



Pandemic Preparedness and Response Plan

Virginia Horse Center Foundation

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Pandemic Preparedness and Response Plan

The Pandemic Preparedness and Response Plan outlines the Virginia Horse Center Foundation's (VHCF) strategy in preparing for, responding to, and recovering from a highly infectious disease outbreak of COVID-19.

VHCF strives to provide a safe and healthy environment for all employees and visitors. This pandemic policy outlines our overall response to the COVID-19 outbreak and our emergency preparedness and business continuity plan. It outlines specific steps VHCF is taking to safeguard its employees' and the public's health and well-being during this pandemic while ensuring VHCF's ability to maintain operations and continue providing services to our customers. In addition, it provides guidance on how we intend to respond to specific operational and human resource issues in the event of a COVID-19 incident or outbreak.

1. Purpose:

This plan serves as a resource guide for planning and responding to COVID-19. Highly infectious illnesses may have a short incubation period, spread easily, and cause severe illness or possible death, and may have no possible existing vaccine or treatment. The purpose of this plan is to achieve the following goals:

- Implement appropriate actions prior to and during an incident or outbreak;
- Ensure VHCF's response is in coordination with local, state, and national direction and guidance;
- Meet USEF Guidelines taking precedent after local, state, and national guidelines;
- Establish and maintain a coordinated command system;
- Develop communication plans to ensure timely and accurate information can be provided;
- Reduce the number of Exhibitors, Show Staff and Employees affected by the virus; and,
- Prepare and provide for mental health/crisis service needs of VHCF Employees.

2. Scope:

This document applies to all VHCF Employees, VHCF Show Staff, Outside Show Managers and their staff members, Exhibitors, Spectators, Service Providers, and Sponsors.

3. Definitions:

911 Notification System – Method that is used by our facility to call outside emergency services (police, EMS).

CDC – Centers for Disease Control. All activity that occurs at VHCF must be conducted in accordance with CDC guidance protocols

COVID-19 Incident or Outbreak – For purposes of this document, an incident is defined as a report of any COVID-19 related event or occurrence including, but not limited to, an individual

who is exhibiting symptoms of COVID-19. An outbreak is defined as multiple COVID-19 related incidents or occurrences.

Exhibitor – For purposes of this document, an exhibitor is anyone who participates or plans to participate in any event, class or equine activity at VHCF along with any support staff i.e. drivers, grooms, trainers, owners.

Face Masks – For purposes of this document, any reference to face masks includes cloth face coverings, N-95, KN-95 and surgical masks. Cloth face coverings should fit snugly but comfortably against the side of the face, be secured with ties or ear loops, include multiple layers of fabric, allow for breathing without restriction and be able to be laundered and machine dried without damage or change in shape.

Outside Show Mangers – For purposes of this document, Outside Show Managers are those individuals who have rented VHCF’s facilities to produce their own horse show.

PPE – Personal Protection Equipment.

Social Distancing – Defined as avoiding congregate settings or concentration of individuals in a single area and maintaining a minimum of six feet from others unless absolutely impossible.

Public/Spectators – For purposes of this document, spectators refers to the general public, fans, or any individuals who are not directly involved in the competition by way of being a participant, a member of competition staff, a service provider (e.g. media or photographer), volunteer, or other support personnel (farrier, veterinarian, etc.).

Service Providers – For purposes of this document, service providers are those individuals or entities who provide direct services contracted by VHCF or competition management. Service providers include but are not limited to vendors, caterers, food trucks, feed suppliers, photographers, videographers, media, cleaning service provides (including portable restroom service), and waste disposal personnel.

Sponsors – For purposes of this document, Sponsors are any individual or group that has provided financial support to a horse show.

Symptoms – Symptoms of COVID-19 include, but are not limited to, subjective or measured fever, cough, and shortness of breath and/or difficulty breathing. Additional symptoms may include sore throat, muscle pain, headache, chills/shaking, or newly developed loss of taste or smell.

Temperature Monitoring – The no less than daily non-contact body temperature testing utilizing technology that scans forehead or ear temperature (temporal or infrared thermometer) to measure an individual’s body temperature to verify no fever is present. For purposes of this document, a fever is defined as an elevated body temperature of 99.5°F (37.5°C) or higher. This definition of fever utilizes a temperature threshold slightly lower than CDC guidelines, but this more stringent temperature threshold prevails as the requirement.

