



SoléAna Stables COVID-19 Reopening Policies & Procedures

SoléAna Stables has implemented measures to allow for a slow, phased approach to reopening of the facility during the COVID-19 Pandemic. The health and safety of our SoléAna Stables community is our top priority. As a result, the following guidelines have been established to protect our Riders, Staff, Volunteers and community members with the guidance of our state and local public health officials, the Centers for Disease Control (CDC) and PATH Intl.

Domestic Travel

Fully Vaccinated

- Self-monitor for COVID-19 symptoms
- Will be allowed on property immediately following return of Domestic Travel

Unvaccinated

- Get tested with a viral test and return to property 7 days AFTER Domestic Travel
- If not tested, return to property 10 days AFTER Domestic Travel

International Travel

- No one will be allowed on property for 10 days since the date that they returned from traveling

Health Screening—Prior to coming to SoléAna Stables

Ask yourself the following questions prior to coming to the property. If the answer is **YES** to any of the questions, please call Sasha Camacho at 208-841-9265 to cancel your lesson/volunteer shift. We ask that you give us 24 hours' notice of cancellation but understand that, if illness arises the day of your lesson/volunteer shift, this degree of notification is impossible. It is important that you **CALL** us so we can notify Staff of your absence.

- Have you had a temperature over 100.3F in the last 48 hours?
- 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?
- Have you traveled within the United States during the last 7 days?
 - Are you fully vaccinated? If not, please follow Unvaccinated Domestic Travel guidelines.
- Have you traveled outside of the United States in the last 10 days?
 - If yes, you will need to self quarantine for 10 days per the CDC before coming on property.



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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).

- Anyone exposed will need to stay home until 14 days after last exposure
- Everyone will self-monitor for symptoms
- If anyone becomes sick while at SoléAna Stables, they should notify a SoléAna Stables Staff member, go home immediately, self-isolate and call their doctor

Return to SoléAna Stables - After symptomatic with COVID-19 (non-tested) and positive COVID-19 diagnosis. Use one of the below strategies to determine when participant can return.

1. *Test-Based Strategy*. Exclude from programming until:

- Resolution of fever without the use of fever-reducing medications **and**
- Improvement in respiratory symptoms (e.g., cough, shortness of breath), **and**
- Negative results of an FDA Emergency Use Authorized molecular assay for COVID-19 from at least two consecutive nasopharyngeal swab specimens collected 24 hours apart (total of two negative specimens).

2. *Non-Test-Based Strategy*. Exclude from programming until:

- 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**,
- At least 10 days have passed *since symptoms first appeared*.

3. Note from a physician stating you are clear to return.



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Best Practices to Reduce Disease Transmission—EVERYONE

- 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.

For more information on appropriate mask use and other precautions, see CDC Recommendations.

Facility Protective Measures

- 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 (ie. door handles, gate latches, cross tie snaps, hose ends, door knobs, light switches, ramp rail, tools and any props used in the arena) will be cleaned and disinfected each day.

Confirmed Case of COVID-19 on the 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 SoléAna Stables and the property will be temporarily closed.
- Staff, Riders, and Volunteers will be notified of their possible exposure or indirect exposure to COVID-19.
- SoléAna Stables will perform enhanced cleaning and disinfecting prior to reopening.
- SoléAna Stables will consult with the Galveston County Health Department on when and how to re-open.



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Staff Responsibilities & Procedures

- All Staff coming on site will be required to take their temperature **PRIOR** to their arrival. If anyone has a temperature over 100.3F please notify a second SoléAna Stables Staff member immediately to let them know of your absence as you will not be permitted on site until you are fever free for 72 hours without the use of fever reducing medicine.
- Instructors will wear their masks during mounting/dismounting and whenever within proximity of others, but will remove and store mask when further away for clear communication.
- Instructors will provide assistance to Riders from the side or back — avoiding standing directly in front of them as much as possible.
- Staff will manage all for proper social distancing — not normal in our environment — so many will need reminders initially.
- Staff must read and initial the Daily Health Screening Checklist indicating they are currently symptom free.
- Staff is encouraged to wash their hands after each lesson and assist in disinfecting as needed.



