



Ridin' High, Inc. Infection Control Protocols for Onsite Lessons

We are VERY excited about providing in-person lessons at Ridin' High--are dedicated to providing safe and effective Equine Assisted Activities & Therapies for our participants! To be able to provide onsite lessons, we have developed infection control protocols to help keep our participants, families, volunteers, and staff as safe as possible (using CDC, Tennessee Pledge, and PATH, Intl. guidelines).

Participant Screening

1. Participants will be re-admitted into the onsite program on an individual basis, based on the staging determined by Ridin' High, Inc. (see below) and on perceived risk to the rider or others. It is expected that the first group of riders to re-enter the program are those who can ride independently or need assistance only for mounting/dismounting and leading (no sidewalkers needed), which will better allow for social distancing. Riders who require more physical assistance (side walkers, close proximity by instructor or others) may be able to re-enter the program after the first stage of re-opening is completed. The three general stages of rider re-entry into the program are:
 - a. Stage 1: Riders who need assistance only for mounting, dismounting, and leading (no sidewalkers necessary) or are able to ride independently.
 - b. Stage 2: Riders who need assistance for mounting, dismounting, leading, and a sidewalker (for part or all of lesson).
 - c. Stage 3: Riders who need assistance for mounting, dismounting, leading, and two or more sidewalkers.
2. A customized Benefit/Risk Assessment will be completed for each participant prior to start of lessons along with a copy of this document (Ridin' High, Inc. Infection Control Protocols). Both forms must be signed by parent/guardian (or participant, if of legal age) as well as a representative of Ridin' High, Inc. If a participant is determined to present a higher risk to themselves, other family members, or Ridin' High staff/volunteers, onsite interventions (riding or groundwork lessons) will be deferred to a later time. While the Ridin' High staff will collaborate with the participant on re-entry into the program, the decision of Ridin' High staff is final. However, participants who are not able to re-enter the program at this time may optionally participate in virtual horsemanship lessons (at no charge!).
3. The yearly medical form (previously required by Ridin' High, Inc.) must be up to date, including signature by the appropriate medical person(s).
4. Participants (or their families) will self-report exposure to anyone who has tested positive (or suspected to be positive) for COVID-19 to Ridin' High staff by phone or text. Under these circumstances, participants should not enter Ridin' High's facilities.
5. Participants may be screened with a no-touch thermometer upon arrival at Ridin' High. If a participant has a temperature above the level set by the CDC, he or she will leave Ridin' High's facilities immediately to help ensure others' safety.

Participant Equipment Requirements

1. At the conclusion of each lesson, helmets will be sprayed with Lysol (as has previously been the practice at Ridin' High, Inc.). Reins will be cleaned and dipped in an FDA approved disinfectant. However, because of the difficulty in *completely* disinfecting helmets, each rider will be required to provide his/her personal SEI/ATSM approved riding helmet. To determine the size, please measure the participant's head circumference and then order the appropriate size of the following helmet:

Troxel Spirit Schooling Helmet (\$48-53) with "DialAFit" system and ASTM/SEI Approved

Sizing: XS (6 1/4 - 6 1/2"); S (6 1/2 - 6 7/8"); M (7 - 7 3/8"); L (7 3/8 - 7 3/4")

Helmets are available at State Line Tack (<https://www.statelinetack.com/item/troxel-spirit-schooling-helmet/E020943/>) and SStack (<https://www.sstack.com/troxel-spirit-schooling-graphic-helmet/p/38375/>) in a variety of colors/patterns.

(Please note: If the participant already has an ATSM/SEI helmet, he/she will not have to purchase an additional one as long as he/she is willing to store it in a personal plastic bin at Ridin' High.)

2. Reins will be disinfected with a FDA approved disinfectant between lessons and hung up to dry in the open air for a minimum of 10 minutes.
3. Riders should provide a box of disposable plastic gloves and a can of Lysol for his/her use during lessons. These items will be marked and stored in the rider's personal plastic bin at Ridin' High.
4. The rider's personal helmet, Lysol can, and box of disposable gloves will be kept in a personal plastic bin at Ridin' High. The bin will be brought to each participant by a staff member or volunteer at the beginning of each lesson.
5. Riders are encouraged to spray the bottom of their boots/shoes with Lysol upon arrival at Ridin' High.
6. Except in the case of siblings, only individual lessons will be held until further notice. The cost for the private lessons will be the same as for semi-private lessons (\$25/lesson for challenged riders; \$30/lesson for community riders).

