



CARLISLE ACADEMY
INTEGRATIVE EQUINE
THERAPY & SPORTS

PHASE 2 (Continued for Fall 2020)

Guidelines:

- We will operate at 50% capacity during this period.
- All participants must adhere to *Infection Control Policies*. (See below)
- Activities will take place in an open-air environment (including indoor and covered arenas with open sides/windows) with *no more than 50 people* on the grounds at any one time.
- Access to tack room, tack area, classroom, and common spaces is limited.
- All activities are staggered and abide by a set schedule with a limited number of household members onsite.
- Visitors are allowed by appointment only.

Services intended for:

- Traditional Lesson Program, Pony Club, and Para-Equestrian independent riders. Private lessons only. Semi-private/group is the exception not the rule. Horse is groomed and tacked by instructors and assistants, unless in a lease program. *Face masks are required around stables, but not during increased activity part of the lesson if physical distancing is maintained.*
- Ground-based clients participating in mental health and wellness programs, including grooming and farm-based program. Small groups in open air space allowed. *Face masks for all parties are required.*
- Adaptive Equestrian Sports students who need minimal physical assistance while mounted, may require a staff horse handler, and can have a trained household member sidewalk and assist with mounting/dismounting if needed. *Face masks for all parties are required.*
- Hippotherapy clients who need minimal physical assistance while mounted and can have a trained household member sidewalk and assist with mounting/dismounting if needed. Staff horse handlers are available. *Face masks for all parties are required unless exempted. Service is not intended for the medically vulnerable client, as defined by the Center for Disease Control for this pandemic.*
- Academic Fieldwork/Interns while practicing distancing and safety measures.

Carlisle Academy & Spring Creek Farm Infection Control Policies

Carlisle Academy, Spring Creek Farm, all employees and all recipients of services must abide by these policies in order to work and participate in services during the COVID-19 Pandemic. In addition to the specific guidelines stated for each phase, we will maintain a commitment to the following procedures:

- Participants will be required to sign the *Covid-19 Acknowledgement of Risk and Acceptance of Services/Liability Waiver*.
- No one showing signs or symptoms of COVID-19 (cough, shortness of breath, or fever) will be allowed to come to the facility.
- Visitors are allowed by appointment only.
- Posters will be displayed around the facility regarding CDC hygiene techniques.
- Employees will be asked to refrain from handshaking and greet with an elbow or a gesture from a distance.
- Employees must have a mask on their person, ready to use when in close proximity to customers, vendors, and visitors on the farm. Carlisle will keep extra face masks on hand.
- All students, interns and apprentices are required to wear a face mask while at the farm. Carlisle will keep extra face masks on hand. Children under age 2 should not wear a mask. Fully independent lesson students do not need to keep masks on during heightened activity portion of lesson.
- Instructors, therapists, and interns will wear their masks during mounting/dismounting procedures and whenever within proximity of others, but can remove (drop down on neck) when further away for clearer communication.
- Lesson assistants, horse handlers and sidewalkers will wear masks during the entirety of the session.
- Staff, interns and apprentices will practice proper social distancing as much as possible, 6 feet apart.
- Cleaning and disinfecting of areas will follow the CDC recommendations.
- There will be hand sanitizer stations, wipes, or sprays available throughout the setting, as well as two designated sinks for handwashing with disposable towels (by office door and lower tack room).
- Participants should limit the use of indoor bathroom and preferably use home facilities.
- Carlisle will minimize foot traffic and limit number of people inside common areas (the tack room, office, and classroom).
- Designated personnel will disinfect gate latches, spray nozzles, cross tie snaps, pitchforks, wheelbarrows, and other frequently used non-porous surfaces daily.
- Designated personnel will disinfect high-touch surfaces in common areas daily.
- Toys and objects used in sessions will be cleaned after each use.
- Wherever possible, staff and lessees will avoid sharing equipment and supplies between persons.
- Riders can bring their own clean reins with input from instructors for rein selection.
- Riders will be required to have their own helmets. If purchasing a helmet poses an economic hardship, Carlisle has several that can be loaned out during this time, or we can make a request for a donation through a vendor.
- For communal tack, all bridles, reins, saddles, and brush handles will be wiped down with soap after each use by designated people. Cleaning will be documented on a chart.
- Ground-based clients will not be required to use helmets.
- Families should bring only the number of people needed to transport, care, and/or sidewalk for the rider to help limit the number of people onsite. Siblings should plan to stay at home, and if present, must be supervised at all times.