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Volunteer Responsibilities & Procedures

In order to keep Volunteers engaged and to maximize Volunteer retention, we may need to limit Volunteers to less sessions. Thus, maintaining a small number of people on site but maximizing number of people engaged in program.

Prior to First Volunteer Shift

- Read and Sign the COVID-19 Volunteer Acknowledgement of Risk Form
- Attend a mandatory Refresher/New Volunteer Training Session prior to first lesson.

Weekly Lesson Routine

- Volunteers should arrive on time for their Volunteer Shift.
- Volunteers should bring their own bottle of water.
- Volunteers should not bring additional spectators or friends who are not volunteering during their same shift. This will help limit the number of people on site.
- Volunteers can bring a simple folding chair, without a bag. SoléAna Stables reserves the right to refuse a chair due to safety concerns for equine. Seating will not otherwise be available.
- Volunteers must wear their nametag and are encouraged to take them home/leave them in their car and disinfect in between Volunteer shifts.
- Upon arrival, Volunteers must have a mask on. If they do not have one, SoléAna Stables will have a small supply of masks available.
 - Masks must remain on when in public common areas.
 - Masks may be removed in arena or outdoor spaces if social distancing can be maintained.
 - Masks may be removed once a Rider has mounted and a final girth check has been completed. Once the lesson is finished, the mask must be put back on before the Rider dismounts.
- Upon arrival Volunteers must wash hands and proceed to the check-in table where they will:
 - Read & initial the Daily Health Screening Checklist indicating they are currently symptom Free.
 - Sign in using the Volunteer Binder.
- Once the lesson is completed, Volunteers will wash their hands and assist in disinfecting as needed.
- Volunteers will sign out using the Volunteer Binder prior to leaving.



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Rider Responsibilities & Procedures

Prior to First Lesson

- Complete the COVID-19 Risk/Benefit Assessment
- Read and Sign COVID-19 Acknowledgement of Risk & Acceptance of Services Form

Weekly Lesson Routine

- Bring your own water bottle. Parent/caregiver will be asked to assist Rider with water as needed.
- Arrive on time for your lesson. Riders that are more than 10 minutes late, will forfeit their lesson.
- Families can have up to two people attend lessons.
- Families can bring a simple folding chair, without a bag. SoléAna Stables reserves the right to refuse a chair due to safety concerns for horses. Seating will not otherwise be available.
- Upon arrival, Riders and family members must have a mask on. If they do not have one, SoléAna Stables will have a small supply of masks available.
 - Masks must remain on when in public common areas.
 - Rider masks may be removed in arena or outdoor spaces if social distancing can be maintained.
 - Masks may be removed once the Rider has mounted and a final girth check has been completed. Once the lesson is finished, the mask must be put back on before the Rider dismounts. If Rider needs assistance with mask, parent/caregiver will be asked to assist the Rider.
- Upon arrival Riders and family members must wash their hands.
- Riders and family members must read the Daily Health Screening Checklist and initial that they are currently symptom free.
- **Riders will be required to have their own helmets.** Must be ASTM/SEI Riding helmets. No bike helmets allowed.
- Riders will then be instructed to put their helmet on, with parent/caregiver assistance if required, and proceed to parent viewing area until lesson begins. Instructor will do a final helmet fitting safety check.
- During Phases 1 and 2 there will not be any grooming. Grooming MAY resume during Stage 3. Lessons will be 45 minutes during all Phases.
- Riders are encouraged to wash their hands after each lesson and then leave promptly to allow for disinfecting and to limit the number of people on site.



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Programming & Disinfecting Procedures

In Phase 1: There will be a maximum of 3 Riders, and 3 Sidewalkers and 3 Horse Leaders and 1 Instructor per lesson.