Family/Participant Procedures

1. Participants should be self-monitored (or monitored by caregivers) for fever or other signs/symptoms of COVID-19. If participants have a fever of more than 99.5 degrees within 24 hours of their lesson, they should contact Ridin' High and cancel (no charge).
2. Participants and accompanying caregivers should wash their hands at home before coming to Ridin' High (following CDC guidelines, which includes washing at least 20 seconds with warm water/soap). If possible, participants should come directly to Ridin' High from home without stopping at other locations on the way.
3. To limit the number of persons at the facility, families are asked to bring the absolute minimum number of persons needed to assist the rider.
4. We are using one dedicated entrance to the inside facility. To access it, please park in the "Hub" area, by the large back barn door next to the waiting room entrance. Upon arrival, participants

and caregivers should remain in their vehicle until a staff member or volunteer comes to retrieve the participant. (Please text or call your instructor upon arrival.)

5. Participants must wear a clean surgical quality mask anytime on Ridin' High's facility, unless they are in their car with the windows rolled up. Alternately, a clean cloth mask may be used. Bandanas are discouraged as they provide less protection for all persons.
6. Family members or caregivers are asked to remain in their cars during the lesson. Masks must be worn by the family member/caregiver if the windows are not rolled up. Family members/caregivers are able to observe the lesson from their car; one family member/supporter may optionally view the lesson from the back entrance (as long as the viewer is masked and has been screened).
7. All participants and helpers will enter and exit through the dedicated entrance (the large back barn door). Riders will wash their hands upon arrival (following CDC guidelines) and then wait by the tables near the door until the start of their lesson.
8. Riders will each use their own helmet (and optionally, a pair of disposable plastic gloves during the lesson). At the beginning of the lesson, a staff member will bring each rider's personal storage bin to the rider to retrieve items. The helmet will be sprayed with Lysol at the end of each lesson by staff members or volunteers, then placed back in the bin. Plastic disposable gloves will be discarded at the end of the lesson, using proper protocols. Reins will be disinfected.
9. Participants must wear a clean surgical quality mask while on Ridin' High's premises. If a cloth mask is used, it should be washed and clean before arrival. Bandanas are not protective and wearing of them is discouraged.
10. Participants and family members who have traveled out of the state may be asked to self-quarantine for 14 days before resuming lessons at Ridin' High.
11. At the conclusion of each lesson, the participant/caregivers are asked to leave promptly to allow for disinfecting equipment and to minimize the number of persons onsite. Lessons will be 45 minutes to allow time to disinfect the horse/tack between lessons.

Volunteer Procedures

1. Volunteers will need to sign this document, stating they are aware of the potential for contracting COVID-19 or other infectious diseases and that they will follow the infection control protocols outlined in this document while volunteering at Ridin' High. (Note: Forms must be signed by guardians if the volunteer is under legal age.)
2. Volunteers should be self-monitored (or monitored by parents) for fever or other signs/symptoms of COVID-19. If participants have a fever of more than 99.5 degrees within 24 hours of their lesson, they should contact Ridin' High as soon as possible so that another volunteer may be scheduled.
3. Volunteers will self-report exposure to anyone who has tested positive (or suspected to be positive) for COVID-19 to Ridin' High staff by phone or text. Under these circumstances, volunteers should NOT enter Ridin' High's facilities.
4. Volunteers will be screened with a no-touch thermometer upon arrival at Ridin' High. If a volunteer has a temperature above the level set by the CDC, he or she will leave Ridin' High's facilities immediately to help ensure others' safety.

5. Volunteers must undergo infection protocol training on procedures, proper use of Personal Protection Equipment (PPE) and hand washing techniques by viewing provided videos and other training materials. Training will be documented.
6. Volunteers are asked to please not wear hand jewelry as they tend to trap pathogens (only easily washable watches which can be disinfected should be worn).
7. To limit the number of persons at the facility, *only* those volunteers specifically scheduled for lessons or other jobs should be at the Ridin' High facility.
8. Volunteers must have their parents drop them off at the back of the facility (in the "Hub" area); parents should then leave the facility. Volunteers who drive may park on the hill or alongside of the barn and then walk to the dedicated entrance at the back of the facility (see #5) rather than entering through the barn aisle or by the office.
9. Volunteers should wash their hands at home before coming to Ridin' High (following CDC guidelines, which includes washing at least 20 seconds with warm water/soap). If possible, volunteers should come directly to Ridin' High from home without stopping at other locations on the way.
10. All volunteers will enter and exit through the large back barn door (the dedicated entrance). Volunteers should immediately wipe down their cell phones with sanitizing wipes and leave them (or other personal items) at the table near the entrance. They should wait by the tables near the door for temperature checks and daily assignments; then wash their hands following CDC guidelines. (Note: Please call the instructor upon arrival.)
11. For their safety, volunteers are only allowed in the 'open' areas of the facility, such as the aisles, ramp area, and arena (NOT in enclosed areas such as the tack room, storage room, waiting room or office).
12. Volunteers must wear a clean surgical quality mask anytime on Ridin' High's facility, unless they are in their car with the windows rolled up. If a cloth mask is used, it should be washed and clean before arrival. Bandanas are discouraged as they provide less protection than cloth and surgical masks. (Volunteers are asked to provide their own masks; if this is not possible, please contact the program director for options.)
13. Volunteers who have traveled out of the state may be asked to self-quarantine for 14 days before resuming lessons at Ridin' High.
14. When helping to disinfect reins or other items, volunteers will use disposable gloves; then discard them properly.
15. To help maintain social distancing, participants will re-enter the program in stages; the first stage includes riders who require minimal assistance (the horse held for mounting/dismounting and a leader). Riders requiring sidewalkers may be phased into the program if and when the risk to volunteers is deemed minimal. When assistance is needed for participants, volunteers should remain to the side/back of the rider as much as possible; horse leaders should maintain the maximum distance from the rider possible while still safely controlling the horse.
16. Volunteers will email Linda their volunteer hours (at ridinhighinc@yahoo.com); the volunteer book will not be used. Volunteers will use disposable nametags until further notice.

