Majestic Hills Ranch Phased Reopening Plan & COVID-19 Infection Control

Last updated 6/22/2020

Majestic Hills Ranch (MHR) will be reopening for classes in a phased sequence. Dates may change due to CDC, national, state, or local recommendations. The phases will be as follows:

Phase 1: Returning Volunteers [May 18th – June 19th]

- We are asking volunteers with horse experience to come out to help get our equine associates more prepared for classes to begin. We will be grooming them, lunging them, and working with program equipment so that they will be ready to go once we start with the next phase.

Phase 2: Independent riders & emerging independent riders (those that will only need a leader to assist them.) [June 22nd – July 23rd] 5 weeks in length

- These riders will need to be able to mount and dismount the horse with minimal assistance.
- These classes will focus on riding skills so that there will be minimum handling of program equipment. We will limit the number of riders to 2 per class.

Phase 3: 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 and background checks. [Tentatively July 27th – September 3rd] 6 weeks in length

- 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 up to 3 per class.

Phase 4: Riders that need 1 sidewalker that is a community volunteer or 2 sidewalkers with one of them a parent or caregiver. [Tentatively September 14th – October 29th] 7 weeks in length

- These riders will need to be able to mount and dismount the horse with medium to full assistance from the instructor.
- These classes will incorporate limited amounts of easily disinfected equipment. Class sizes will be at normal capacity of 4 riders.

During all Phases, we ask the following:

- 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 we are riding in the indoor arena, everyone entering the Clubhouse must wash their hands at the kitchenette sink when arriving and wash their hands in the bathroom sink when leaving. Soap and towels will be at each station. (Please let staff know if either is running low.) We will have baby wipes and/or hand sanitizers by the outdoor arena to clean hands if needed and disinfect before classes begin.
- Please keep to designated areas so that disinfecting can be done at the end of the night.

Guidelines for the upcoming classes:

- All classes will be held in the large outdoor arena unless weather (heat, wind, rain, or insects) force us to use the indoor arena. I will text weekly where classes will be held, so please confirm via text the best way to contact you.
- Parking for riders will be next to the shop (former handicap parking area), parking for volunteers will be by the indoor arena for horse handlers and by the hay barn for sidewalkers. When we will be riding in the indoor arena, all riders can park on the pavement utilizing the handicapped parking area and volunteers can park across on the gravel parking. 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.
- All staff and volunteers will have their temperatures taken when they first arrive at the Ranch.
- 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.

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 ≥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 kitchen sink when entering the Clubhouse.
- Check in with Kris to get your temperature taken, to get horse updates, and to confer about barn sheet with horse and tack assignments. She (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. Kris (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, prepare hand cleaning station—baby wipes and/or hand sanitizers for outdoor arena, both sinks in the Clubhouse area if indoor riding. [Baby wipes are to CLEAN the hands; sanitizers are to disinfect.]
- If a rider needs a MHR helmet, the instructor will chose one and put it aside for them. (All helmets will be moved to the back hallway for the time being to make sure riders don't touch them.)
- Kris (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. No one will be allowed into the tack room except for Kris, the instructor, and a designated volunteer. If you need ANYTHING from that room, please ask one of them.

Volunteer Arrival:

- Make sure to wear a mask at all times when at the ranch.
- Park on the gravel across from the Clubhouse, enter and wash your hands at the kitchen sink, check in with Kris to get your temperature taken 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 in the indoor or outdoor arena and park accordingly. If outside, wait in your car until the horses are ready for mounting. If indoor, come inside, wash your hands at the kitchen sink and wait on the appropriate spot (as marked by tape on the floor.)
- 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 selected for them and will have the parent help fit it onto them at this time. If riding outside, baby wipes and/or hand sanitizer will be available before helmet fitting.
- The instructor will assist the rider onto the horse with minimal effort and girths / stirrups will be checked after entering the arena. The rider is responsible for controlling the horse at all times, though they will have a volunteer to assist in emergencies.
- After class, the instructor will assist with dismounting with minimal effort, and will walk the rider to the parent / PCA. (At this time there will be NO cookies or treats given to the horses after class.)
- Return helmet to the instructor if borrowed, wash hands in the bathroom sink or use hand sanitizer, and then leave the Clubhouse. We ask at this time that you do not visit with the other barn animals (horses, cats, or goat.)

Disinfecting Procedures:

Horses:

- Horses that are in classes will be bathed weekly or bi-weekly (depending on weather) and sprayed down with Isopropyl alcohol on the withers, neck and shoulder after being used.

Tack & Facility:

- Grooming buckets and all tools used will be dunked into CDC approved cleaning solution and allowed to dry after each class.
- Reins will be washed 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 washed with the reins in CDC approved cleaning solution and then hung to dry.
- English saddle pads will be washed after each use, Western pads will have a protective cloth over them that will be washed. They will be sprayed with CDC approved cleaning solution spray weekly.
- Girths will be treated the same as saddles unless they are fabric, then they will be washed with saddle pads.
- Facility: All surfaces including door handles, tables, chairs, gates, restrooms, doors, equipment, etc. will be cleaned using CDC approved cleaning solutions after each lesson and 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. 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. This change to our routine is VASTLY different than anything that we have worked with before, so please have patience while we discover what the new "normal" is going to be. We look forward to seeing what this adventure will hold for us!

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

Name: _____ Date: _____

Signature: _____