VHCF Employees – For purposes of this document, VHCF Employees are those individuals that are on VHCF payroll whether full or part time. This also includes those individuals that provide professional services to VHCF but are considered 1099 contractors rather than being paid through payroll.

VHCF Show Staff – For purposes of this document, VHCF Show Staff are those individuals who are working for VHC and the show manager hired by VHCF to present a horse show that is owned by VHCF.

WHO – World Health Organization. All activity that occurs at VHCF must be conducted in accordance with WHO recommendations.

4. Key Personnel Contact Information:

John Nicholson, CEO
nicholson.johnd@gmail.com
859.475.3258

Leroy Troxell, General Manager
ltroxell@horsecenter.org
540.460.9597

Bonnie Keene, HR and Administration
bkeene@horsecenter.org
540.464.2968

EMT
Matt Daniels – 540.784.9582
Harold Grimes – 540.309.0774

VHCF Security
540.784.0156

Local Health Authorities
Rockbridge -Lexington Health Department
300 White St.
Lexington Va. 24450
540.463.3185

Following are the measures that VHCF management and staff have taken to provide a safe and healthy environment as well as suggested behavior for everyone who is on VHCF's property.

5. Social and Physical Distancing:

Social distancing strategies are non-medical measures intended to reduce the spread of disease from person-to-person by discouraging or preventing people from coming in close contact with each other. VHCF requests that everyone always adheres to social distancing requirements while at the facility. These include:

- A. Staying home if you are sick or experiencing any symptoms of COVID-19;
- B. Remaining at least 6 feet from others;
- C. Using the markers on floor to maintain appropriate distance;
- D. Adhering to signage throughout the facility;
- E. Utilizing the installed plexiglass barriers; and,
- F. Adhering to posted limits of the number of people allowed in an office and using marked traffic patterns for entering and exiting office areas.

VHCF requires the use of masks or other face coverings at all times unless mounted on a horse. Masks should be worn properly, covering mouth and nose.

No non-essential personnel such as guests, Spectators, Sponsors (unless they are also an Exhibitor) and the general public are allowed at the facility until further notice.

6. Hand Hygiene:

Proper hygiene is a key element to controlling the spread of COVID-19. Everyone is encouraged to wash their hands regularly with soap and water for 20 seconds or use alcohol-based hand sanitizer. You will find hand washing and/or hand sanitizing stations throughout the facility. Please:

- Do not shake hands;
- Wash your hands or use hand sanitizer if you come in contact with respiratory secretions;
- Wash your hands or use hand sanitizer before and after you touch surfaces that others might touch;
- Consider using gloves if you are going to be in contact with multiple surfaces that others may touch; and,
- Dispose of trash appropriately.

The following measures to contain respiratory secretions are recommended for all individuals:

- Cover your mouth and nose with a tissue when coughing or sneezing;
- Use the nearest waste receptacle to dispose of the tissue after use;
- Perform hand hygiene (e.g., hand washing with non-antimicrobial soap and water, alcohol-based hand rub, or antiseptic handwash) after having contact with respiratory secretions and contaminated objects/materials.

7. Cleaning and Sanitizing:

VHCF has developed a checklist (Appendix A) including procedures and frequency for cleaning and sanitizing human spaces. Staff will follow these procedures on a daily basis.

The following were considered in developing the checklist and ordering supplies:

- Interior areas used by a show will be cleaned in accordance with the checklist procedures. Any area unoccupied for 7 or more days will receive routine cleaning before being used again.
- The disinfection of frequently touched surfaces has been prioritized.
- Staff have identified required cleaning products and personal protective equipment (PPE) appropriate for cleaners and disinfectants and have ordered sufficient supplies for at least 5 weeks. All disinfectants are EPA-approved for disinfecting against COVID-19.
- VHCF will continue to revise its plan based upon local, state and national guidelines and the availability of disinfectant product and PPE. Dirty surfaces should be cleaned with soap and water prior to disinfection.
- Stalls will be disinfected between each show.

8. Documentation:

The following are attached as appendices and are key components of VHCF's COVID-19 Response Plan.

