



Forward Stride Current COVID-19 Protocols

Forward Stride will continue to monitor the COVID-19 pandemic, CDC and OHA guidelines and will make updates to these protocols as needed.

1. All individuals onsite will wear a mask at all times except the following:
 - a. Independent clients (don't need volunteer or instructor assistance) while mounted
 - b. If you are outside and are not around other clients, volunteers or staff
 - c. It is recommended that you wear at least a surgical mask but a KN95 mask is best.
 - d. All leaders and sidewalkers will be required to wear a KN95 while in all sessions with clients
2. Hand washing/sanitizing is one of the best ways to prevent the spread of COVID-19. Please wash/sanitize hands in the following situations:
 - a. As soon as you arrive on property. Hand sanitizer is located at the entrances to the aisleway, at the Cornerstone Arena gates near the view platforms and at each mini barn.
 - b. Before getting your horse from a stall or pasture
 - c. Before touching grooming tools, tack and other equipment
 - d. Before touching any arena gate
 - e. As you leave the property
3. Staff will be sanitizing all the high touch points on-site at least once a day.
4. All clients should have their own riding helmet. If they need to borrow a Forward Stride helmet, that helmet will be set aside for 72 hours before being put back in the rotation for public use.
5. Grooming stalls will continue to be set up so that physical distancing can be maintained. Please only use the stalls that are designated as "Grooming Stalls"
6. Do not come on-site if you are experiencing symptoms consistent with COVID-19
7. If you are exposed to COVID-19 (within 6 feet of someone that has tested positive for COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period) you need to quarantine for 5 days following exposure and have a negative test on day 5. Do not return until you have your negative test results. If you can not locate a test, quarantine from Forward Stride for at least 10 days.
8. If you test positive for COVID-19 you must quarantine from Forward Stride for 10 days OR 7 days with a negative RAPID test taken on day 7.



Protocols specific to clinical services:

1. If a client in a Rehabilitation Services session can not wear a mask all other individuals in the session (Horse Handler, Sidewalkers and Therapist) will wear a KN95 mask, a face shield, a washable gown, a head covering and wash hands before and after the session. No touching of other items should occur until hands have been washed or sanitized. These items will be changed and/or sanitized between sessions.
2. All therapists, sidewalkers and horse handlers will wear a KN95 mask during all sessions until further notice.
3. The Rehabilitation Services pad, boppy and other positioning aids will be covered with a washable towel that will be changed between each client.
4. Any sidewalker assisting with a Providence client needs to wear both a mask and a face shield as this is their current policy for their clients.
5. All toys, equipment and gait belts used during any session will be washed thoroughly with hot water and soap, sanitized with alcohol solution or placed in the washing machine prior to reuse.
6. If a client or family member displays any symptoms of illness, we ask that you cancel your session and return when the household is healthy. There is no late cancellation fee at this time.
7. All clinic surfaces touched or used during a session will be wiped down with an alcohol solution or a Clorox wipe.
8. Before each session, the client and/or guardian, therapist, horse handler and sidewalker will verbally acknowledge they have no COVID symptoms, have not been exposed to COVID, have not tested positive nor have been asked to quarantine in the last 2 weeks.