



Festina Lente COVID-19

Guidelines for

Festina Lente

Equestrian Centre Clients

Introduction

Festina Lente is currently preparing a series of COVID-19 Guidelines in preparation for when Equestrian Center Clients will be able to return to Festina Lente. The date for this has been confirmed as being Monday 18th May. We have been working on protocols for clients of the Equestrian Centre to minimise the spread of the virus and thereby keeping you and everybody safe. No doubt, we will continue to improve upon this over time. This document is based on generally available documentation on best practice and we would welcome your input on this also at this stage so that we can finalise this by end of this week / early next week. I would ask you to share this with your son/daughter/family member as we really want that everybody can have their say in how best to keep everybody safe.

Whilst everybody has a responsibility both to themselves and to others to observe the protocols, Festina Lente has set up a COVID-19 team to oversee general compliance with these guidelines. This team will be headed up by Elspeth Hocking – Health and Safety Officer. The team membership will be made up staff from across the organisation. If you observe non-compliance while at Festina Lente and you would to pass this on, please speak with Eilis or Clodagh or indeed with the person themselves. Alternatively, please fee to pass this on to Elspeth at Elspeth.Hocking@festinalente.ie – confidentially. All of this is so new to us all and in many ways it runs counter to the way we normally interact with people, so we will need your help to ensure guidelines are understood and followed.

In order that we can welcome people back, we have had to review the different ways in which our different client groups can be worked with and we are only able to have the young people, children and adults who can manage independently and for whom the no contact rule can be adhered to. Unfortunately, this precludes at this point many of our therapeutic riders and some supported helper clients due to the difficulty in being able to comply with the social distancing rule and an assurance that no contact can be complied with. <https://www.gov.ie/en/publication/ad5dd0-easing-the-covid-19-restrictions-on-may-18-phase-1/>. This is a real pity as we fully know how much these programmes mean to people. As soon as this is lifted, we look forward to welcoming you back.

We are currently awaiting guidelines on the wearing of masks. If you wish to wear a mask, please do so but we will not be requesting this until we receive further guidance.

Set out on the following pages are the guidelines which I hope you find helpful.



Jill Carey

Chief Executive Officer

Contents

Introduction	2
Arrival to Festina Lente	4
Payment of lessons	4
Social Distancing: Equestrian Yard	4
Wearing of Masks	4
Bathrooms.....	4
Tack, Helmets and Tools	5
Protocols for the different Equestrian Activities	5
1. Term Riding / Group lessons.....	5
2. Private Lessons / long lining / lunging / riding.....	5
3. Half Day Pony Camps	6
4. Private Vaulting Lessons	6
5. Private Lunge Lessons	6
6. Private Supported Helpers Sessions	6
7. Stable Management Sessions	6
8. Equine Assisted Learning Sessions.....	7
Garden Shop	7
First Aid	7

Arrival to Festina Lente

We would ask that you wash their hands before leaving your house. On arrival to Festina Lente, there are hand sanitising facilities at the first gate which you **must** use before coming into Festina Lente. This gate will be left open on all occasions to minimise contact in opening /closing the gate. We would also encourage you to bring your own sanitiser/s with you so that you can use this at any time during the day in the event that you need it.

Parents: If you will be driving your son/daughter/family member to Festina Lente, we would ask you to use the drop off point close to where you leave the car park and let your child/family member enter the yard on their own to the designated meeting point. We request that you do not enter Festina Lente to watch lessons or collect your children at this time but instead that you return at the designated time to pick up. If you have any concerns about this, please let us know and we will be able to meet you and your family member in the car park. We recognise that a number of clients will require to be collected from the Car Park and brought back to the Car Park. At the point of lesson confirmation, we will make these individual arrangements with and for each person.

Clients: If you are driving in yourself – please check before you leave the car that you can maintain social distancing when exiting your vehicle and be aware of others using the carpark.

There will be a meeting point for all clients – at this stage it will most likely be under the clock in the yard – but we will be confirming this to you shortly.