- A. Release/Waivers (USEF & VHCF)
- B. VHCF Questionnaire

9. Signage (English and Spanish) and Placement:

The following signs are included in Appendix E and are key components of communicating VHCF's COVID-19 Response Plan. The signs will inform exhibitors and support staff about ways in which they can prevent themselves from getting infected with COVID-19 and passing the virus to others.

- A. Symptoms of Coronavirus (COVID-19)
- B. Stop Spread of Germs
- C. Share facts about COVID-19
- D. Stay Home When Sick Poster
- E. What you should know about COVID-19 to protect yourself and others

At a minimum each sign is posted at/in:

- Security check in (front entrance);
- Stable Office;
- Show Office;
- Every barn door;
- Every restroom;
- Beside the time clock; and,
- Door to administrative offices.

Signage throughout the facility is applicable to federal, state, and local regulations, requirements, and orders as well as WHO recommendations, CDC guidelines and USEF Guidelines.

10. Training:

All VHCF staff will be trained upon their return to work. This training will be video-taped so that new employees can watch the training during orientation.

All VHCF Show Staff along with their Service Providers will be required to watch the tape prior to or upon their arrival at VHCF. Outside Show will be provided the tape and VHCF will request that each member of their staff and their Service Providers watch this training prior to their arrival at VHCF. All individuals working on a show must certify that they have watched the tape prior to beginning work.

11. Enforcement Authority:

VHCF has the authority and the staff to deny entry to visitors that are showing COVID-19 symptoms and to remove anyone from the grounds who does not adhere to all rules and regulations.

- A. VHCF Security – VHCF security is on ground anytime there are horses present. This staff has the responsibility to enforce VHCF’s rules and regulations.
- B. USEF Stewards/Technical Delegates – For USEF rated shows, USEF stewards/technical delegates have the authority to disqualify any Exhibitor for not following USEF rules and to ask Security to remove them from the grounds.

12. Emergency Medical Services and Facilities:

Appendix F provides the locations of local health facilities that manage/test COVID-19 patients along with other health care resources. For medical emergencies, please use the 911 Notification System.

During show hours, an EMT is on facility grounds. As with any illness or injury, exhibitors should contact Security and/or the show EMT immediately. In the event that the symptoms are potentially COVID-19 related, the patient will be treated in VHCF’s bus which has been outfitted as a triage area. If the patient needs to be held while awaiting transport to a medical facility VHCF will use the Mezzanine as an isolation area.

13. Personal Protective Measures:

a. Signs and Symptoms of COVID-19

Symptoms may appear 2-14 days after exposure to the virus and may include, but are not limited to, cough, fever, shortness of breath, chills, muscle pain, sore throat, or new loss of taste or smell.

Seek Emergency Medical Attention if you experience trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, and/or bluish lips or face.

According to the CDC, certain individuals are in high-risk categories when testing positive for COVID-19. These high-risk categories include:

- People ages 65 and older
- Immunocompromised individuals
- People with medical conditions, including;
 - Chronic lung disease
 - Moderate or severe asthma
 - Serious heart conditions
 - Severe obesity
 - Diabetes
 - Chronic kidney disease undergoing dialysis
 - Liver disease

Be mindful of those in a high-risk category, including yourself and those around you.

b. Someone Exhibiting COVID-19 Symptoms

If you are experiencing any symptoms stay home and contact your health provider or call 911 if it is an emergency.

If you are on the facility and are experiencing any symptoms contact Security at 540.784.0156 or the show manager. The VHCF bus will transport you to an isolated area. The EMT on call will examine you and will contact 911 if it is an emergency.

c. PPE

Personal Protective Equipment, including personal hand sanitizer, mask, gloves, and tissues in a clear zippered plastic sandwich bag will be made available to all VHCF Employees and VHCF Show Staff for use while at the facility.

14. Access:

Temperature monitoring will be required for everyone enters the facility. Anyone with a temperature below 99.5°F may enter the facility. Temperature monitoring will be required every time someone enters the facility even if they have just left the property for only a few minutes.

Everyone entering the facility will be required to complete the VHCF Medical Questionnaire on their initial entry. Security will ask if there has been a change in symptoms at each temperature monitoring.

A mask or face covering is always required while on the property unless one is mounted on a horse. If you violate this protocol you can be removed from the facility.

