



RIDING WITH HEART COVID-19 GUIDELINES and ACKNOWLEDGEMENT

Riding with HEART is committed to providing the safest environment possible for our riders, clients, volunteers, and staff. We have reviewed all federal, state of New Jersey, and Hunterdon County guidelines to ensure that our policies and procedures are appropriate. If updated best practice protocols are released, Riding with HEART will update protocols accordingly.

All riders, clients, volunteers, and staff are required to comply with the procedures and policies as set forth in this document and will be required to sign in agreement before participating in any activities at Riding with HEART.

PLEASE DO NOT COME TO RIDING WITH HEART IF YOU OR A FAMILY MEMBER ARE SICK OR HAVE BEEN EXPOSED TO SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19 IN THE PAST 14 DAYS

GENERAL GUIDELINES

Riding with HEART adheres to the Center for Disease Control's recommendations to minimize the spread of disease, including COVID-19:

- Frequent hand washing or sanitizing
- Maintain physical distancing of six feet from others when possible
- Wear a face covering or mask
- Stay at home while sick
- Covering your mouth and nose with the corner of your arm when coughing or sneezing

Riding with HEART-Specific Guidelines

- Individuals who are experiencing coughing or shortness of breath, or anyone experiencing at least two of the following symptoms: fever, headache, new loss of taste or smell, sore throat, chills, repeated shaking with chills, or muscle pain is encouraged to call their healthcare provider for medical advice. *Individuals experiencing these symptoms CANNOT come to Riding with HEART.* They are to follow any quarantine or self-quarantine instructions recommended by their medical provider.
- If a participant, volunteer, or staff member is diagnosed with COVID-19 OR if anyone that a participant, volunteer, or staff member has been in contact with is diagnosed with COVID19, they must alert Riding with HEART immediately. All participants, volunteers and staff members must sign an updated liability waiver prior to their first engagement at Riding with HEART.
- Riding with HEART follows the most current mask wearing recommendations regarding the wearing of masks.
- Frequent hand washing and/or hand sanitizing is required
- Riding with HEART staff members are responsible for disinfecting common surfaces daily.



Covid Protocol for Participants

- All riders must sign a new COVID-19 liability release form and return it via email or mail **before** attending their first lesson. Please return signed forms via mail or email.
- Families/caregivers should bring the minimum number of people possible to the lesson.
- Hand sanitizer is available at the entrance to the barn.
- At the end of the lesson, the rider will put on their mask if possible, and dismount with guidance from instructor.
- Riders and their family member/caregiver are asked to exit the farm as soon as their lesson is finished.

Covid Protocol for RWH Staff, Volunteers

- All staff and volunteers must wash their hands as soon as they arrive on the property.
- Bathrooms must be cleaned after each use.
- The last staff member to leave the property at the end of each day must use disinfectant spray on all frequently touched surfaces – light switches, copy machine, door handles etc. Everyone is to clean their own desk area.
- All staff are required to wash their hands frequently throughout the day.



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Please read, sign and date this document BEFORE participation in any activity at Riding with HEART.

I (parent, guardian, or participant), acknowledge the contagious nature of the Coronavirus/COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing.

I (parent, guardian, or participant), further acknowledge that Riding with HEART has put in place preventative measures to reduce the spread of the Coronavirus/COVID-19.

I (parent, guardian, or participant), further acknowledge that Riding with HEART cannot guarantee that I (parent, guardian, or participant), will not become infected with the Coronavirus/Covid-19.

I (parent, guardian, or participant), voluntarily seek services provided by Riding with HEART and acknowledge that I (parent, guardian, or participant) am increasing my risk of exposure to the Coronavirus/COVID-19. I (parent, guardian, or participant) acknowledge that I must comply with all set procedures to reduce the spread while attending each lesson.

I (parent, guardian, or participant), attest that:

I (parent, guardian, or participant) am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.

- I (parent, guardian, or participant) have not traveled internationally within the last 14 days.
- I (parent, guardian, or participant) have not traveled to a highly impacted area within the United States of America in the last 14 days.
- I (parent, guardian, or participant) do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.
- I (parent, guardian, or participant) have not been diagnosed with Coronavirus/Covid-19 and not yet cleared as non-contagious by state or local public health authorities.
- I (parent, guardian, or participant) am following all CDC recommended guidelines as much as possible and limiting my exposure to the Coronavirus/COVID-19.
- I (parent, guardian, or participant) acknowledge that Riding with HEART reserves to right to refuse services if any guidelines or protocols are not followed or violated.



I (parent, guardian, or participant), hereby release and agree to hold Riding with HEART harmless from, and waive on behalf of participant, family or guardians, and any personal representatives any and all causes of action, claims, demands, damages, costs, expenses and compensation for damage or loss to myself and/or property that may be caused by any act, or failure to act of Riding with HEART, or that may otherwise arise in any way in connection with any services received from Riding with HEART. I (parent, guardian, or participant) understand that this release discharges Riding with HEART from any liability or claim that participants, family, or guardian, or any personal representatives may have against Riding with HEART with respect to any illness, death, medical treatment, or property damage that may arise from, or in connection to, any services received from Riding with HEART. This liability waiver and release extends to all staff, volunteers, other participants, their families', or guardians, and the RWH Board of Directors.

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Please sign below to confirm that you have read all information in this document and that you and your family will be able to adhere to the protocols detailed within it.

Participant Name(s): _____

Participant/Parent/Guardian Signature: _____

Date: _____

Riding with HEART Staff Member Name: _____

Riding with HEART Staff Signature: _____

Date: _____

NOTE: This document will be updated as necessary by Riding with HEART following current health recommendations to comply with new guidelines/recommendations from federal, state, and local public health agencies.