



Forward Stride Rehabilitation Services Program

COVID-19 Reopening Plan

| <i>Document Adjustments</i> | |
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| Date of Revision | Detail of Adjustment |
| 05/01/2020 | Original copy created in response to executive order no. 20-22 |
| 05/20/2020 | Revision 2 - Washington County in "Baseline Phase" as of 05/15/20 |
| 06/20/20 | Revision 3 - Washington County in "Baseline Phase" as of 06/01/20 |

Index

| | |
|---|----|
| COVID-19 Background Information | 2 |
| Site-Wide Guidelines for Returning to Property | 3 |
| Prevention of COVID-19: | 3 |
| Suspected COVID-19 Cases: | 4 |
| Staff and Volunteer Training: | 5 |
| Personal Protective Equipment Protocol: | 5 |
| Physical Distancing Procedures: | 6 |
| Hygiene Promotion: | 6 |
| Hygiene Supplies: | 7 |
| Disinfecting Protocol of Objects: | 7 |
| Client Logistics: | 8 |
| Equine Safety and Tacking: | 8 |
| Rehabilitation Services Program Guidelines: | 9 |
| Reopening Phases: | 10 |
| Disclaimer | 13 |
| Contact Information: | 13 |



COVID-19 Background Information:

The Coronavirus (SARS-CoV-2 or COVID-19) may cause respiratory disease leading to serious illness or death. The World Health Organization (WHO) considers COVID-19 to be a global pandemic. COVID-19 spreads person-to-person through coughing, sneezing, and close personal contact, including touching a surface with the virus on it and then touching your mouth, nose, or eyes. Some people infected with the virus have reported experiencing other non-respiratory symptoms. Other people, referred to as asymptomatic cases, have experienced no symptoms at all. According to the Centers for Disease Control and Prevention (CDC), symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure.

Symptoms of COVID-19 (per CDC as of 5/27/20): Fever; Cough; Shortness of Breath; Chills; Fatigue; Muscle Pain; New loss of taste or smell; Vomiting or Diarrhea; Sore throat; Headache; Congestion or Runny Nose

When to Seek Emergency Medical Attention:

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately

- **Trouble breathing**
- **Persistent pain or pressure in the chest**
- **New confusion**
- **Inability to wake or stay awake**
- **Bluish lips or face**

***This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you. Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.**

On April 27th, 2020, the Office of the Governor in the state of Oregon released EXECUTIVE ORDER NO. 20-22 (<https://www.oregon.gov/>), allowing measured resumption of certain elective and non-urgent health care procedures using personal protective equipment (PPE), and continuing restrictions on visitation in response to the Coronavirus (COVID-19) outbreaks. On May 15th, 2020, the Office of the Governor in Oregon set new guidelines for Oregon counties, with Washington county starting in the “Baseline Phase”, which allows non-urgent medical



facilities to reopen if they can abide by safety standards. On June 1st, 2020 Washington county moved into “Phase 1” of reopening.

Forward Stride will adhere to guidance regarding safety standards, including the safe use of PPE and physical distancing, from appropriate health authorities, such as the Washington county officials, Oregon government, Oregon Health Authority (www.oregon.gov), Occupational Safety and Health Administration (OSHA; <https://www.osha.gov/>), World Health Organization (WHO; <https://www.who.int/>) and or the Centers for Disease Control and Prevention (CDC; <https://www.cdc.gov/>) to promote safe practice.

According to the Occupational Risk Pyramid for COVID-19 developed by OSHA, Forward Stride is currently a “Medium Exposure Risk” facility (<https://www.osha.gov/Publications/OSHA3990.pdf>).

Site-Wide Guidelines for Returning to Property

Prevention of COVID-19:

In response to the physical site commencing programs following the COVID-19 shutdown period, Forward Stride will institute the following procedures to ensure that staff, volunteers, client’s, and visitors are taking the necessary steps to monitor their health and prevent further spread of COVID-19:

- ❖ Every person who physically comes onto the Forward Stride property will be required to complete and sign a **COVID-19 Risk Assessment Form** waiver.
 - The COVID-19 Risk Assessment Form will be sent out to clients prior to their session through email. Client’s will be instructed to complete the form and then send it back to Forward Stride through fax or email **by 4:00 P.M. on the day before their scheduled appointment**. Client’s who do not send a completed form by 4:00 P.M. on the day prior to their appointment will have their appointment automatically canceled and rescheduled at the discretion of the therapist.
 - Client’s will be informed that the option to fax in a completed copy of this form is a HIPAA compliant option, while the option to email in a completed copy of the form is NOT a HIPAA compliant option.