Disinfecting Procedures During ALL Phases of Reopening

- There will be set weekly activities using easily washed objects.
- Changes of tack will be kept to the minimum.
- The tack room will be restricted access to Staff and Horse Leaders only and only one at a time.
- Horses that are used in lessons will be bathed after last lesson of the day.
- All Tack cleaning will follow, to the best of our ability, CDC Guidelines.
- Schedule will be created to ensure disinfecting practices are being completed daily.
- Grooming items will be sprayed with disinfectant solution at the end of use/day.
- Reins will be sprayed with disinfectant between Riders and wiped dry.
- Saddles will be lightly sprayed with disinfectant and allowed to dry between Riders.
- Saddle pads and girths will be sprayed with disinfectant and then allowed to dry at the end of the day.
- Lead ropes and halters will be sprayed with disinfectant and then allowed to dry at the end of the day.
- Brushes will be sprayed with disinfectant and then allowed to dry at the end of the day.
- Only Instructor will be allowed to harness and unharness horses at this time to control the amount of touch points.
- Horse leaders will be responsible for cleaning tack for assigned equine. Tack will not be placed back into tack room until cleaned.
- Gate latches, cross tie snaps, hose ends, door knobs, light switches, ramp rail, and any seating/tables will be cleaned twice a day.
- Regular cleaning of bathroom will be done at the end of the day.
- There will be signs throughout the property reminding about hand washing, social distancing, etc.
- Disinfectants will follow the CDC recommendations.
- Hand Sanitizer will also be available.



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Rider Screening and Stages of Return

Lessons will be offered using a strict phased entry approach. The phases and their descriptions will be detailed in this document. First, and foremost, policies and procedures outlined in this plan are subject to change, at any time, based on local and federal mandates that are issued, or suggested, during this pandemic.

A customized **Risk/Benefit Assessment** will be completed for each Rider prior to acceptance into the semester program. Riders and their families will also be provided a copy of the SoléAna Stables **COVID-19 Infection Control Policies**. The **Risk/Benefit Assessment** form will be signed by the Rider/Parent or Caregiver and the Executive Director.

Phase 1:

Only Riders requiring minimal mounting/dismounting and Sidewalker assistance (no holds required) will be able to participate in lessons due to the close proximity of the Rider to Volunteers for an extended period. Lessons will be limited to 45 minutes, 3 Riders, 3 Sidewalkers, 3 Horse Leaders and 1 Instructor. Lessons will consist of activities that allow for social distancing, and grooming will not take place during this phase. We will reevaluate/adjust as needed all policies and procedures prior to moving to Phase 2.

Phase 2:

Phase 1 Guidelines will continue, however Phase 2 will allow for the addition of Riders requiring minimal mounting/dismounting assistance and Sidewalker assistance (using an ankle hold). An additional 3 Sidewalkers may be needed per lesson to assist Riders that need additional assistance. We will reevaluate/adjust as needed all policies and procedures prior to moving to Phase 3.

Phase 3:

Phase 1 & 2 Guidelines will continue, however Phase 3 will allow for the addition of Riders requiring full assistance to mount/dismount and full Sidewalker assistance throughout the lesson. Lessons will consist of activities that allow for social distancing and grooming **MAY** take place during this phase.

As Staff, Volunteers and families adjust to new Policies and Procedures and it is determined that we are able to safely implement the next stage in the plan, we will then contact those families with Riders that fall under Stage 2 or Stage 3 guidelines (as noted above).



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Phase 2 Reopening

4-6 weeks after Phase 1 starts, Phase 2 can start IF local and federal guidelines allow & Phase 1 has proven to be beneficial to Riders and safety precautions have been reevaluated and adjusted as needed.

Update Phase 1 Riders on any adjusted policies & procedures.

Review policies & procedures with all Riders beginning Phase 2.

Give parents/caregivers/family members option to go through Volunteer Training so they can assist their Rider during their lesson. This will lessen Riders contact with Volunteers & potentially give parents/caregivers peace of mind.

Phase 3 Reopening

4-6 weeks after Phase 1 & 2 have started. Phase 3 can start IF local and federal guidelines allow and Phases 1 & 2 have proven to be beneficial to Riders and safety precautions have been reevaluated and adjusted as needed.

Update Phase 1 & 2 Riders on any adjusted policies & procedures.

Review policies & procedures with all Riders beginning Phase 3.

Give parents/caregivers/family members option to go through Volunteer Training so they can assist their Rider during their lesson. This will lessen Riders contact with Volunteers & potentially give parents/caregivers peace of mind.