

Equine Facilitated Psychotherapy Re-Opening Plan

Forward Stride Site Wide Rules:

1. Forward Stride will continue to procure cleaning/disinfecting supplies for the facility including isopropyl alcohol, hand sanitizer, hand soap, clorox wipes and bleach. These items will be procured through donations as much as possible or purchased as needed. We will also continue to require horse owners to provide their own disinfecting supplies. If at any point Forward Stride is not able to obtain enough supplies, we may need to stop or reduce services until supplies can be located.
2. Clients will be asked to closely monitor their health and should not come on site if they have any symptoms consistent with COVID-19 or have a persistent cough or fever. OR if someone in their household has symptoms consistent with COVID-19. All symptoms must be resolved without medication for at least 72 hours before resuming services.
3. Forward Stride will maintain hand sanitizer at all the common areas around the barn that individuals frequent and have a specific hand washing station.
4. Everyone on site needs to follow proper cough and sneeze etiquette and wash hands or use hand sanitizer immediately. Masks/face coverings are required as consistent with CDC recommendations along with other social (physical) distancing measures at Forward Stride. Masks are mandatory for anyone on the Forward Stride property including at the mini barns and in the offices/meeting rooms. [CDC recommends](#) **Everyone should wear a [cloth face cover](#) when they have to go out in public. Who should NOT use cloth face coverings (according to CDC): children under age 2, or anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance.** Forward Stride facility specific protocol: No masks required when eating or mounted on an equine as a client. Staff riding horses for exercise as part of their jobs must wear a mask.
5. Riding gloves may be used for lunging and while mounted. Hand washing and hand sanitizer are to be used on gloveless hands all other times. Disposable gloves may be used, but must be replaced frequently, especially after touching the face. Forward Stride will not provide disposable gloves at this time.
6. Long hair must be tied back or in a hat. This will help avoid hair getting in one's face and touching on one's face.
7. Forward Stride has created a waiver with specific COVID-19 language with assistance from an attorney at law. All clients that resume lessons at Forward Stride will be required to sign this waiver.
8. Forward Stride will minimize the number of individuals on site to no more than 10 total at a time, including staff taking care of the horses and facility. This number may increase as consistent with federal and local government recommendations. We will ask that clients/owners tacking/untacking horses spread out as follows: 1 individual in the wash rack, 1 individual in the 2 end cross ties leaving the middle one open, 2 individuals in separate marked open stalls that do not currently have a horse living in it, 1 individual in

the farrier/vet stall. There will be saddle racks at all of these locations. When grooming areas are in use, and the rider is in the arena, cross ties must be attached together across the stall to indicate it is in use. Stalls used for grooming/tacking will have signs to indicate they are in use. The middle grooming stall's cross ties will be blocked off to prevent individuals using it. All areas must be properly disinfected after use by an individual or staff member.

9. Arena aisleways will be one way for horses. The entrance and exit will be clearly marked. Entrance is the doorway by the grain room, exit is the door by the farrier stall. The floor will be clearly marked with arrows indicating the direction horses should travel. There will also be a clearly marked entrance and exit to and from the arena. The entrance will be the arena gate by the farrier stall, the exit will be the gate by the tack rooms. All other gates will be closed and marked "Do Not Use".
10. Forward Stride staff will be closely observing everyone on site to ensure they are maintaining social (physical) distancing and not touching unnecessary things around the property, or cleaning and/or disinfecting them immediately if they do. Staff will also be enforcing one way rules in the barn aisle way. This can be lessened as federal and local government restrictions are lifted.
11. Clients will be asked to not wander the property. They will be escorted by staff members as needed to appropriate areas of the facility. If a client is transported to the facility by another individual, that individual will be asked to remain in their vehicle unless they are actively assisting in the lesson/session.
12. Doors to common areas such as tack rooms and in and out of the barn will be left open during the day to minimize touch points. Lights will also be left on.
13. Volunteers will be trained on proper PPE use, signs and symptoms of COVID-19 and Forward Stride COVID-19 specific safety protocols before returning to volunteering. Signs will also be posted with this information.
14. We are encouraging that there is minimal use of the barn bathroom facilities, staff will advise clients of this. If the bathroom does need to be used, a staff member will need to make sure that it is properly cleaned and/or disinfected after use (at least 3x per day). This can change as federal and local government restrictions are lifted.
15. Grooming stalls, including wash rack, farrier/vet area, and horse stalls must be cleaned after each use. Owners are to use the tools marked for them and disinfect after use. Stalls used for horses tacked up by staff will also be cleaned by staff.
16. Manure in the arena will be taken care of as follows: Owners will clean up their horses manure using the "owner tools", placing manure in a wheelbarrow in the arena and disinfecting the tools after. Instructors will clean up manure during the classes they teach using their personal picks. The manure will be placed in the wheelbarrows in the arena.
17. Baskets in middle grooming stall for tack that needs cleaning.

