

Safety Guidelines - The Riding Program

We care deeply about your safety and health. Since March, Forward Stride has been closed to prevent the spread of coronavirus. Current Oregon guidelines support a *gradual and cautious* reopening of on-property services. Updated versions of these guidelines may be sent out in the future as precautions change. We thank you for your flexibility.

Please review the following current Site-Wide and Riding Program Guidelines Forward Stride is implementing to help you and your loved ones stay safe while on property for a scheduled lesson or ride time:

Site-Wide Guidelines

General information:

1. Those who have higher risk factors or who do not feel comfortable coming onto the property will not have their lessons at this time. Please see the link below for identified risk factors.
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html>
2. Our staff and volunteers will be trained on the signs and symptoms of COVID-19, proper hygiene techniques, and use of PPE before returning onto the property.
3. If you think you might be sick or have tested positive for the virus we recommend you consult with your physician and review the following CDC recommendations:
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>
4. Forward Stride is making efforts to minimize the number of people on site. A daily schedule of people who come onto the property and have contact with others will be kept to monitor the amount of people at the Forward Stride facility.
5. Forward Stride asks that you observe the 6 feet physical distancing rule at all times.
6. Forward Stride will be using cleaning/disinfecting supplies including isopropyl alcohol, hand sanitizer, hand soap, Clorox wipes and bleach to reduce the possible spread of coronavirus.
7. Forward Stride will provide alcohol spray and hand sanitizer for high touch areas such as arena gates and crosssties.

Riding Program Guidelines

Prior to Arrival at Forward Stride:

1. Every participant who comes onto the Forward Stride property is required to complete and sign a **“COVID-19 Risk Assessment Form”**, to ensure that Forward Stride can safely monitor people’s potential risk of COVID-19 before they come onto the property.
 - a. The “COVID-19 Risk Assessment Form” will be sent to your email via StableBuzz prior to your scheduled session/lesson. The email will contain more information regarding the form.
 - b. Please send the “COVID-19 Risk Assessment Form” back by 4:00 P.M. on the day before your scheduled lesson. If you do not send a completed form back by 4:00 P.M. on the day prior to the lesson, the lesson will be canceled and rescheduled at the discretion of the instructor or Programs Director.
2. Please continue to monitor your health and do not come onto the property if you or anyone in your household has any symptoms consistent with COVID-19 in the past 72 hours.
3. At this time, late cancellation fees will not be charged if the cancellation is due to sickness or suspected sickness.
4. Please check StableBuzz for your horse and tack assignment.
5. Riders must have and use their own helmet. If the rider forgets their helmet, their lesson may be unmounted if appropriate, or forfeited that day.
6. Your hair must be tied back or in a hat or helmet so it does not blow in your face.
7. If possible, bring your own hand sanitizer, disinfecting wipes, and/or spray bottles with isopropyl alcohol. Forward Stride will have limited amounts of each if needed.
8. Riders may use riding gloves for lunging and while mounted. Hand washing and hand sanitizer are to be used on gloveless hands all other times.

Hygiene Promotion

1. If you sneeze, cough, or need to touch your face or hair, please use proper cough and sneeze etiquette (into your elbow) and wash hands or use hand sanitizer after.
2. We ask that hand sanitizer is used every time an activity is going to change, and every time you are going to touch something that may be touched by others.

3. Please limit the use of the bathroom facilities and be mindful to reduce touch points. Please spray all touch points with provided alcohol after bathroom use.
4. Please leave doors to common spaces open and leave lights on to minimize touch points.

Personal Protective Equipment (PPE)

1. All people who come into buildings or have conversations with others are required to wear a well-fitted mask/face covering (per CDC recommendations, along with practicing physical distancing).

*exceptions

- a. The following people are advised **NOT** to wear a mask/face covering according to the CDC: (1) Children under age 2; (2) Anyone who has trouble breathing; (3) Anyone who is unconscious, incapacitated; (4) Anyone unable to remove the mask without assistance; (5) Anyone needing an accommodation due to disabilities. Forward Stride will respect this.
2. Masks are not required for clients while they are mounted.
 3. The use of disposable gloves is optional. The gloves must be replaced frequently to avoid spreading contamination, especially after touching the face. Forward Stride will not provide disposable gloves at this time. Gloves are not to take the place of proper hand hygiene.

