

Covid 19 and Arrow Equestrian

Covid 19 is a virus that has ended many lives before their time and continues to do so. **Think** – even now, (July) the number of deaths equates with approx. 2 buses crashing every day with all passengers killed. 182 NHS staff have died while trying to help others and there are many hundreds of new infections every day. **Do not be complacent.** It is highly contagious and infectious and up to 40% of all Corona Virus infections are likely to have been transmitted by individuals who have the virus but show no symptoms at all. It is vital that you are aware of the symptoms. It is also vital that you alert all of your contacts in case you have inadvertently infected them. Please take all reasonable precautions and do not come to Arrow if you have recently – within the last 14 days - been in a situation where social distancing rules have been disregarded.

The main symptoms of coronavirus (COVID-19) are:

- 1 A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- 2 A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual and the cough tends to be dry rather than moist)
- 3 A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
- 4 You may have only mild symptoms or maybe only one of the symptoms but do not take any risks with your life and the lives of others

Procedures for Riding Lessons at Arrow Equestrian

1 Booking

- a. Prior booking is mandatory and all clients will be requested to complete a “Covid 19” booking form
- b. Payment in advance by BACS or cheque will confirm your booking unless you normally pay monthly in which case this will continue
- c. Refunds will only be given on cancellation due to you or a member of the team at Arrow showing symptoms of the virus. Clients **MUST** inform Sue NP if they have any symptoms or have been in contact with anyone who has symptoms or who has tested positive for Covid 19

2 Arrival on Yard

- a. Lessons will be staggered so that client numbers at the stables are restricted. Please respect this and arrive and leave on time.
- b. Please ensure that you only wear clean, freshly laundered clothes, including gloves if worn.
- c. Social distancing of 2m is advised while on the premises
- d. Please park by the indoor school and walk across the road to the stables
- e. **New Clients:**
 - i. **Please remain in your car by the indoor school** and your horse will be brought to you.
 - ii. Your horse will be cared for by a member of staff before and after your lesson and this service is included in your lesson fee

- iii. Only 1 additional person is allowed to accompany you.
 - iv. Please use the anti-viral spray (provided) when entering or leaving the school
- f. **Lesson on your own horse:**
- i. Please park by the indoor school and do not come to the stables.
 - ii. You are responsible for the cleanliness of your own equipment.
 - iii. Only 1 additional person is allowed to accompany you.
 - iv. Please use the anti-viral spray (provided) when entering or leaving the school
- g. Before entering the stables, please sanitise your hands with the anti-viral spray that is placed by the entrance for this purpose. This applies even if you are wearing gloves – they must be sanitised.
- h. Disposable gloves and masks can be supplied in an emergency but clients are expected to supply their own PPE. However, this equipment must not have been used previously and/or must have been freshly laundered. Clients are responsible for disposing of their own PPE

3 Toilet Facilities

- a. The toilets for the use of clients are in the (vacant) holiday unit – please ask for directions
- b. Please clean surfaces and handles with anti-viral spray and paper towels (provided) after use. Do not throw wipes into the toilet; use the bin provided.
- c. The toilets will be cleaned thoroughly and regularly by staff

4 Before and After Lesson

- a. For those of you who like to prepare your own horse, a **green grooming box**, (“green” for “go”) will be for client use only and all tack will be placed by your horse’s stable
- b. You may bring your own kit for your own personal use
- c. All tack including boots and girths etc will be cleaned between lessons. Tack will be washed with hot water and Fairy Liquid before applying saddle soap (which is usual practice here).
- d. Clients are responsible for ensuring that everything and anything they touch, including the grooming kit, is sprayed/wiped with ant-viral spray (provided), after use.
- e. Additional cleaning throughout the yard will be carried out by staff daily.

5 Access to Stables and Tack Room area

- a. Strict 2m social distancing will be enforced in these areas at all times
- b. There will only be 1 client in the stables at any one time unless 2 are from the same household.
- c. There will only be 1 client in the tack room at any one time unless 2 are from the same household.
- d. Kitchen facilities are closed to clients
- e. The loo in the tack room is also closed to clients, (use the loo in vacant holiday unit)
- f. Access to “BB” the equine simulator remains under review

6 Lesson

- a. Social distancing will be maintained at all times except in the case of an emergency. Safety of horse and rider is paramount.
- b. Lessons will be one-to-one unless 2 people are from the same household
- c. Riding gloves if worn must be clean and either sanitised or freshly laundered
- d. Please use the hoof picks provided (or your own) before leaving the school and clean with anti-viral spray after use.
- e. Please bring your own whip

7 After Lesson and Departure

- a. For those of you who like to put your horse away and clean tack the rules for before and after lessons (3) apply
- b. If you would prefer staff to deal with your horse before and after your lesson, please ask in advance and your lesson fee will be adjusted accordingly
- c. Clients are expected to leave the yard promptly after their lesson.
- d. Sadly, socialising in and around the stables cannot be permitted for the moment

Please enjoy your riding safely and with respect for others