

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, (Jan 2022) the number of deaths equates with approx. 2 buses crashing every day with all passengers killed. **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.

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, feel a bit “off colour” or maybe only one of the symptoms but do not take any risks with your life and the lives of others.

Vaccinations reduce the risk of serious illness and hospitalisation and it is vital that we do all we can to help protect each other. Transmission is more likely in crowded or confined areas where the ventilation is poor so **masks should be worn** in these situations and are **compulsory** for lessons on the equine simulator. In addition, all clients coming to Arrow must take a **Lateral Flow Test** within 24 hours prior to their visit and confirm (text 07966 526 239) that the results are negative. Should you test positive, you must cancel.

Procedures for Riding Lessons at Arrow Equestrian

Please read them so that you can help us to help you

1 Booking

- a. Prior booking is mandatory and all clients will be requested to complete a “2021 November Covid Declaration” form before their first lesson. Please remind yourselves of this declaration before subsequent lessons
- b. Confirm that you have had a negative lateral flow test within 24 hours prior to your lesson
- c. CANCEL if you have any concerns or if your test result is positive
- d. Payment in advance by BACS will confirm your booking (unless you normally pay monthly in which case this will continue) Please note that I do not take cards.
- e. BACS details: Arrow Equestrian, Sort Code 20-39-64 a/c 30160679

2 Cancellation and Refunds

- a. Full refunds will be given if you (or I) cancel due to Covid 19.
- b. If you cancel for any other reason with more than a week's notice, your lessons fee will be transferred in full to another date.

- c. If you cancel with less than a week's notice the fee is £10
- d. If you cancel with less than 24 hours notice the fee is £20
- e. If you have booked a course or several lessons on the same day the cancellation fees apply to each lesson booked

3 Arrival on Yard

- a. Please park on the left by the indoor school and walk across the road to the stables
- b. Lessons will be staggered so that client numbers at the stables are restricted. Please respect this and arrive and leave on time.
- c. Social distancing of 2m is still to be observed while on the premises
- d. **New Clients:**
 - i. **Please remain in your car by the indoor school where I can see you,** (on the left if coming from the A44) and I will come to meet 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) if you touch any surfaces or handles when entering or leaving the school
- e. **Lesson on your own horse:**
 - i. If you are bringing your own horse you can unload outside the school or in the yard on the right where you can close the gates to the road for additional safety.
 - 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) if you touch any surfaces or handles when entering or leaving the school
- f. **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.
- g. 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

4 Toilet Facilities

- a. The toilets for the use of clients are in the (vacant) holiday unit – please ask for directions
- b. The toilets in the tack room which are used by staff can also be used “in an emergency”
- c. 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.
- d. The toilets will be cleaned thoroughly and regularly by staff

5 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.
- 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 the 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.

6 Access to Stables And Tack Room area

- a. Strict 2m social distancing will be observed in these areas at all times
- b. Lessons are staggered to prevent socialising in the stables or tack room.
- c. Kitchen facilities are restricted and on request only

7 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 on the equine simulator will be one-to-one unless 2 people are from the same household. Masks/face coverings must be worn.
- c. Lessons in the indoor school are generally one-to-one but may be up to a maximum of 5 plus the teacher if clients agree and social distancing is observed.
- d. Riding gloves if worn must be clean and either sanitised or freshly laundered
- e. Please use the hoof picks provided (or your own) before leaving the school and clean with anti-viral spray after use.

8 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 (5) 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 is still limited

9 Equine Simulator

- a. Lessons are limited to allow for thorough cleaning of room and equipment between clients
- b. Clients to provide and wear their own face coverings/visors
- c. Teacher to wear face covering/visor
- d. Physical contact between client and teacher to be kept to a minimum unless there is a safety concern
- e. Door left open to allow for ventilation
- f. Diffuser used during lesson to help sanitise air
- g. Steam cleaner/fogger to be used between lessons
- h. Computer and TV to be switched on and off by teacher only

Please enjoy your riding safely and with respect for others