- Client's who choose to send in their completed COVID-19 Risk Assessment Form over email instead of fax, must review and sign an informed consent section that states the awareness and agreement to send private health information over email on a non-HIPAA compliant platform.
- It is recommended that the form be completed within 24 hours of coming onto the property, as COVID-19 symptoms have been known to occur rapidly.
- ❖ The Forward Stride community is requested to monitor their health for any symptoms consistent with COVID-19 or of a persistent cough or fever. If the person OR someone in the person's household begins to feel unwell and/or has symptoms consistent with COVID-19, we ask the individual(s) to not come onto the property and contact a physician.
- ❖ During this time, anyone who calls in sick and cancels an appointment at any time before their appointment will NOT be charged any late fee.
- ❖ Forward Stride will keep a daily log of visitors that come onsite.
- ❖ Clients that come onto the property must be able to process and follow physical distancing rules and safety protocols with verbal prompting only.

Suspected or Confirmed COVID-19 Cases:

- ❖ Any person presenting with symptoms consistent with COVID-19 should be treated as a suspected case and stay off of the property
- ❖ The individual that has symptoms should call a physician and outline their current symptoms while isolated. They should avoid touching other people, surfaces, and objects during this time.
 - If someone has symptoms of COVID-19 and does not have a physician or cannot contact their physician, they can contact the Oregon Health and Science University (OHSU) COVID-19 Hotline at **833-647-8222**
- ❖ 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.
- ❖ If someone in the Forward Stride community (staff, volunteers, clients, or visitors) that has been onto the property is positive with COVID-19, they must contact Forward Stride



immediately. Forward Stride is a mandatory reporter and must file a report to public health officials within 24-hours.

- ❖ All symptoms must be resolved for at least 72 hours without medication

Staff and Volunteer Training:

- ❖ Staff and 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.
- ❖ Under federal law, workers at Forward Stride are entitled to a safe workplace. If employees have concerns about Forward Stride's response to protect employees during the COVID-19 pandemic, employee's have the right to speak up to their employer without fear of retaliation. In addition, employee's can take action to file a complaint against the employer at <https://www.osha.gov/workers/> or <https://www.whistleblowers.gov/>.

Personal Protective Equipment Protocol:

Personal protective equipment (PPE) can include the following: gloves, gowns, face shields, surgical masks, cloth face masks, and N-95 respirators or other reusable respirators (e.g., powered air purifying respirators) that is intended for use to protect the individual wearing the PPE and those the person comes into contact with.

- ❖ As of 5/20/20, the use of masks/face coverings are required at the Forward Stride property. Currently, the [CDC recommends](#) that everyone wear a [cloth face cover](#) when out in public.
 - The CDC recommends that people still maintain at least a 6 foot physical distance away from other people even if you are wearing a face mask
- ❖ Clients will be encouraged to wear masks if they can tolerate it.
 - People who should not wear face masks according to the CDC (<https://www.cdc.gov/>) are: 1) Children younger than two years of age; 2) Anyone who has trouble breathing; 3) Anyone who is unconscious or incapacitated; 4) Anyone unable to remove the cover without assistance.
- ❖ Disposable gloves may be used, but must be replaced frequently to avoid spreading contamination, especially after touching the face.
- ❖ Forward Stride will not provide disposable gloves at this time.



