



## COVID-19 Equestrian Lesson Policies & Procedures

**Purpose:** The health and safety of our Fowler Center 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, the American Camp Association, and PATH Intl.

**Daily Health Screening-** Ask yourself the following questions prior to coming to the property. If the answer is YES to any of the questions, please call the The Fowler Center, Inc. Equestrian Supervisor, Mary Kate, at 989-823-4686. 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 Equestrian Supervisor to notify staff of your absence.

### Questions to Ask Yourself Prior to Coming to The Fowler Center, Inc.

- 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.
- If the participant becomes sick while at The Fowler Center, Inc., they should notify a Fowler Center staff member, go home immediately, self-isolate and call their doctor.

**Return to The Fowler Center, Inc.** - After symptomatic with COVID-19 (non-tested) and positive COVID-19 diagnosis. Use one of the below strategies to determine when participant can return.



## COVID-19 Equestrian Lesson Policies & Procedures

1. Test-Based Strategy. Exclude from programming until:
  - a. Resolution of fever without the use of fever-reducing medications and
  - b. Improvement in respiratory symptoms (e.g., cough, shortness of breath), and
  - c. Negative results of an FDA approved test for COVID-19 from at least two consecutive nasopharyngeal swab specimens collected  $\geq 24$  hours apart.
2. Non-Test-Based Strategy. Exclude from programming until:
  - a. 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,
  - b. At least 10 days have passed since symptoms first appeared.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

## Participant Procedures

### Prior to First Class

- Review and sign
  - Equine Lessons Policies and Procedures
  - Acknowledgement of Risk Form

### Weekly Class Routine

- Only one parent/guardian will be allowed to accompany the participant to the property.
- Please do not arrive early. If you arrive early please wait in car until the start of rider lesson.
- Riding will take place in an outdoor arena. In the case of rain, riding will take place in the indoor arena.
- Participants and family members must wash hands at the handwashing station upon arrival. Hand sanitizer may be used if handwashing station is not available at the time.
- Equestrian Supervisor will take temperature of those coming on property.
- 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.
- Equestrian Supervisor will tack up horse.
- Participants must wear a mask while mounting horse and during final girth check by Equestrian Supervisor.



## COVID-19 Equestrian Lesson Policies & Procedures

- 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.
- Participants will either have their own helmet or will use one from The Fowler Center, Inc. The Fowler Center, Inc. Helmets will be disinfected after each use by staff.
- 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 The Fowler Center, Inc..
- Arrive on time for your 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.
- Cover coughs and sneezes with a tissue or your elbow. Wash hands afterwards.
- Wear a mask during mounting, final girth check, and dismounting.
- For more information on appropriate mask use and other precautions, see CDC Recommendations.

### Facility Protective Measures

- No riders in Tack Room
- Everyone on the property will be advised to avoid physical contact with others and keep six feet social distancing, where possible.
- Disinfectants used on the property will follow the EPA recommendations.
- Frequently touched surfaces will be cleaned and disinfected twice daily.
- Regular housekeeping practices for bathrooms and common areas will be enhanced to cleaning twice daily.



## COVID-19 Equestrian Lesson Policies & Procedures

### **Confirmed Case of COVID-19 on the Fowler Center, Inc. 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 The Fowler Center, Inc. and the property will be temporarily closed.
- The Fowler Center, Inc. will report the exposure to the Tuscola 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.
- The Fowler Center, Inc. will perform enhanced cleaning and disinfecting prior to reopening.
- The Fowler Center, Inc. will consult with the Tuscola County Health Department on when and how to re-open.