information on appropriate mask use and other precautions, see [CDC Recommendations](#).

## Facility Protective Measures

- There will be a limit of 10 people per building at any given time.
- Everyone on the property will be advised to avoid physical contact with others and keep six feet social distancing, where possible.
- In person meetings will be limited. To every extent possible, meetings will be conducted by telephone or virtually.
- Disinfectants used on the property will follow the EPA recommendations.
- Frequently touched surfaces (ie. door handles, phones, gate latches, cross tie snaps, hose ends, door knobs, light switches, ramp rail, tools and any props used in the arena) will be cleaned and disinfected twice daily.
- Regular housekeeping practices for bathrooms and common areas will be enhanced to cleaning twice daily.

## Confirmed Case of COVID-19 on the Hearts & Horses Property

- If any person who comes on property tests positive for COVID-19 or is exposed to someone who has tested positive for COVID-19, they must inform Hearts & Horses and the property will be temporarily closed.
- Hearts & Horses will fill-out the CDPHE COVID-19 outbreak report form and send it to the Larimer County Health Department.
- Staff, participants, and volunteers will be notified of their possible exposure or indirect exposure to COVID-19 with strict adherence to HIPPA guidelines.
- Hearts & Horses will perform enhanced cleaning and disinfecting prior to reopening.
- Hearts & Horses will consult with the Larimer County Health Department on when and how to re-open.

