

Covid-19 Restrictions and Prevention March 23, 2020
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Many of us have turned to our horses as a source of exercise, comfort and normalcy in these strange times. To date, Washington State has placed no legal restrictions on our equestrian activities. This may change, but in the meantime, in order to reduce risk to fellow boarders and caretakers, we recommend the following guidelines.

Coming to the barn:

******Upon arrival you must wash your hands with soap and running water for 20 seconds before touching anything******

- 1) If you or someone in your household has had a fever or cough or known covid19 exposure, **do not come to the barn** until you have self-quarantined for 2 weeks or tested negative and been released by a medical professional.
- 2) Visits are limited to boarders and staff only, with exceptions for spouses who frequently visit. Farriers and veterinarians are allowed as needed, provided they meet the requirements of point 1 above, but any other visits should be cleared first by barn management.
- 3) Respect the 6 foot distance to other people.
- 4) Plan to be efficient while at the barn and not linger.
- 5) Consider your personal risk level and whether coming to a communal place is an appropriate risk for you.
- 6) Prepare for the possibility of you becoming infected and unable to come to barn. Have plenty of horse feed prepared, write down the supplements your horse receives and ensure you have someone to care for your horse.
- 7) If you develop signs of Covid19 (fever, cough) or find out about a known exposure, notify your management and trainer so appropriate steps can be taken to reduce the risk to our barn community.

While at the barn

- 8) Consider buying a remote to open the gate and avoid touching the key pad. If you touch the key pad, do so after you have wiped your finger with alcohol or use a barrier to touch it.
- 9) On entering the facility, do not touch any door handles unless you have pre-wiped your hands with approved disinfectant (see below). Go directly to the bathroom to wash your hands with soap and running water for 20 seconds. This is the best prevention, perhaps better than alcohol based hand gel. The bathroom door, sink and toilet handles will be wiped daily at minimum. The bathroom doors will be left ajar so as to not need to use

the handles. If you do touch the handles before sanitizing, wipe the handles as you leave.

- 10) Keep spray bottles of diluted bleach handy for disinfecting. 1-2T/quart
- 11) Tack up in your stall, don't use wash rack or cross ties. This avoids close contact for aerosolized spread and handling of commonly used items like cross ties, brooms/pitch forks.
- 12) Consider limiting the number of riders in your arena remembering that the virus can stay in the air up to 3 hours.
- 13) Tack, including whips, should be used by their respective rider only. Store in your private tack area. Minimize or eliminate using any communal equipment.
- 14) If sharing tack with trainer, in between rider changes wash bridle and saddle with saddle soap and water.
- 15) Disinfect shared radio devices between uses. Place the device far from your face. Do not use shared ear devices.
- 16) Remember that gloves are vectors for viral spread and virus can live several days on cloth. We all often wipe our nose on our riding gloves or sleeves. Be conscious and try to avoid this, carry Kleenex or take off your gloves after you ride, hand wash again, wash the gloves at home that night or store them in a private area like your tack locker.

Cleaning the barn

- 17) Dedicate a person to, at minimum, daily, wipe down of all common touched sites with alcohol based wipe, or hydrogen peroxide or bleach soaked rag or paper towel (rags used once can be washed in laundry). These include door knobs of tackrooms, bathrooms, and stalls; light switches; wash rack handle/sprayer; pitch forks/ brooms/shovel handles/wheelbarrows). Make a list to show when this was done and by who. Dirt should be removed first with soap and water, then disinfected with purchased effective wipes or a spray bottle, saturated rag or paper towel containing effective solution. Disposable gloves should be worn to protect the person disinfecting.
- 18) Remove all shared food in tack rooms.
- 19) If stall cleaners come to your barn, ensure these rules apply to them. Consider providing them with sets of tools and wheelbarrows dedicated just to them, a separate set dedicated to barn boarders. Ensure them you are caring for them as well.

Covid Facts:

- 1) The virus can survive on cardboard 24hrs, copper 4 hrs, 2-3days on plastic and stainless steel, The Virus can hang out in air droplets for up to 3 hours but usually fall to the ground more quickly.
- 2) Wearing gloves may protect you but they still spread the virus if used surface to surface.
- 3) There is no evidence that Covid19 is transferred to our pets, but handwashing before and after is encouraged.
- 4) Solutions containing either 60-70% alcohol, or hydrogen peroxide or bleach (5T per gallon) are effective in disinfecting. Disinfecting will "kill" the virus, Sanitizing is meant to

reduce the number of virus. Non alcohol based hand sanitizers that contain benzalkonium chloride are not as effective as alcohol. Hand washing is preferred because soap removes dirt and binds the germs, physically removes them with rubbing your hands together and running water washes them down the drain. Effective also are EPA approved emerging viral disinfectants—hospital grade.

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2..>

- 5) Think that our barn is on “strangles protocol”, but with the humans having strangles...
- 6) Clinical signs of Covid19 appear 2-14 days after exposure but not everyone will show clinical signs.
7.)High risk patients: over the age of 60, chronic illness such as cancer or immunosuppression, heart, lung and or kidney disease, diabetes, pregnant or postpartum within 2 weeks of delivery, BMI >40