Physical Distancing Procedures:

- ❖ Forward Stride staff will be closely observing everyone on site to ensure they are maintaining physical distancing (6 feet apart, or about 2 arm's length) following hygiene recommendations. This can be lessened as federal and local government restrictions are lifted.
 - The CDC recommends that people still maintain at least a 6 foot physical distance away from other people even if they are wearing a face mask
- ❖ Forward Stride will minimize the number of individuals visiting onsite to match precautions consistent with federal and local government recommendations.
- ❖ Staff will also be enforcing one way rules in the barn aisle way.
- ❖ Horse handlers tacking and untacking horses will be advised to spread out as follows:
 - 1 individual in the wash rack
 - 1 individual in the middle cross tie
 - 1 individual in an open stall that does not currently have a horse living in it
 - 1 individual in the farrier/vet stall.
 - The middle grooming stall's cross ties will be blocked off to prevent individuals from using it.
 - All areas must be properly disinfected after use by the horse handler.

Hygiene Promotion:

- ❖ Clients will be asked to closely monitor their health and should not come on site if they have any symptoms consistent with COVID-19, have a persistent cough, if someone in their household has symptoms consistent with COVID-19, or any other illness or infectious disease, including a cold or flu.
- ❖ Clients must **wash their hands (the last accessible parking spot is the handwashing station)** when they arrive on site.
- ❖ Hand sanitizer **MUST** be used before touching any tack before and after a session
- ❖ Everyone on site is to follow proper cough and sneeze etiquette and to wash their hands or use hand sanitizer immediately after coughing or sneezing.
- ❖ People on the property will be encouraged to limit unnecessary touching of things around the property, or cleaning and/or disinfecting them immediately if they do.

Client's will be advised of this prior to coming on site. If the bathroom's are used, a staff member will properly disinfect it 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.

- ❖ 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.

Hygiene Supplies:

- ❖ Forward Stride will continue to procure cleaning supplies for the facility including isopropyl alcohol, hand sanitizer, clorox wipes, and bleach. These items will be procured through donations as much as possible or purchased as needed.
- ❖ Horse owners are required to provide their own sanitizing/disinfectant supplies
- ❖ If at any point Forward Stride is not able to obtain enough supplies, Forward Stride may need to stop or reduce services until supplies can be located.
- ❖ Forward Stride will maintain hand sanitizer in all the common areas around the barn that individuals frequent and have a **specific hand washing station.**

Disinfecting Protocol of Objects:

- ❖ All surfaces must be sprayed with isopropyl alcohol, or wiped with a disinfecting wipe immediately after each session. Surfaces include door handles, sink, and countertops, and padded mats. If props or horse equipment is used, it must also be disinfected after the session. Other porous objects may be cleaned with warm water and soap or machine washed.
- ❖ A “disinfection box” is located in the center grooming stall and can be used to disinfect smaller equipment that does not have any glue or foam material.

Client Logistics:

- ❖ Clients will be encouraged to stay within the area of their transportation vehicles and their specific area of therapy. The therapist will walk with the client from the car to the arena, and back to the car.
- ❖ If a client must use the restroom, they must be escorted to and from the restroom by staff. The staff member must use isopropyl alcohol to spray every surface in the restroom immediately after use.
- ❖ The equine specialist will meet the client and therapist at the arena space with the horse. Clients may not assist with getting the horse from the pasture or walking them to and from the arena during this time in order to reduce touch points.



- ❖ Staff will be escorting clients around the property. This staff member will have a spray bottle of isopropyl alcohol to disinfect all pasture gates before and after the client gets the horse, also with putting the horse away.
- ❖ Staff will also be responsible for opening, closing, and disinfecting the arena gates. We ask that clients not touch the arena gates at this time.
- ❖ 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.
- ❖ Clients will put payments directly into the payment box. Clients who choose to pay with a card must keep a card on file or call the office to pay.

Equine Safety and Tacking:

- ❖ Prior to beginning sessions with clients, horses will have been worked and assessed for readiness to begin working with clients
- ❖ Horses will be limited to one rehabilitation session per day, and will be wiped down with a rag sprayed with isopropyl alcohol afterwards. The horse handler should wipe down all the areas of the horse that have been touched by a person.
- ❖ The horse handler will be the only person allowed to touch the lead rope and handle the horse. Each horse handler will have their own halter and leadrope.
 - The horse handler will be responsible for disinfecting and/or cleaning the tack at the end of each session. The tack includes bridle, cinch, saddle pad and hippotherapy pad. Bridles will be disinfected properly and both pads will be machine washed after use. A clean pad will be used for each client daily. Each horse handler will have their own bit lead which will not be required to be cleaned after each use.
- ❖ All people must wash and/or sanitize their hands before touching a horse or beginning the tacking process

