

# MAJESTIC HILLS RANCH 2021 Classes & COVID-19 Infection Control

Last updated 1/18/21



Majestic Hills Ranch (MHR) will be opening our 2021 classes this winter and into the coming riding season (May through October) with the following stipulations:

**Riders that need only 1 sidewalker and 1 leader, and the sidewalker will need to be a parent or caregiver that brings the rider. All parents/caregivers assisting will be given training in sidewalker safety protocols, which includes volunteer paperwork. If a rider needs an additional sidewalker, that person will also have to be provided by the family and be trained.**

- All riders and volunteers must wear a face mask (not a face shield) for the entirety of the time they are at the ranch.
- These riders will need to be able to mount and dismount the horse with only medium assistance from the instructor.
- These classes will incorporate limited amounts of easily disinfected equipment. We will restrict the number of riders to 3 per class.

**We are hoping that by late summer or fall we will be able to have community volunteers assist with side-walking again, but until there are more vaccines or a severe drop in cases, we won't be able to offer that service.**

## ***WE ASK THE FOLLOWING OF OUR RIDERS AND THEIR FAMILIES:***

- ◆ Only 1 parent or caregiver bring the rider each class and that siblings and guests are kept away.
- ◆ Riders, parents, staff, and volunteers must wear a face mask as all times at the ranch.
- ◆ When riding in the indoor arena, everyone must wash their hands when arriving and leaving—either at the kitchenette sink or the bathroom. Soap and towels will be at each station. (Please let staff know if either is running low.)
- ◆ Please keep social distancing when in the Clubhouse and when using the restrooms.
- ◆ If you are using a MHR helmet, please make sure to get it from the instructor and when finished, hand it back to the instructor or to your leader. We have helmets assigned to each rider and we disinfect between if it is used in more than 1 class.
- ◆ If you or your child have an allergy or sensitivity to cleaning products, please make sure to check with Kris. We have been using many different products (to see which is most effective with leather / cloth / and animals) and want to make sure that we do not trigger a reaction.

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## **Guidelines for the upcoming classes:**

- All riders can park on the pavement utilizing the handicapped parking area and volunteers can park across on the gravel parking next to the horse paddock. Please make sure not to park within 10' of the flag pole area so that horses can get through the gate and into the arena.

- Attendance for both riders and volunteers will be taken by Kris Z. each week, so until further notice there will not be a check-in book. Please make sure to let Kris know if you will be unable to attend any of the classes.
- Please make sure to use the restroom before coming to class if possible. While we will have restrooms accessible for all, we will be disinfecting them only once per day.
- Before coming to the ranch, please ask of yourself and / or the rider the following health questions as a “Daily Health Screening:”
  - Are you feeling unwell? Fever or chills, cough, shortness of breath, aches, sore throat, tired, GI difficulties, headache, new loss of taste or smell, or nausea?
  - Have you or anyone you live with shown signs of COVID recently or tested positive?
  - Have you or anyone you live with encountered anyone with COVID recently?
  - Have you or anyone you live with encountered or been exposed recently to someone who is symptomatic ?

***If you answered “yes” to any of these questions, please stay home from the ranch and call or text Kris @ 952-426-5688 to let her know you will be out.***

## **Exposure Guidelines:**

***Current guidance based on community exposure, for people exposed to people with known or suspected COVID-19 or possible COVID-19:***

Exposure is defined as an individual who has had close contact (<6 feet) for ≥15 minutes to any person with COVID-19 who has symptoms (in the period from 2 days before symptom onset until they meet criteria for discontinuing home isolation; can be laboratory-confirmed or a clinically compatible illness) OR to any person who has tested positive for COVID-19 (laboratory confirmed) but has not had any symptoms (in the 2 days before the date of specimen collection until they meet criteria for discontinuing home isolation).

An individual that has been exposed must stay home until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times; self-monitor for symptoms; check temperature twice a day; and watch for fever, cough, or shortness of breath, or other symptoms of COVID-19. Follow CDC guidance if symptoms develop.

## **Travel Quarantine from the Ranch:**

We ask everyone that travels out of state (for any length of time) to self quarantine from the ranch for 2 week following the return to the state. This includes returning from college; traveling to WI, IA, SD, or ND; traveling up from a southern state; or international travel. If after the 2 weeks no symptoms have been experienced, you are welcome to come back to class. We will credit the classes that you will be out for quarantine, but not for the classes which is used in traveling.

## Returning to MHR—after suspected or confirmed for COVID-19.

Riders, volunteers, or staff can return to the ranch after assessing health from the 2 strategies listed below. (Taken from the CDC Return to Work for HCP web page.)

