



ALBANY THERAPEUTIC RIDING CENTER, INC.
founded 1981

Albany Therapeutic Riding Center, Inc.

P.O. Box 91
Slingerlands, New York 12159
(518) 898-0742
albanytherapeuticridingcenter@gmail.com



ATRC, Inc. COVID-19 Infection Control Plan For Session 3

All

1. During riding and ground lessons, no one will enter the barn/ main building with the exception of the outside porta-potty. All entrances will be property labeled with entry or no entry/staff only.
2. No one will be allowed on property for 14 days since the date that they returned from travelling as designated by the CDC policies. Or if they live with someone who has traveled. Everyone will be screened for travel.
3. If any person, who comes on property, tests positive for COVID-19, they must inform ATRC and the program will immediately close, subject to further guidance from Albany County Department of Health.
 - a. Anyone who was on site at the time of possible exposure will be contacted immediately, to the extent feasible, unless directed to do otherwise by the Albany County Department of Health.
4. If any person, who comes on property, is exposed to someone who has tested positive for COVID-19 – the program will be closed immediately and await further instructions from the Albany County Department of Health.
 - a. Anyone who was on site at the time of possible indirect exposure will be contacted immediately to the extent feasible, unless directed to do otherwise by the Albany County Department of Health .
5. No one with signs of symptoms should come to the facility.
 - a. Instructors will do a verbal health check with riders and volunteers in their lessons at the beginning of every lesson asking about: signs and symptoms, travel, and exposure. Documentation will be recorded in lessons evaluations/ notes.
6. Upon arrival, everyone will sanitize their hands at a hand sanitizing station following CDC guidelines. All staff, volunteers, riders, and their parents/ immediate family members/ guardians or any other visitors will follow New York and/or CDC guidelines concerning the use of PPE and social distancing.

Rider Screening

1. A customized Risk Benefit Assessment will be completed for each rider prior to the acceptance into the Session. This assessment will also include a copy of the ATRC COVID-19 Infection Control Policies- this form, along with the COVID-19 release, will be signed by each rider, parent/ guardian, and the Program Director.
 - a. If a risk/benefit assessment is performed, and a significant greater risk is determined, particularly with participants with respiratory or immune issues, families may be asked to get an additional doctor release, or an alternate option to riding may be explored.
 - b. A risk/ benefit assessment may indicate specific considerations; this will be a case by case basis.
 - c. A risk/ benefit assessment that the rider would be at greater potential of exposing others, albeit inadvertently, will be performed. For instance, a person who sneezes a lot- the rider would be required to wear a mask.



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2. For now, no rider requiring a full-time thigh hold will be able to participate in mounted lessons due to close proximity of riders to volunteers for an extended period. The reasoning for this policy is that volunteers would be at an angle in front and below the riders for an extended period. Lessons will re-open in the following stages- around 2 weeks between each stage depending on NYS guidelines for re-opening and social distancing:
 - i. **Stage 1:** Fully independent riders requiring no volunteer support. Number of people allowed at barn during an hour: 4- two ATRC staff, one rider, one parent/ immediate family member/guardian. Volunteers may return to the barn to help with chores (not in lessons), with physical distancing. Private lessons only, no group lessons at this time. Volunteer restrictions- older volunteers or volunteers who are immunocompromised not allowed to re-enter program or barn yet.
 - ii. **Stage 2:** Riders who require just a leader, no sidewalkers. Number of people allowed at the barn during an hour: 6- two ATRC staff, one rider, one parent/ immediate family member/ guardian, two volunteers.
 - iii. **Stage 3:** Riders who require a leader and one non-contact sidewalker. Number of people allowed at barn during an hour: 6+
 - iv. **Stage 4:** Riders who require a leader and 2 full support sidewalkers. Number of people allowed at the barn during an hour: No regulation.

Family/ Rider Procedures

1. Families should bring the minimum number of people needed to care for the rider to help limit the number of people on site.
2. **Riders will be required to have/ purchase their own helmet.** This is a new rule for ATRC. In the past we have allowed riders to borrow a helmet, but there is no way our staff can properly sanitize a helmet between each rider to prevent the spread of COVID-19. Please reach out to Miss Taylor or Miss Lauren if you need assistance finding the right helmet for your rider. **Bike helmets are NOT allowed.** All helmets must be ASTM-SEI approved horseback riding helmets to properly fit the rider for riding lessons and to meet PATH Intl. Standards for Safety.
3. Riders can bring their own clean reins with input from instructors for rein selection if they do not feel comfortable using ATRC's reins.
4. Families will bring their own chairs. They can bring a simple folding chair- without a bag.
5. Riders will wait in cars until a volunteer/ instructor comes to get them at the start of a lesson. Do NOT enter the barn when you get to the farm for your lesson. The barn will be restricted to staff only during this time. Please do not keep cars running in the parking lot, the fumes and loud speakers cause problems for our horses and lessons.
6. At the end of the lesson, riders will be dismounted and escorted directly back to their cars.
7. Families will be asked to leave promptly after their lesson to allow for disinfecting and to limit the number of people on site.