15. Communication:

VHCF management will continue to update VHCF Employees, Exhibitors and community members to inform on social distancing, good hygiene methods including handwashing protocols, signage, and reminders to stay home if sick.

In the event of an incident, VHCF management will notify any co-workers or Exhibitors with whom the ill employee/exhibitor had been in contact and recommend that they self-quarantine for the next 14 days and monitor themselves for the symptoms of COVID-19. Management will notify all other employees and people that have been at the facility by email that an employee/exhibitor has tested positive for COVID-19, keeping the person's identity protected. The communication will include what steps VHCF is taking to protect the health of other employees and plans for furloughs, working from home or closing. For USEF events, VHCF management will notify USEF of the incident.

In the event that rapid communication of information and efficient situation analyses and decision making is required VHCF's General Manager is the key contact. VHCF's CEO will lead media activities and all external communication. VHCF's Social Media Manager in collaboration with the CEO will respond to rumors on social media.

16. Incident at the Facility:

As with any illness or injury, exhibitors should contact Security and/or the show EMT immediately. In the event that the symptoms are potentially COVID-19 related, the patient will be treated in VHCF's bus which has been outfitted as a triage area. If the patient needs to be held while awaiting transport to a medical facility VHCF will use the Mezzanine as an isolation area.

17. Food & Beverage:

Food & beverage will be available at the facility. Please follow social distancing rules while standing in line for service. Do not congregate in areas to eat. Dispose of empty containers and paper products in the appropriate receptacles.

Appendix A

Cleaning and Disinfection Daily Checklist

Covid-19 Protocol

Date: _____

Below are the steps we need to take each day to disinfect areas that are being used by employees and people visiting the facility. Please initial and put times when completed.

AT ALL TIMES CLEAN VISIBLY DIRTY SURFACES WITH SOAP AND WATER PRIOR TO DISINFECTION

Front Office Restrooms

1. Disinfect all toilets, sinks, hand soap dispensers, toilet paper dispensers, women's product dispensers, urinals and floors. Twice daily.

Initials: _____ Time: _____ Initials: _____ Time: _____

Doors

1. Disinfect front doors, side doors and door from office to hallway and hallway to the Coliseum twice a day.

Initials: _____ Time: _____ Initials: _____ Time: _____

Coliseum Restrooms

1. Disinfect all door knobs each time you enter and exit the restrooms.
2. Disinfect all toilets that have been used. (Add blue toilet cleaner to determine which ones haven't been used.)
3. Disinfect all sinks, soap dispensers, toilet paper dispensers and hand dryers.
4. Disinfect all woman product dispensers in the stalls if they've been used.
5. Disinfect all counters and changing tables in restrooms.

This has to be done every hour during a show day.

Time: _____ Time: _____ Time: _____ Time: _____ Time: _____

Initials: _____ Initials: _____ Initials: _____ Initials: _____ Initials: _____

Time: _____ Time: _____ Time: _____ Time: _____ Time: _____

Initials: _____ Initials: _____ Initials: _____ Initials: _____ Initials: _____

Show Office Area's East, Lower Entry of Coliseum

1. Disinfect door handles to every room and entry ways to the basement.
2. Disinfect all toilets that have been used. (Add blue toilet cleaner to determine which ones haven't been used.)
3. Disinfect all sinks, soap dispensers, toilet paper dispensers and hand dryers.
4. Disinfect all woman product dispenser in the stalls and toilet paper dispensers.
5. Disinfect all counters and changing tables in restrooms.
6. Disinfect all counters and refrigerator doors in show office/hospitality.

This has to be done every hour during a show day.

Time: _____ Time: _____ Time: _____ Time: _____ Time: _____

Initials: _____ Initials: _____ Initials: _____ Initials: _____ Initials: _____

Time: _____ Time: _____ Time: _____ Time: _____ Time: _____

Initials: _____ Initials: _____ Initials: _____ Initials: _____ Initials: _____

Winner's Ring

1. Disinfect all door knobs each time you enter and exit the restrooms.
2. Disinfect all toilets that have been used. (Add blue toilet cleaner to determine which ones haven't been used.)
3. Disinfect all sinks, soap dispensers, toilet paper dispensers and hand dryers.
4. Disinfect all woman product dispenser in the stalls and toilet paper dispensers.
5. Disinfect all counters and changing tables in restrooms.