- ◆ Symptom-based strategy. Excluded from ranch 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*
  
- ◆ Test-based strategy. Excluded from ranch 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 COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected  $\geq 24$  hours apart (total of two negative specimens)

## Program Procedures:

### Staff Arrival:

- Make sure to wear a mask at all times when working with the program.
- Wash your hands at the kitchenette sink when entering the Clubhouse.
- Check in with the instructor for attendance, to get horse updates, and to confer about the barn sheet with horse and tack assignments. The instructor (or a designated volunteer) will get the clean tack out of the tack room and place it on the arena fence for the horses to be used. The instructor (or designated volunteer) will get grooming buckets out and put next to the tack as well as halter and lead for designated horses.
- Instructors need to get arena set up for class, utilizing the proper equipment.
- If a rider needs a MHR helmet, the instructor will chose one and put it aside for them. (All helmets are labeled, numbered, and will be assigned to a rider. This will be documented and helmets will be kept out of the way for now.)
- The instructor (or designated volunteer) will place the “Dirty Items” basket across from the tack room as well as a saddle stand. Tack (including saddles, pads, reins, halters, lead ropes, rider helmets, and any misc. items.) will be placed in the basket or on the saddle rack for disinfecting. We will be cleaning and disinfecting items between each class and at the end of the evening.

### Volunteer Arrival:

- Make sure to wear a mask at all times when at the ranch.
- Park on the gravel across from the Clubhouse, but make sure you leave a 10' path in front of the paddock gate to get the horses through. Enter and wash your hands at the kitchenette sink, check in with Kris for attendance and then with your instructor.

- Horse tack and halters should already be set aside in the indoor arena. Check barn sheet or with instructor to see which horses to get and wait until a second volunteer arrives. When there are at least 2 volunteers present, you can go out to get the program horses. One volunteer can watch the gate while the other gets their horse out of the dry lot, and then they can hold the gate while the second volunteer gets their horse. Make sure that the gate is tightly shut and FIRMLY locked at all times. Once both the horses are out of the lot, bring them into the arena for grooming and tacking. Make sure to wash hands after tacking up the horse and before class begins.
- During class, try to keep a long lead line to allow riders to steer their horses. Make sure to keep social distancing as much as possible. (Do not drop back to walk next to the rider.)
- After the rider has dismounted, bring the horse back to the arena for untacking and then out to the dry lot. All used tack will go into the “Dirty Items” basket or rack for washing and disinfecting.
- Wash your hands in the bathroom sink before leaving.

## Rider Arrival:

- Make sure to wear a mask at all times when at the ranch.
- Check in with Kris [952-426-5688] to confirm if class will be held if the weather is wonky. Come into the Clubhouse, wash your hands at the kitchenette sink and wait by the benches until the instructor comes to get riders to mount. Please observe social distancing at all times.
- The instructor will come to get you to mount up for class. If the rider needs to borrow a helmet, the instructor will have an appropriate helmet already assigned for them and will have the parent help fit it onto them at this time.
- The instructor will assist the rider onto the horse with minimal effort and girths / stirrups will be checked after entering the arena.
- After class, the instructor will assist with dismounting with minimal effort, and will assist getting cookies / treats for the horses, while the rider is assisted by the parent / PCA with feeding the horses.
- Return helmet to the instructor if borrowed, wash hands in either the kitchenette or bathroom sink and then leave the Clubhouse.

## Disinfecting Procedures:

### Horses:

- Horses that are in used in multiple classes in one day will be sprayed down with Isopropyl alcohol on the withers, neck and shoulder.

### Tack & Facility:

- Grooming buckets and all tools used will be cleaned with CDC approved cleaning solution and allowed to dry after each class.
- Reins will be sprayed with CDC approved cleaning solution and allowed to dry after every class.
- Saddles will be cleaned with CDC approved cleaning solution and allowed to dry. They will then be wiped down with a leather conditioner before putting away. If a saddle cover is used instead, it will be washed and dried before next use.

- Lead ropes and Halters will be cleaned by CDC approved cleaning solution and then hung to dry.
- Saddle pads will be sprayed with CDC approved cleaning solution spray after every use and allowed to dry.
- Girths will be sprayed on the buckles with CDC approved cleaning solutions after usage.
- Facility: All surfaces including door handles, tables, chairs, gates, restrooms, doors, equipment, etc. will be sprayed with CDC approved cleaning solutions at the end of each evening.

*As always, if you have questions or concerns, please contact Kris at 952-426-5688 or email [KZieska@MajesticHillsRanch.com](mailto:KZieska@MajesticHillsRanch.com). We are committed to providing safe therapeutic riding to our MHR family, and we want everyone to enjoy their time at the ranch while staying healthy. We were able to hold classes safely in 2020 and hope that we can continue into the new year.*

Please sign and date that you have read the above information and understand the guidelines that we are trying to follow:

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_