Equine Facilitated Psychotherapy Program Specific Protocols:

Social/Physical Distancing Protocol:

1. Initially, we could re-open to EFP clients who are able to maintain the 6 foot distance safely. These clients will include adults and adolescents. Initially this would only include clients over the age of 12 for safety reasons and social distancing. The EFP Program Coordinator and Clinical Supervisor will re-evaluate the safety of serving children under 12 after July 4th, 2020.
2. When it is safe and appropriate to add in younger clients, they will be required to purchase and bring their own helmets, since we are not safely able to sanitize helmets. All clients and staff will be required to wear masks during sessions, unless a doctor's note is provided regarding a medical condition that makes it unsafe to wear a mask. Children over the age of 2 will be required to wear masks as long as they are able to remove the mask themselves. Clients and staff will maintain a distance of 6 feet or more at all times. When sessions take place with young children, staff will refrain from touching clients unless an emergency situation requires intervention by staff. If there is contact between staff and clients, hand sanitizer will be used by both the staff member(s) and client directly after the occurrence.
3. For communication between ES and therapist, the team will use personal cell phones with headsets and can be on a call during the session for communication. Each ES and therapist should use their own phones and headsets to reduce cross contamination.
4. The ES and therapist must maintain a 6 foot distance between themselves and the client(s) at all times.
5. At this time, our current group curricula does not support social distancing guidelines, so groups would not be appropriate at this time. Groups may be reassessed after July 4th, 2020 including discussion of adjustments to be made in the curricula to allow for social distancing and cleaning guidelines to be met. Every effort will be made to sanitize touchpoints and areas when possible.

Client Escort and Cleaning Protocol:

1. Clients and family members must wait in their cars and are not allowed to roam the property unescorted. Clients and family members may not leave their cars for any reason without a staff escort. Clients will be asked to wash their hands at the portable sink located in the handicapped parking area..
2. The bathroom facilities will be for emergency use only. Clients will be advised of this prior to coming on site. If the bathrooms are used, a staff member will need to make sure that it is properly cleaned/disinfected after use. The client must be escorted to and from the restroom. These precautions will be adapted and changed as federal and local government restrictions are lifted.
3. All clients must wear a mask while on site, as designated in the above Forward Stride Protocol. If the client does not have a mask, the therapist can give them a mask. Extra

cloth masks are located in building D. There is a bucket for dirty masks next to the outdoor hand washing station near the handicapped parking areas.

4. Clients should only be walked from their cars to Building D or the hospital pasture, and are not to enter the barn aisle area or office areas for any reason. Only the therapist will walk with the client from the car to the arena, and back to the car. The ES will meet them down at the arena space with the horse. Clients may not assist with getting their horse from the pasture or walking them to and from the arena during this time.
5. The therapist will walk clients to the payment box and have the client place the payment in the box. Clients who choose to pay with a card must keep a card on file or call the office to pay.
6. The therapist will be responsible for documenting the name of whoever was on-site with the client for each appointment, including names of drivers, parents, guardians, siblings, friends, etc. This should be documented in the progress note for each appointment. As a facility, it is now Forward Stride's policy that we document each person that is on site each day.

Office Building Protocol:

1. Therapists should not use the office in Building D for clients, unless there is an emergency, or paperwork needs to be filled out and it is raining. There is now wi-fi and a computer station available for use in Building D. Clients will be instructed to fill out any paperwork at home. In the event they do not have the ability or resources to fill out their paperwork at home, clients will be asked to fill out paperwork in their car when they arrive on site. Clients will be asked to use hand sanitizer before touching items such as pens and clipboards, and before entering Building D. Generally, Building D will be for staff use only, unless there is an emergency. If the office in Building D is used, the therapist must wipe down any areas touched with cleaning and/or sanitizing materials. Persons not from the same household will maintain a 6 foot distance when inside Building D, and will not touch shared surfaces without first using hand sanitizer. Sanitizing materials will be available at Building D, and may differ based on what is available for purchase at any given time. It might also be best to leave the windows and door open when inside the building. Refill materials for hand sanitizer are located in the grain room, and the ES will be responsible for making sure hand sanitizer at the EFP arena is filled and available.
2. If clipboards and pens are used to sign paperwork, the therapist must clean the clipboard and pen after the session, before the items are returned to the office.
3. Generally, the EFP team has used Building G for administrative tasks. We are currently working on converting Building D to a suitable space for staff use. Staff should make every attempt to do administrative tasks from home, as to reduce close-contact in offices. When "hot desking" in Building G or D, staff must wipe down their desk, chair, and computer terminal before and after using it. Staff will use hand sanitizer before touching shared items such as printers, phones, and door handles. When leaving for the day, staff will wipe down all areas they have touched/used.

4. When using any office space, staff will maintain a 6 foot distance from each other. If this is not possible we may have to find alternate work spaces.