This has to be done every hour during a show day.

Time: _____				
Initials: _____				
Time: _____				
Initials: _____				

Stable Office

1. Disinfect door handles.
2. Disinfect surfaces outside the stable office windows.
3. Disinfect ice machine door and handle.

This has to be done every hour during a show day.

Time: _____				
Initials: _____				
Time: _____				
Initials: _____				

East Complex

1. Disinfect all door knobs each time you enter and exit the restrooms.
2. Disinfect all toilets that have been used. (Add blue toilet cleaner to determine which ones haven't been used.)
3. Disinfect all sinks, soap dispensers, toilet paper dispensers and hand dryers.
4. Disinfect all woman product dispenser in the stalls and toilet paper dispensers.
5. Disinfect all counters and changing tables in restrooms.

This has to be done every hour during a show day.

Time: _____				
Initials: _____				
Time: _____				
Initials: _____				

Barn Restrooms and Hand Washing/Sanitization Stations

1. Disinfect all door knobs each time you enter and exit the restrooms.
2. Disinfect all toilets that have been used. (Add blue toilet cleaner to determine which ones haven't been used.)
3. Disinfect all sinks, soap dispensers, toilet paper dispensers and hand dryers.
4. Disinfect all woman product dispensers in the stalls if they've been used.
5. Disinfect all counters and changing tables in restrooms.
6. Clean and disinfect all temporary hand washing and sanitizing stations in the barn.
7. Dispose of all trash appropriately.

This has to be done every hour during a show day.

Barn 1 - Famesgate

Time: _____				
Initials: _____				
Time: _____				
Initials: _____				

Barn 2 - Sundowner

Time: _____				
Initials: _____				
Time: _____				
Initials: _____				

Barn 3 - Silverbrook

Time: _____				
Initials: _____				
Time: _____				
Initials: _____				

Barn 4

Time: _____				
Initials: _____				
Time: _____				
Initials: _____				

Barn 5 – Bent Tree

Time: _____				
Initials: _____				
Time: _____				
Initials: _____				

Barn 6 – Woods Hill

Time: _____				
Initials: _____				
Time: _____				
Initials: _____				

Hand Washing/Sanitization Stations

1. Clean and disinfect all temporary hand washing and sanitizing stations in the barn.
2. Dispose of all trash appropriately.

This has to be done every hour during a show day.

Time: _____				
Initials: _____				
Time: _____				
Initials: _____				

Memorial Park

1. Disinfect all benches, including arm rests.

This has to be done every hour during a show day.

Time: _____				
Initials: _____				
Time: _____				
Initials: _____				

Appendix B



WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Equestrian Federation, Inc. dba US Equestrian ("USEF") allowing me, the undersigned, to participate in any capacity (including as a rider, driver, handler, vaulter, longeur, lessee, owner, agent, coach, official, trainer or volunteer) in a USEF sanctioned, licensed or approved event or activity, including but not limited to equestrian clinics, practices, shows, competitions and related or incidental activities and ("USEF Event" or "USEF Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors,, and assigns, hereby agree to and make the following contractual representations pursuant to this Agreement (the "Agreement"):

A. RULES AND REGULATIONS: I hereby agree to be bound and abide by the rules, regulations, and policies of USEF as published in the USEF Rule Book and on the website at www.usef.org, as amended from time to time.

B. ACKNOWLEDGMENT OF RISK: I knowingly, willingly, and voluntarily acknowledge the inherent risks associated with the sport of equestrian and know that horseback riding and related equestrian activities are inherently dangerous, and that participation in any USEF Event involves risks and dangers including, without limitation, the potential for serious bodily injury (including broken bones, head or neck injuries), sickness and disease (including communicable diseases), trauma, pain & suffering, permanent disability, paralysis and death; loss of or damage to personal property (including my mount & equipment) arising out of the unpredictable behavior of horses; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with other participants and horses, natural or manmade objects; adverse weather conditions; facilities issues and premises conditions; failure of protective equipment (including helmets); inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the USEF Event organizers and competition management; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks").

