

## OWNERS, MANAGERS OR PERSONS IN CHARGE OF STABLES OR EQUESTRIAN CLUBS (Employer)

### RISK MANAGEMENT

- ✓ Before all, the owner or manager of the stable must evaluate their offer of service (facility capacity, schedule, services), taking into account the capacity to respect or make employees respect the following sanitary instructions. While it is not possible to eliminate all contamination risks, it is important to minimize and control them.

### DISPLAY / INFORMATION

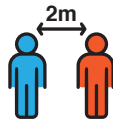
- ✓ Communicate with your clients ahead of time. Inform them of your registration, payment, cancellation and acknowledgement of risk policies.
- ✓ Favor electronic exchanges.
- ✓ Install displays about hygiene and physical distancing measures.

### BASIC PREVENTATIVE MEASURES

- ✓ Prohibit access to all indoor areas (stable, indoor arena, etc.) to people aged 10 and over who do not wear face covers. This rule does not apply when these people are involved in equestrian activities (riding or driving).

**Note that wearing a face cover is strongly recommended but not mandatory for children aged 2 to 10.**

- ✓ Favor physical distancing between employees during work periods:
  - Limit the number of people present for each work period;
  - Establish a schedule that ensures different work teams will not meet;
  - Identify a team of people for replacements.
- ✓ Exclude any symptomatic person from the workspace as well as any persons that have been in contact with a symptomatic person or a person that has been placed in isolation because of COVID-19.
- ✓ Inform parents, tutors, service providers, subcontractors and partners of prevention measures implemented at equestrian establishments to control risks associated with COVID-19 and raise awareness of how important it is for them to limit their movement on the stable grounds as much as possible.
- ✓ Activity zones can be reserved specifically for different groups, as a way to prevent contact between participants of these groups, either inside or outside.



Special attention should be given to spaces that work as bottlenecks (ex: bathroom entrance, exit, stairs, eating area, etc.) to avoid long lines of people gathered in the same place.

### CLEANING AND DISINFECTION

- ✓ Facilitate access to disinfecting products at key locations when possible.
- ✓ Ensure proper operation and maintenance of the ventilation system.
- ✓ Establish a schedule for cleaning and disinfection.
- ✓ Provide bins or a space for material to disinfect separate from the space where clean material is stored.
- ✓ Provide no contact trash cans.
- ✓ Establish a communication system to indicate if the bathroom has been used.
- ✓ For the bathroom, when accessible, cleaning should ideally be done every 2 to 4 hours. For this measure to be effective, participants should be asked to wash their hands before using the bathroom and before exiting.
- ✓ Interpose the use of school horses with a period to wash the equipment and the horse with adapted products that do not produce undesirable effects on the horse. Using the same school horse more than once in a day must be done with caution.



TO LEARN MORE, CONSULT TOOLS FROM CNESST

<https://www.cnesst.gouv.qc.ca/salle-de-presse/covid-19-info-en/Pages/back-to-work.aspx>

## OWNERS, MANAGERS OR PERSONS IN CHARGE OF STABLES OR EQUESTRIAN CLUBS (Employer)

### FIRST AID

- ✓ Make necessary personal protective equipment available, including procedure masks and eye protection.
- ✓ Add gloves, procedure masks, eye protection, resealable bags and an alcohol-based solution containing at least 60% alcohol to first aid kits.
- ✓ Provide a place to isolate a participant that presents symptoms. The participant should be accompanied by only one employee and they should both wear a procedure mask until the participant leaves the room, remove their protective equipment using proper technique (CNESST) and wash their hands before returning to their other tasks.
- ✓ Offer employees training covering measures to follow linked to COVID-19.

### PROGRAMMING

- ✓ Favor outdoor activities.
- ✓ Organize groups of participants and work teams to limit exchanges and contact.
- ✓ Keep the same counselor, instructor, coach, etc. for each group of participants.
- ✓ Limit rotations between spaces and ideally, plan for cleaning/disinfection between each group.
- ✓ Provide fixed rooms in case of bad weather or a cancellation policy.
- ✓ Select activities without material or direct contact.

### MAXIMUM SUPERVISION RATIO

- ✓ **Lessons** <sup>1</sup>  
1 instructor or coach for 8 riders  
2 instructors or coaches for more than 8 riders
- ✓ **Guided equestrian tourism** <sup>2</sup>  
1 guide / 8 riders: for rides at walk only or with experienced riders;  
1 guide / 6 riders: for rides involving other gaits;  
1 guide / 6 riders: for rides involving overnight stays.



<sup>1</sup> Règlement de sécurité – Enseignement et pratique de Cheval Québec (in French only)

<sup>2</sup> Règlement de sécurité – Équitation de plein air (Article 1.5.2) (in French only)

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## WORKERS

### RISK MANAGEMENT

- ✔ A worker must become familiar with the prevention program applicable to him and take the necessary measures to ensure his health, safety or physical well-being (ACT RESPECTING OCCUPATIONAL HEALTH AND SAFETY, article 49)

### PROTECTION

- ✔ Workers in contact with participants, if tasks require contact within less than 2m distance of another person, must wear a mask and eye protection.
- ✔ Workers wearing necessary protections, regardless of contact with participants, must wash or disinfect their hands before approaching another person. A small pocket with disinfecting solution or wipes can be worn around the workers' waist to accelerate the process.

### SUPERVISION OF PARTICIPANTS

- ✔ Favor outdoor activities.
- ✔ Activity zones can be reserved specifically for different groups, as a way to prevent contact between participants of these groups, either inside or outside.
- ✔ Special attention should be given to spaces that work as bottlenecks (ex: bathroom entrance, exit, stairs, eating area, etc.) to avoid long lines of people gathered in the same place.



### CLEANING AND EQUIPMENT

- ✔ Limit the sharing of accessories, game material and professional devices:
  - Clean and disinfect collective equipment often or as soon as it is not in use;
  - Wash tools and equipment used by workers after each work period or when they must be shared;
  - Clean and disinfect visible stains on surfaces and objects immediately.
- ✔ Plan for frequent cleaning and disinfection of surfaces, especially the ones that are touched often.
- ✔ Clean or brush surfaces to remove all organic matter before disinfecting them.
- ✔ Do not share cleaning equipment with clients or service providers.
- ✔ Interpose the use of school horses with a period to wash the equipment and the horse with adapted products that do not produce undesirable effects on the horse. Using the same school horse more than once in a day must be done with caution.



#### Recommended products

- Alcohol-based solution containing at least 60% of alcohol;
- Bleach-based solution (1 part bleach: 9 parts water);
- Over the counter cleaning products containing hydrogen.

*Please read and apply the product manufacturer's recommendations for use.*

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