Rehabilitation Services Program Guidelines:

Rehabilitation services at Forward Stride consists of the following services: Therapy provided by a licensed and specially trained physical therapist, occupational therapist, or speech and language pathologist who specialize in using equine movement as a treatment tool in integrated



treatment plans. Rehabilitation services can occur with the client in a clinical setting, in the outdoors, or mounted on a horse. A team of professionals and volunteers must be utilized to support the safety and therapy of the client if a horse is being used as a treatment tool. All therapy sessions must abide within the Statements of Best Practice developed by the American Hippotherapy Association Inc. and the national organizations of each profession: APTA, ASHA, AOTA (<https://www.americanhippotherapyassociation.org/>; <https://www.apta.org/>; <https://www.asha.org/>; <https://www.aota.org/>)

Rehabilitation Service Program Prevention of COVID-19:

The Rehabilitation Service will operate within the Forward Stride site-wide guidelines found on pages 2-6. The following safety guidelines have been developed to ensure the safety and well-being of those engaging in the Rehabilitation Services at Forward Stride:

- ❖ Rehabilitation services will be the last program at Forward Stride to reopen on-site services. It is estimated the resumption of on-site Rehabilitation Services will occur around June 22nd, 2020.
- ❖ Once other programs at Forward Stride have been open and running with no new signs of outbreak, the Rehabilitation Services program will be under consideration to resume treatments. Any new information or precautions from public health and government officials will be considered at that time.
- ❖ Rehabilitation Services will continue to be conducted over a secure Telemedicine platform (Doxy.me).
- ❖ The Rehabilitation Services will follow the same PPE and physical distancing precautions as the whole Forward Stride organization, which include the following:
 - Anyone on property is required to wear face mask. See Page 5 for exclusions to this rule.
 - Therapists will wear PPE.
 - Physical distancing precautions of people staying at least 6 feet apart will be enforced
- ❖ Clients in the Rehabilitation Services program that are considered high risk will remain off-site until public health authorities, such as the Oregon Health Authority (OHA), and the Center for Disease Control and Prevention (CDC) lift precautions for those considered high risk. See CDC guidelines for high risk here: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>



Reopening Phases:

Forward Stride

Phase 1: Low Risk Clients who can wear a mask

Phase 2: Moderate Risk Clients who can wear a mask

Phase 3: Low Risk Clients who cannot wear a mask

Phase 4: High Risk Clients who can wear a mask

Phase 5: Moderate Risk Clients who cannot wear a mask

Phase 6: High Risk Clients who cannot wear a mask

Monitoring for Virus:

- The Rehabilitation Service staff will continue to closely monitor public health information and the health of those who come onto the Forward Stride property to participate in the other offered programs. Should a second wave of the virus begin, the Rehabilitation Services will follow the mandates of the government and the advice of the CDC and OHA.
- All Rehabilitation Service clients and visitors will complete the **COVID-19 Risk Assessment Form** waiver prior to each session. If they have any factors which place them at risk for or have developed symptoms of any illness, the scheduled session will be cancelled or rescheduled at the discretion of the therapist.

Phase 1:

The following precautions will be observed:

- ❖ Clients who have no risk factors may be scheduled during the first phase of reopening.
- ❖ Higher risk clients who have compromised immune systems, are medically fragile or have family members who are in a high risk population will be asked to stay off-site during the first phase of reopening the rehabilitation services
- ❖ Forward Stride staff or volunteers who have compromised immunity or who qualify as high risk will be asked to stay off-site during Phase 1 of the rehabilitation services reopening plan
- ❖ Staff will be utilized as sidewalkers during Phase 1 to reduce the risk of spreading the virus and to minimize contact exposure.
- ❖ Clients that come onto the property must be able to process and follow physical distancing rules and safety protocols with verbal prompting only.