Staff Procedures

1. Staff will receive training and information in infection control protocols, including COVID-19 symptoms, CDC handwashing procedures, temperature screenings, use of PPE, biohazard disposal and procedures, traffic flow patterns in the barn, and disinfection procedures.

2. Staff members must self-report any signs of COVID-19 or exposure to persons who have been exposed to others with COVID-19 or who have tested positive for it.
3. Staff should wipe down cell phone and wash hands immediately upon arrival at Ridin' High (following CDC recommendations) as well as use Lysol to spray the bottoms of shoes/boots upon arrival at Ridin' High.
4. The instructor is responsible for meeting each rider at their car, taking his/her temperature, and ensuring that the rider washes his/her hands thoroughly. In the same way, the instructor (or an assigned volunteer for the day) is responsible for retrieving the rider's plastic bin with reins and helmet for the lesson.
5. Staff should wear disposable gloves when working with a participant who touches his/her face, drools, uses tissues, etc., as deemed necessary by the instructor. Gloves should be disposed of properly.
6. Staffing may be staggered to minimize the number of persons at the facility at any one time.
7. Instructors will each be provided an infection control apron with supplies to mitigate contamination (masks, sanitizer, tissues, gloves, ziplock bags for used gloves or tissues). The infection control apron should be machine washed at the conclusion of each day's lessons.
8. Instructors will wear masks during mounting/dismounting or whenever in close proximity to participants/volunteers. They may remove the mask following CDC guidelines for clear communication provided they are a minimum of 10' from the participants/volunteers.
9. Staff will be responsible for reminding all volunteers, participants, and caregivers about maintaining social distancing. Exceptions will be made for safety issues inherent in our setting (such as if an emergency dismount is necessary or a sidewalker is needed to temporarily stabilize a rider).
10. Staff should use only therapy equipment which has been cleaned/disinfected; then disinfected using FDA disinfectant solution before use by subsequent participants.

Facility Cleanliness/Disinfection

1. The stable manager should dip all lead ropes FDA disinfection solution daily; then left to air dry for a minimum of 10 minutes before use.
2. At the conclusion of each lesson, the rider's reins must be dipped in FDA disinfection solution; then left for a minimum of 10 minutes before storage.
3. Baby pads will be used at the front and on top of all saddle pads to protect the surface from possible pathogens. The pads will be machine washed on a hot setting between uses.
4. High touch surfaces (door handles, computer, phone, bathroom surfaces, cross tie ends, light switches, locks, etc.) must be disinfected every 2 hours per CDC and Tennessee Pledge guidelines. Gate locks and latches should be disinfected at the conclusion of each lesson day. Checklists will be provided to document disinfectant procedures.
5. Riders may optionally use clean, disposable gloves during the lesson; baby pads will also be used to cover the horse's withers and neck areas. If this is not sufficient to prevent cross-contamination, the horse's necks, withers, manes should be sponged down with dilute povidone-iodine solution between riders and after the last lesson of the day.
6. Leather saddles and bareback pads used must be sprayed with Lysol between riders and at the end of the day. Plastic saddles must be sponged with FDA disinfectant solution.
7. Girths and sidepulls will be sprayed with Lysol or disinfected each day after use using an FDA approved disinfectant.

8. Only authorized personnel (staff) will be allowed in the office, tack room, storage room, and waiting room. Volunteers may be allowed in the storage room and tack room if designated to assist instructors. All other persons should only be in the 'open areas' of the facility (aisles, indoor arena, mounting ramp area).

I understand and agree to follow the above protocols / procedures identified in this document. I further understand that there is inherent risk of injury whenever in contact with horses (including groundwork, mounting/dismounting, and riding). I also understand that there is risk of contracting disease (including but not limited to COVID), when in contact with other persons. These inherent risks exist on the Ridin' High, Inc. property and/or when participating in Ridin' High, Inc. activities. I understand these risks and agree to indemnify and hold Ridin' High, Inc. harmless in regards to these activities.

(Participant or Volunteer/Date)

(Guardian/Date)