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**COVID-19 PROTOCOL FOR VOLUNTEERS**

Equest is working hard to protect clients, the public, all staff, and volunteers. To this end, Equest is

following the Center for Disease Control (CDC) recommendations as well as state, and local health department guidelines to reduce the spread of COVID-19.

The CDC identifies the following groups to be at higher risk for severe illness from Covid-19:

**People with:**

* Asthma (moderate to severe)
* Chronic Lung Disease
* Diabetes
* Serious heart conditions
* Chronic Kidney Disease- being treated with dialysis,
* Severe Obesity (Body mass index of 40 or higher)
* Age 65 or older
* People living in nursing homes or long-term care facilities
* Liver Disease
* Immunocompromised

Alongside the identified high-risk groups listed above, the following populations, if served or interacted with at Equest, might be at increased risk of becoming infected or having unrecognized illness:

* People who have limited mobility or who cannot avoid coming into close contact with others who may be infected, such as direct support providers and family members
* People who have trouble understanding information or practicing preventive measures, such as hand washing and social distancing
* People who may not be able to communicate symptoms of illness

**Mandates For ALL Volunteers:**

* Absolutely cancel any appointment/lesson/session or volunteer obligation if experiencing any symptoms that may or may not be related to COVID-19 in the past 14 days **OR** if you have been exposed to anyone with COVID-19.

**Symptoms include, but not limited to are:**

* + - Cough
    - Shortness of breath or difficulty breathing
    - Chills
    - Repeated shaking with chills
    - Muscle pain
    - Headache
    - Sore Throat
    - Loss of taste or smell
    - Diarrhea
    - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees F
* Wash or disinfect hands upon entering the commons and after any interaction with employees, clients, other volunteers, family members or items in the commons, barn, or arena.
* You **must** take your temperature prior to leaving home. If your temperature is above 99.6 degrees, cancel your appointment/lesson/session or volunteer obligation.
* Maintain a minimum of 6-foot distance from other people, other than your own family members/caregivers.
* Wear a face covering when in the presence of another human being.
* If you wish to drink water while at Equest, it must be from your own water bottle that is clearly labeled with your name. Please bring a labeled water bottle with you.
* If you are participating in volunteer riding lessons, then you must bring your own ASTM/SEI approved for Equestrian use helmet and it is highly recommended that you bring your own riding gloves. Equest will NOT provide riding gloves.
* If side-walking in classes, you will wear disposable gloves provided by Equest
* If working in the stables, you will bring your own work gloves and in fact and wear your work gloves while working at Equest.
* If working in the stables you will use the same apple picker, broom, and/or shovel that will be disinfected at end of day. Equest staff will direct me to the location to place the implements when finished.

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**Check-list for Equest Volunteers Before Leaving Home During COVID-19**

I have not been exposed to someone with lab-confirmed COVID-19

I have taken may temperature today and its 99.6 or BELOW

I have none of the following symptoms:

* + - Cough
    - Shortness of breath or difficulty breathing
    - Chills
    - Repeated shaking with chills
    - Muscle pain
    - Headache
    - Sore Throat
    - Loss of taste or smell
    - Diarrhea
    - Feeling feverish or a measured temperature greater than or equal to 100.0-degree F

I will I will take with me:

* My face covering
* Water bottle labeled, if desired
* ASTM/SEI Riding Helmet, if applicable
* Riding gloves, if applicable
* Work gloves, if applicable