Disinfecting Protocol of Objects:



- ❖ All surfaces are to be sprayed with isopropyl alcohol, or wiped with disinfecting wipes immediately after each session. Surfaces include but are not limited to door handles, sinks, countertops, and padded mats.
- ❖ Therapeutic tools or horse equipment that is utilized will also be disinfected after the session. Other porous objects may be cleaned with warm water and soap.
- ❖ All gait belts and PPE gowns will be machine washed and shields will be disinfected after working with a client. If it is appropriate for the client, a clean towel may be used to cover the horse pad/blanket to prevent having to wash the horse pads too often. All towels used with a client will be machine washed after. All staff will follow hand washing protocol before and after each session.

Clinical Space:

- ❖ Until the prevalence of COVID-19 has diminished, the therapist will limit the use of therapeutic tools and equipment during the therapy session
- ❖ Soft, porous therapeutic tools, such as stuffed animals or tennis balls if used will be machine washed immediately after use. Staff will attempt to avoid the use of props all together.
- ❖ After the session is complete and the client has left the clinical space, the therapist will disinfect all surfaces touched and equipment/tools used during the session.
- ❖ No more than two people (the client and one other person) will be admitted into the clinical space except in emergency circumstances.

Mounted Sessions with Horse - Team of Three:

- ❖ Sessions will be mostly held outside and clients will mount and dismount outside. A mounting ramp will be outside for clients to mount their horse safely.
- ❖ Arena gates should not need to be touched if sessions are held outside. If a gate does need to be open or closed, the staff will touch the gate. The sidewalker will be responsible for cleaning or disinfecting the gate after the session.
- ❖ Horses will be limited to one rehabilitation session per day, and will be wiped down with a rag sprayed with isopropyl alcohol afterwards. The horse handler should wipe down all the areas of the horse that have been touched by the client.
- ❖ Until COVID-19 has diminished, the horse handler will lead. This will help prevent cross contamination on objects, and reduce the number of people in the session.

Riding / Horse Equipment:



- ❖ The horse handler will be the only person allowed to touch the lead rope and handle the horse. Each horse handler will have their own halter and leadrope.
 - **Tacking:** Staff and volunteers MUST use hand sanitizer before touching any tack before and after the lesson. The horse handler will be the only person to handle the tack and will be responsible for disinfecting and/or cleaning the tack at the end of each session. The tack includes bridle, cinch, saddle pad and hippotherapy pad. Bridles will be disinfected properly and both pads will be machine washed after use. A clean pad will be used for each client daily. Each horse handler will have their own bit lead which will not be required to be cleaned after each use.
 - **Gait Belts:** Forward Stride will provide gait belts for client use. The gait belts will be machine washed after every use.
 - **Helmet Use:** Clients will be required to have and wear their own ASTM/SEI-approved riding helmet. Forward Stride helmets will be off limits. If a client forgets their helmet, the session will be off of the horse that day.
 - **Horse Grooming Materials:** Clients must bring their own brushes with them. Forward Stride will not provide grooming tools for use.
 - **Therapeutic Tools:** If tools or props are to be used during sessions, the sidewalker is responsible for gathering and holding therapeutic tools during the session. The therapist will disinfect or wash all tools that are handled.

Scheduling:

- ❖ Clients will be scheduled to ensure that there is time for therapists, horse handlers, and sidewalkers to clean/disinfect the clinic, any surfaces in the barn that have been touched, and tacking areas.
- ❖ Scheduling must allow for time to tack and untack without the main barn areas becoming too congested.
- ❖ The number of people on site at one time will continue to be limited.



Disclaimer

Forward Stride has devised a plan to provide a standardized approach to the reopening of on-site operations which incorporates the COVID-19 public health guidelines. The use of the plan is subject to the following:

1. Forward Stride does not provide any warranty as to the effectiveness, usefulness, safety, or commercial viability of the developed plan. All information provided in the plans are to be used for information purposes only. People must assess the risks of being on-site.
2. Content developed by Forward Stride is not meant to supersede health regulations and is not meant to provide medical or legal advice. Forward Stride gives no warranty as to the accuracy or completeness of any of the information or plan, but will continue to monitor for changes in relevant regulations on the COVID-19 virus.
3. Forward Stride does not accept any liability for the use of the plan or its appropriateness for any individual visitor or client.
4. Forward Stride will not be liable for any losses (direct or indirect) arising from the use and implementation of the plan.

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