EQUINE ACTIVITY LIABILITY ACT WARNING:

CAUTION: HORSEBACK RIDING AND EQUINE ACTIVITIES CAN BE DANGEROUS. RIDE AT YOUR OWN RISK.

Under the laws of most States, an equine activity sponsor or equine professional is not liable for any injury to, or the death of, a participant in equine activities resulting from the inherent risks of equine activities.

C. ASSUMPTION OF RISK: I understand that the aforementioned Risks may be caused in whole or in part or result directly or indirectly from the negligence of my own actions or inactions, the actions or inactions of others participating in the USEF Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby voluntarily and knowingly assume all such Risks and responsibility for any damages, liabilities, losses, or expenses that I incur as a result of my participation in any USEF Events. I also agree to be responsible for any injury or damage caused by me, my horse, my employees or contractors under my direction and control at any USEF Event.

D. WAIVER AND RELEASE OF LIABILITY, HOLD HARMLESS AND INDEMNITY: In conjunction with my participation in any USEF Event, I hereby release, waive and covenant not to sue, and further agree to indemnify, defend and hold harmless the following parties: USEF, USEF Recognized Affiliate Associations, the United States Olympic & Paralympic Committee (USOPC), USEF clubs, members, Event participants (including athletes/riders, coaches, trainers, judges/officials, and other personnel), the Event owner, licensee, and competition managers; the promoters, sponsors, or advertisers of any USEF Event; any charity or other beneficiary which may benefit from the USEF Event; the owners, managers, or lessors of any facilities or premises where a USEF Event may be held; and all directors, officers, employees, agents, contractors, and volunteers of any of the aforementioned parties (**Individually and Collectively, the "Released Parties" or "Event Organizers"**), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss, or expense (including court costs and reasonable attorney fees) of any kind or nature ("**Liability**") which may arise out of, result from, or relate in any way to my participation in the USEF Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.

E. COMPLETE AGREEMENT AND SEVERABILITY CLAUSE: This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

I HAVE CAREFULLY READ THIS DOCUMENT IN ITS ENTIRETY, UNDERSTAND ALL OF ITS TERMS AND CONDITIONS, AND KNOW IT CONTAINS AN ASSUMPTION OF RISK, RELEASE AND WAIVER FROM LIABILITY, AS WELL AS A HOLD HARMLESS AND INDEMNIFICATION OBLIGATIONS.

By signing below, I (as the participant or as the Parent/Legal Guardian of the minor identified below) hereby accept and agree to the terms and conditions of this Agreement in connection with my (or the minor's) participation in any USEF Event. If, despite this Agreement, I, or anyone on my behalf or the minor's behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities as the result of such claim.

The parties agree that this agreement may be electronically signed. The parties agree that the electronic signatures appearing on this agreement are the same as handwritten signatures for the purposes of validity, enforceability, and admissibility.

PARTICIPANT:

RIDER/DRIVER/HANDLER/VAULTER/LONGEUR/OFFICIAL/STAFF/VOLUNTEER

(mandatory)

Signature: _____

Print Name: _____

TRAINER (mandatory)

Signature: _____

Print Name: _____

OWNER (mandatory)

Signature: _____

Print Name: _____

COACH (if applicable)

Signature: _____

Print Name: _____

Parent/Guardian Signature: (Required if Rider/Driver/Handler/Vaulter/Longeur is a minor) _____

Print Parent/Guardian Name: _____ Emergency Contact Phone No. _____

Appendix C

RELEASE, WAIVER, AND INDEMNIFICATION AGREEMENT
Virginia Horse Center Foundation

For and in consideration of the Virginia Horse Center Foundation (“VHCF”) allowing me, the undersigned, to ride on VHCF property, and/or participate in any capacity (including, but not limited to, as a rider, driver, handler, vaulter, longeur, lessee, owner, agent, coach, official, trainer or volunteer) in an equine activity, including, but not limited to, equestrian clinics, practices, shows, competitions and related or incidental activities, and specifically _____ (all referred to herein as “Equine Activity”) at the Virginia Horse Center (“VHC”); I, for myself, and on behalf of my spouse, heirs, next of kin, any legal or personal representative, executor, administrator, successor, and assign, hereby agree to and make the following contractual representations pursuant to this Agreement (the “Agreement”):

A. **RULES AND REGULATIONS:** I agree to be bound and abide by the rules, regulations, and policies of VHCF provided to me prior to or upon arrival at the VHC and as posted at the facility, as well as the rules, regulations, and policies of Equine Activity management and any oversight body.

