

A Safe Return to KTRA

Summer & Fall Sessions of Independent Riders Only

General Guidelines - to be respected at all times:

- If you have any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath), you should NOT come for your lesson.* If these symptoms begin during your lesson, you must leave immediately and contact your local public health office for recommendations. You must also inform KTRA. (*If you are unable to make your lesson please follow our lesson cancellation policy, which would involve calling us ahead of time to let us know that you are unable to make it.)
- In addition, the following individuals should not participate in lessons:
 - Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy as per the BC Ministry of Health (www.gov.bc.ca)
 - Any person who has been told to self-isolate.
 - Any person who lives in a house with or has been in close contact with someone with symptoms of COVID-19.
 - Any person who has arrived in BC from outside of Canada within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.

On-Site KTRA Guidelines - to be respected at all times:

1. Only instructors or other KTRA staff, boarders or leasers may enter the barn at any time.
2. Lesson participants are to park in the field beside the sand arena when they arrive. There will be cones placed so that vehicles are parked in an appropriate spacing between each other that will adhere to physical distancing rules.
3. Riders in semi-private lessons - please wait by your vehicle to be called over to the arena. Only one rider and the instructor in the mounting area at a time.
4. All riders must have their gloves on before entering the arena. If possible please allow the instructor to open and close the gates unless otherwise instructed.
5. Helmets: If you have your own helmet please make sure this is on before entering the arena. If you have to borrow a helmet from KTRA, your helmet will be in a tupperware container outside of the arena (labelled). KTRA helmets will be disinfected after each use even if only being used by one rider for the entire session.
6. Riders that are able to mount unassisted will do so under the direction and supervision of their instructor. Instructors will wear a mask if riders require more assistance when mounting and dismounting.
7. Riders are not required to wear masks during their lessons but they may do if they would like to.

8. Please do not bring guests to watch lessons. Riders should be brought by one parent or guardian and please only bring siblings if you are absolutely unable to leave them at home during the lesson. Remember if anyone in your household is unwell, no one should be coming for the lesson.
9. Ringside seating areas: We have 2 sets of bleachers, please only use these if physical distancing is possible. If not, please watch the lesson from your vehicle.
10. No loitering after lessons are over, please leave as swiftly as possible to allow for disinfecting between lessons etc.
11. There will be hand sanitizer available at the arena for riders to sanitizer their hands after their lesson, once they have left the arena and taken their gloves off.
12. There will be no feeding the horses treats at the end of their lessons at this time. If riders want to bring an apple or carrot to leave for their horse they may do so but they will not be able to feed it to them after their lesson is over.
13. Our outhouse will be strictly for emergencies only - please use the washroom at home before you come for your lesson.
14. It may be hot during your lesson, please bring your own filled water bottle, there will be no water available on site for lesson participants or refilling bottles as no one is allowed in or near the barn.
15. Please respect all posted signage about physical distancing and proper hygiene rules.
16. Please wash your gloves at home after each lesson.

KTRA Covid-19 Instructor Guidelines:

- No riders (unless they are a boarder/leaser) are allowed in the barn. All lesson participants are to park in the field next to the sand arena and wait outside their vehicle to be called over to the arena.
- All riders must have gloves and helmets on before they enter the arena. KTRA helmets will be stored in individual labelled tupperware containers and must be disinfected after each ride. Helmets can be stored under the ramp in the sand arena in the tupperware containers.
- If possible, instructors should only open and close all gates. If a rider needs to open or close a gate they must be wearing their gloves.
- Most riders should be able to mount unassisted following the instructors directions and supervision. If a rider needs more assistance when mounting instructors will need to wear a mask. There are washable fabric masks available for all instructors or disposable masks available as well.
- If you need to speak to a parent or guardian after a lesson please make sure to only do so if physical distancing is possible.
- There are 30mins scheduled between each lesson - during this time you will need to bring the horses back to the barn and possibly un-tack and/or tack-up the next horse(s).
- Rubber reins should only be used for lessons to make it easier to disinfect. Please wipe reins between riders with wipes or spray provided that will be at the sand arena. We will also keep a bottle in the barn as well. There are also enough reins that if you are running

out of time you could bring a new unused pair of reins out for the next lesson if needed. We will have clean and dirty bins for reins to help you keep track.

- Riders should not touch any equipment in the arena - please do not use rings or balls during lessons at this time.
- Remind riders to use the hand sanitizer after their lesson once they have left the arena and taken their gloves off.
- No treats are to be fed to the horses by the riders at this time.
- Encourage riders not to loiter after lessons.
- Our outhouse is for absolute emergencies only. It should only be used by staff, boarders or leasers. Lesson participants should use the washroom before they come for their lesson.
- If first aid needs to be administered, please make sure you are wearing a mask and gloves.
- Attendance records are extra important, please make sure they are up-to-date at the end of your lesson day.