Specific Riding Program Guidelines

Upon Arrival:

1. If a client is transported to the facility by another person (such as a caregiver or transporter), we ask that all but the client please remain in the vehicle during the client's lesson.
2. Put on mask/face covering, tie back hair if applicable.
3. Wash hands at designated handwashing station in parking lot.
4. Check your phone for horse and tack assignments (if not already done at home) OR check on the computer in the barn. Sanitize hands before and after using computer or phone .
5. Enter barn, find a grooming stall not in use. Only use DESIGNATED STALLS. Do not use a grooming stall that already has horse items in it.
6. Use hand sanitizer, then get assigned tack grooming tools, and alfalfa, take to grooming stall. If possible, please bring in your own grooming supplies during this time. If needed, Forward Stride can provide you with your own grooming tools to use.
7. Get alfalfa and place in bowl in stall

8. Close off your grooming stall by attaching sign or crossties to show it is in use.
9. Sanitize hands, get a halter and go to get your horse. Sanitize hands, wipe, or spray touch points on gates and latches in the horse's living area.
10. Aisleways in barn are ONE WAY for horses. Please enter at the door by the grain room and proceed to grooming stall.

Grooming and Tacking

1. Use crossties to secure horse, or close gate to stall but do not latch (for safety).
2. Groom your horse as usual
3. Sanitize hands again before touching tack, tack your horse as usual.
4. Forward Stride will lend riders a set of reins or webbed reins to use during their lesson, however, we encourage riders to bring their own.
5. Put on helmet if not done already
6. Exit grooming stall, leave halter hanging, or use "In Use" sign, or attach cross ties together so that others know that stall is not to be used.
7. Go to arena gate near farrier stall. Sanitize hands with provided sanitizer. You do not need to carry your own sanitizer into arena.

Upon Entering the Arena

1. Walk your horse around your assigned arena. Make sure you are not in the way of other riders. Do a tack check.
2. There will be no mounting block in the arena at this time. Please use either the ramp in arena 1 or 3.
3. Go to your assigned arena, have a great lesson!
4. The arena 3 gate going outside can be used to go out to ride only, once tacked and mounted. Please use provided hand sanitizer before touching the gate. Once you leave the arena, you are not to come back in. (Dismount outside and come back into the aisleway using the door by the grain room).
5. Dismount, go to gate by grain room, use hand sanitizer, and exit. Return to your grooming stall. Remove bridle and use halter for crossties if applicable.

Untacking

1. Cross tie horse. Use hand sanitizer.
2. Untack horse as usual.
3. Groom as usual.
4. Use hand sanitizer.
5. Exit grooming stall , leave tack so others know stall has not been cleaned/disinfected.
6. Take horse to their mini barn or pasture. Use hand sanitizer before touching gates or spray touch points with alcohol.
7. Borrowed reins can be placed in the baskets in the middle grooming stall to be cleaned/disinfected.
8. Place grooming tools and leadropes in laundry basket in center grooming stall.
9. Hang halters on hooks opposite grooming stalls.
10. Please clean all grooming areas after using them, with the exception of the horse stalls, but including the wash rack, farrier/vet area. Use the marked communal tools and disinfect the touch points of the tools after each use.
11. Using wipes or spray on all touch points including, but not limited to, crossties, gate latches, stall gates, etc.
12. Use hand sanitizer before touching tack, return remaining tack back to tack room.

Before you Leave

1. We ask that package riders and owners clean up their horses' manure in the arena using the "communal tools" during their riding time, placing the manure in a wheelbarrow in the arena and then disinfecting the touch points of the tools. Tools are located in the farrier stall, and the grooming stalls, and one set is in the arena.
2. Instructors are to clean up manure in the arena during the classes they teach using their personal picks or the one in the arena.
3. Use designated hand washing station in parking lot to wash hands.