In-Session Protocol:

1. Clients will not be allowed to open gates or touch the fence during sessions. Gate opening will be the responsibility of the ES during the session. Signs will be posted at the gate and fence areas as reminders. The ES will be responsible for wiping down the EFP arena gate and any other areas of the arena that they have touched at the end of their shift.
2. Only the ES should enter the main barn. There will be clean halters available for use hanging in the farrier stall. Please use hand sanitizer before touching clean halters to avoid cross contamination. If the donkey halters or large halters are not available and are needed for sessions, there are EFP program halters available in Building D. Please use the EFP program halters only as a last resort. At the end of their shift, the ES will place any halters they have used in the labeled dirty bins in the middle grooming stall inside the main barn. If you have used EFP program specific halters, please locate the person who will be removing the halters from the heater and ask if they are able to return the halters to Building D. If they are not able to, please email Lisa to let her know you used the program halters.
3. If clients choose to engage in grooming, the safest method is for clients to bring their own brushes for use. Forward Stride will have some brushes available which can be found in the farrier stall. The ES should be the one gathering these, not the client. Please grab only what you need and use hand sanitizer before touching them. Please do not take more brushes than your client will actually use since we have a limited amount available for use each day. Once the client has touched the brushes, do not touch them again. There will be a bucket at the EFP building for dirty brushes; please have the client put their brushes in this bucket at the end of the session. Then at the end of your ES shift you will use hand sanitizer and then pick up the bucket and dump the brushes in the dirty brush bin in the center grooming stall in the barn. Then replace the EFP bucket by building D. You MUST use a different set of brushes for each client, no exceptions.
4. Clients will generally not be supplied with a halter and lead rope by Forward Stride. Each client may purchase their own set to bring with them if they would like to engage in additional horse handling on a guaranteed basis.. Only the ES should touch the halter and lead rope unless the client brings their own. The EFP program may on some occasions have halters or leads available for use, but this is not guaranteed. If your client uses a lead rope, it should be placed in the dirty bins located in the middle grooming stall inside the main barn at the end of the session. All halters and lead ropes used during a session will be cleaned by placing them in a heater which reaches a temperature that kills the virus.
5. Activities should focus on liberty, EAGALA, or Natural Lifemanship style work, grooming if the client brings their own brushes, or hands on work by the client. Although

transmission of COVID-19 via animal hair is unlikely, the ES and therapist should refrain from touching the horse as much as possible. There are still many unknowns regarding transmission of COVID-19. Clients will be instructed to use hand sanitizer before touching the horse. The focus of sessions should be on allowing the horse to approach the client as much as possible.

6. Horses will be limited to one EFP use per day, and will be wiped down with a rag sprayed with alcohol afterwards. The ES should wipe down all areas that have been touched by the horse. The ES can get the designated EFP alcohol bottle from Building D.
7. If props are to be used during sessions, the client or therapist can direct the ES as to where to place props. Then those props must be scrubbed with Dawn soap and water or wiped with alcohol at the end of the session/ES shift. Please do not use any soft props, such as stuffed animals or emotion tennis balls, as these items are too difficult to sanitize. Every attempt should be made to avoid the use of props all together. Therapists should be creative and encourage the use of “natural” props, such as sticks, rocks, or other things found in nature. If a client would like to sit down during a session, please get them a chair from Building D, and then either wash the chair with soap and water, or wipe it down with alcohol at the end of the ES shift.

PPE Protocol:

1. Clients and staff will be required to wear masks or face coverings, as long it is medically safe for them to do so. Current CDC recommendations state: “CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based transmission.” Since masks do provide some protection against transmission, and Forward Stride operates in an area where there have been higher rates of infection, we have chosen to make a policy of wearing masks while providing services. The Oregon Health Authority is now recommending that all staff and volunteers of any business wear masks.
2. Therapists and ES’s may choose to wear gloves, but clients will not be required to wear gloves. Gloves can give a false sense of security of cleanliness, and thus not required. Clients should not need to touch any equipment other than the horse and what is provided by the ES for their session.

Suspected COVID-19 Cases:

1. Any person presenting with symptoms consistent with COVID-19 should be treated as a suspected case
2. If someone becomes unwell at Forward Stride with symptoms such as a cough, fever, or difficulty breathing, the unwell person should leave the area they are occupying and go

to their vehicle to distance themselves. The individual should leave the facility and return home. Judgement on the safety of the individual driving will need to be considered. .

3. The individual that has symptoms should call their doctor and outline their current symptoms while isolated. They should avoid touching other people, surfaces, and objects during this time.
4. The individual should leave the facility and return home. Judgement on the safety of the individual driving will need to be considered.
5. Forward Stride will keep a daily log of visitors that come onsite.
6. If there are suspected cases or if someone in the Forward Stride community tests positive they are to report that to Forward Stride staff. Forward Stride will then be required to report to local health authorities within 24 hours. Other visitors or staff that were onsite at the time the person with suspected COVID-19 was also onsite will be informed of their potential exposure while protecting the anonymity of person.