Payment of lessons

Payment of lessons must be done in advance at the time of lesson confirmation.

Social Distancing: Equestrian Yard

By now we are all aware of the need for social distancing. We have the yard marked out to highlight the 6 ½ feet areas this for clients and staff. There are some areas where this is more difficult e.g. the gallery. We have removed the red chairs to allow more space for people to pass by. However, all clients will be escorted by staff all the time during which they are in Festina Lente and as such we will be able to police the social distancing. As mentioned above, we request that parents/caregivers do not come into Festina Lente or watch lessons at this time to reduce the numbers of people congregating in the yard.

Wearing of Masks

As of now, there is no government guidance on the wearing of masks. Wearing of masks at this stage therefore is optional until further clarification is given.

Bathrooms

We would ask that you or your child/family member use the bathroom before you come into Festina Lente to minimise the potential of people using the bathrooms. Of course if needs be, please tell the designated staff member and s/he will bring you there. Please ensure to carefully wash your hands and use the spray provided for the toilet handle, taps, doors and any other surface you may have touched. Please leave the door fully open after use. Please refrain from using the bathrooms for changing and change before coming to Festina Lente.

Tack, Helmets and Tools

Staff will disinfect all tack which has had contact with riders after each lesson. Clients are not required to groom horses or ponies, but staff will follow hygiene protocols with grooming equipment after use. We advise where possible riders supply their own helmets and boots, but if Festina Lente's equipment is required, disinfectant spray is available for use before and after a lesson.

Protocols for the different Equestrian Activities

We have identified a number of different equestrian activities which can ensure that:

- A social distance of 6 feet can be maintained
- No contact

The following are the activities which we are able to offer:

1. Group lessons (maximum of 5 in a class)
2. Private lessons
3. Half day pony camps (maximum of 4 in a camp)
4. Private vaulting lessons
5. Private Lunge lessons
6. Private Supported Helper sessions
7. Stable management sessions
8. Private Long Lining Lessons

1. Term Riding / Group lessons

Riders who can ride independently can return to group lessons from Monday 18th May 2020. The coach will meet the group of riders at the designated lesson time underneath the clock in the yard. No parents or guardians are to attend – please drop your child in the carpark. The coach will bring the group to a designated space to outline the protocols that are in place and what is expected of the riders. It will also allow the riders to discuss / clarify any aspect of these protocols. Once done, the riders will tack up their horse under the supervision of the coach and in a designated order go to the arena space. A staff member may bring the horse into the arena if required. Mounting blocks will be used by each rider allowing 6 feet between each rider and horse. On completion of the lesson each rider will bring their horse back to the stable and untack the horse. Saddle and bridle will be left on the saddle rack outside the stable door. Riders will be asked to wait until all four have finished and will be escorted to the gate by the coach.

2. Private Lessons / long lining / lunging / riding

Riders who can ride independently and have had private lessons can return to private lessons from Monday 18th May 2020. The coach will meet the rider at the designated time underneath the clock in the yard. The coach will bring the rider to a space to outline the protocols that are in place and what is expected of the him/her. It will also allow the rider discuss / clarify any aspect of these protocols. Once done, the rider will tack up their horse under the supervision of the coach (this will be decided on a case by case basis depending on the skill level of the rider). A mounting block will be used by the rider – the coach will hold the horses whilst the rider is mounting at a 6 feet distance. On completion of the lesson the rider will bring their horse back to the stable and the coach will

escort the rider to the gate. A staff member will untack the horse and leave the tack on the saddle rack outside the stable.

3. Half Day Pony Camps

Effective 18th May 2020, half day pony camps will be available for groups of 4 children. The half day camps will be a mixture of lunging and stable management. The coach will meet the riders at the designated time underneath the clock in the yard. Where possible please do not accompany your family member in – if you have any concerns about this, please contact Clodagh in advance and we can discuss this. The coach will bring the group to a designated space to outline the protocols that are in place and what is expected of the children. It will also allow the children discuss / clarify any aspect of these protocols. One coach will provide the lunge lesson whilst a second coach will work with the remaining three children. Distancing will be strictly maintained through all sessions.