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Volunteers

1. In order to keep volunteers engaged and to maximize volunteer retention, we may need to limit volunteers to less lessons. Thus, maintaining a small number of people on site but maximizing number of people engaged in program.
2. Volunteers will wear face masks the entire time they are on property.
3. Volunteers will be encouraged to bring their own masks however a small supply will be available on site. If you are using a reusable, cloth mask we ask that your mask be recently washed/ sanitized prior to your volunteer session.
4. If volunteers want to wear gloves, they can come on site, wash hands, and use provided gloves.
5. Volunteers will be trained in proper face mask use, hand washing/ sanitizing, and signs/ symptoms of COVID-19. Training will be documented.
6. No hand jewelry will be worn. Only easily washable watches with minimal grooves may be worn.
7. Volunteers will sanitize hands upon arrival. Horse handlers will be getting horses, sidewalkers will wait outside of the barn near the table and chairs. Volunteers can bring a simple folding chair- without a bag.
8. Volunteers will text the barn phone or email Lauren, the volunteer coordinator, with the number of hours they completed. The sign in book will not be used.

Staff

1. Instructors will each have an infection control packet. The packet will contain supplies to mitigate contamination by bodily fluids including properly folded masks, sanitizers, tissues, Ziploc bags (for soiled tissues), and gloves.
 - Gloves will be worn with riders who are drooling, hands in mouth/nose, any other instance where they are considered needed.
2. Instructors will wear their masks during mounting and dismounting and whenever within proximity of others, but will remove and store mask according to CDC infection control guidelines when further away for clear communication.
3. Staff have recently been trained in COVID 19 symptoms, handwashing/eye/face safety, personal protective equipment use, and safe biohazard disposal.
4. Instructors will provide assistance to riders from the side or back as much as possible- avoiding standing directly in front of them.
5. Staff will manage all for proper social distancing- not normal in our environment- so many will need reminders initially.



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Programming

1. Grooming stall will be used to clean tack. Dirty tack will be left outside the front door by the parking lot if not raining. If raining, tack will be placed on the right side of the grooming stall, clean tack to the left. Tack will be cleaned and set in grooming stall to properly dry before being returned to tack room. ONE staff member or volunteer will be assigned to tack cleaning, and a different staff member will be designated to return clean tack to the tack room.
2. Tack room will have restricted access for authorized personnel only. One volunteer or staff member will be assigned to enter tack room to collect tack needed for next lesson.

Horses

1. Horses that are used in lessons will be bathed after each rider if it is warm enough to do so. If it is too cold or the horse is used in back to back lessons, they will be sponged off along their withers, neck, and head.

Tack

1. Side door area in front of Jane's stall will be used to set out clean tack for a lesson by staff.
*Only staff will enter the tack room.
2. Will have designated cleaning volunteers.
3. Will document when saddles are cleaned.
4. All cleaning will follow CDC guidelines.

Grooming Items: Will dunk in disinfectant solution following CDC guidelines after use. Riders can purchase their own brush sets for their personal use to keep with them at all times if not comfortable using ATRC grooming tools.

Reins: Riders can purchase their own reins if not comfortable using ATRC reins on bridles. Reins will be disinfected following CDC guidelines after each lesson, and then dried.

Saddles: Saddles will be cleaned between riders. There will be designated clean saddle racks in grooming stall. There will be "waiting to be washed" saddles outside the front door of the barn if not raining. All areas will be clearly labeled.

Lead ropes and halters: There will be lead ropes designated for turn out/ turn in and lessons. Lead ropes used for barn chores will only be used by staff. Lead ropes designated for program and lesson use will be disinfected following each lesson and set to dry.

Western saddle pads: Will be covered by a sheet or towel over the pad and under the saddle. Covers will be used once each and will be washed after each use.

English saddle pads: Will be washed and disinfected after each use.

Bridles and girths: Will be washed and disinfected after each use.



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Facility

1. Will disinfect gate latches, cross tie snaps, hose ends, doorknobs, light switches, and commonly touched surfaces twice a day.
2. There will be trash bins provided, separate for general and for biohazard. Biohazard will be disposed of in a double bag, according to CDC guidelines, and placed in the street trash cans twice a day (after morning and night classes).
3. There will be no recycling at this time.
4. Disinfectants will follow the CDC recommendations.

Participant/Parent Signature: _____ **Date:** _____

Program Director Signature: _____ **Date:** _____