4. Private Vaulting Lessons

Young people who are part of the Festina Lente Vaulting Team can return for private vaulting lessons from Monday 18th May 2020. The coach will meet the person at the designated time underneath the clock in the yard. The coach will bring the rider to a space to outline the protocols that are in place and what is expected of the him/her. It will also allow the person discuss / clarify any aspect of these protocols. Once done, the person and coach will go to the designated arena space. The mounting block will be used to mount the horse. On completion of the lesson, the person will dismount and the person may bring their horse back to the stable. The coach will escort the rider to the gate. A staff member will untack the horse and leave the tack on the saddle rack outside the stable.

5. Private Lunge Lessons

Private Riders who can ride independently can return to private lunge lessons as and from Monday 18th May 2020. The coach will meet the rider at the designated time underneath the clock in the yard. The coach will bring the rider to a space to outline the protocols that are in place and what is expected of the him/her. It will also allow the riders discuss / clarify any aspect of these protocols. Once done, the rider may tack up their horse under the supervision of the coach though this will be decided on a case by case basis. Mounting block will be used by the rider. On completion of the lesson the rider will bring their horse back to the stable and the coach will escort the rider to the gate. A staff member will untack the horse and leave the tack on the saddle rack outside the stable.

6. Private Supported Helpers Sessions

Private Supported Helpers can return for Supported Helper sessions effective Monday 18th May 2020. The coach will meet the supported helper at the designated time underneath the clock in the yard. If required, the coach can meet the client in the carpark if extra support is needed. The coach will bring the supported helper to a space to outline the protocols that are in place and what is expected of him/her. It will also allow the supported helper to discuss / clarify any aspect of these protocols. After the sessions has been completed, the carer can meet the Supported Helper in the yard under the clock.

7. Stable Management Sessions

Those wishing to engage in stable management sessions can return effective Monday 18th May 2020. The coach will meet the young person at the designated time underneath the clock in the yard. If

required, the coach can meet the client in the carpark if extra support is needed. The coach will bring the young person to a space to outline the protocols that are in place and what is expected of him/her. It will also allow the young person to discuss / clarify any aspect of these protocols. We have a whole series of optional activities for young people which will be made available to young people in addition to the activities that the staff know each young person likes and enjoys doing. The coach will escort the rider to the gate at the end of the session.

8. Equine Assisted Learning Sessions

Those wishing to engage in equine assisted learning sessions can return effective Monday 18th May 2020. The facilitator will meet the client at the designated time underneath the clock in the yard. If required, the facilitator can meet the client in the carpark if extra support is needed. The facilitator will bring the client to a space to outline the protocols that are in place and what is expected of him/her. It will also allow the client to discuss / clarify any aspect of these protocols. All sessions will take place in a large space (i.e. field, outdoor arena, indoor arena with space for distancing). Priority should be given to activities which encourage social distancing, such as horse behaviour observation, independent leading, individual mindfulness activities and similar. The facilitator and horse support person will need to remain at a safe distance from the client, so a long lead rope should be used. Any equipment used such as lead ropes, head collars or similar are disinfected at the end of each session. The client will be advised to sanitise their hands after the session. The facilitator will escort the client to the gate.

Garden Shop

In order to prevent the spread of the virus, only one person is allowed in the shop at any given time. All payments will be contactless. Please avoid congregating around the shop and instead use the ornamental garden area.

First Aid

In the event that first aid is required, both the first aider and the injured party should wear gloves and masks. Hand washing before and after any treatment should be done on all occasions. Masks and gloves will be kept in the Riding School office and Garden Office. Normal protocols to be followed in the event that an ambulance needs to be called. Designated Riding School First Aiders can be called to assist as necessary.