B. **ACKNOWLEDGMENT OF RISK:** I knowingly, willingly, and voluntarily acknowledge the inherent risks associated with Equine Activity and know that horseback riding and related equestrian activities are inherently dangerous, and that participation in any equestrian event involves risks and dangers including, without limitation, the potential for serious bodily injury (including broken bones, head or neck injuries), sickness and disease (including communicable diseases), trauma, pain and suffering, permanent disability, paralysis and death; loss of or damage to personal property (including my horse and equipment) arising out of the unpredictable behavior of horses; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with other participants and horses, natural or manmade objects; adverse weather conditions; facilities issues and premises conditions; failure of protective equipment (including helmets); inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the VHCF or Equine Activity management; and other undefined, not readily foreseeable and presently unknown risks and dangers (“Risks”). I understand that under the laws of the Commonwealth of Virginia, an equine activity sponsor or equine professional is not liable for any injury to, or the death of, a participant in equine activities resulting from the inherent Risks of equine activities.

C. **ASSUMPTION OF RISK:** I understand that the aforementioned Risks may be caused in whole or in part or result directly or indirectly from the negligence of my own actions or inactions, the actions or inactions of others participating in the Equine Activity, or the negligent acts or omissions of the Released Parties defined below, and I hereby voluntarily and knowingly assume all such Risks and responsibility for any damages, liabilities, losses, or expenses I incur as a result of my participation in any Equine Activity held at the VHC. I also agree to be responsible for any injury or damage caused by me, my horse, my employee or contractor under my direction and control at any Equine Activity held at the VHC.

EQUINE ACTIVITY LIABILITY ACT WARNING:

CAUTION: HORSEBACK RIDING AND EQUINE ACTIVITIES CAN BE DANGEROUS.
RIDE AT YOUR OWN RISK.

D. **WAIVER AND RELEASE OF LIABILITY, HOLD HARMLESS AND INDEMNITY:** In conjunction with my riding on VHCF property and/or participation in any Equine Activity held at the VHC, I hereby release, waive and covenant not to sue, and further agree to indemnify, defend and hold harmless the following parties: VHCF (including VHCF officers, directors, agents, assigns, employees, members, staff, or participants), Equine Activity participants (including athletes/riders, coaches, trainers, judges/officials, and other personnel), the show owner, licensee, and competition managers; the promoters, sponsors, or advertisers; any charity or other beneficiary which may benefit from the Equine Activity; the owners, managers, or lessors of any facilities or premises where the Equine Activity may be held; and all officers, directors, employees, agents, contractors, and volunteers of any of the aforementioned parties (individually and collectively, the “Released Parties” or “Event Organizers”), with respect to any liability, claim, demand, cause of action, death, injury, damage, loss, or expense (including court costs and reasonable attorney fees) of any kind or nature (“Liability”) which may arise out of, result from, or relate in any way to

my participation in the Equine Activity as defined by Section 3.1-796.130 of the Code of Virginia, 1950, as amended, or social functions sponsored by VHCF or held on its behalf or for its benefit.

With this waiver, I accept notice of the provisions of the Equine Activity Liability Act, Va. Code Section 3.2-6200 *et seq.*, as amended, which states in part:

"Except as provided in § 3.2-6203, an equine activity sponsor, an equine professional, or any other person, which shall include a corporation, partnership, or limited liability company, shall not be liable for an injury to or death of a participant resulting from the intrinsic dangers of equine activities and, except as provided in § 3.2-6203, no participant nor any participant's parent, guardian, or representative shall have or make any claim against or recover from any equine activity sponsor, equine professional, or any other person for injury, loss, damage, or death of the participant resulting from any of the intrinsic dangers of equine activities."

With this waiver, I expressly assume the risk of injury or death due to negligence by the VHCF, its officers, directors, assigns, agents, employees, members, and staff, for my own safety or for the safety of my minor child. This waiver shall remain valid unless expressly revoked by the participant, or parent or guardian of a minor, in writing, with receipt acknowledged by a representative of the VHCF.

E. COMPLETE AGREEMENT AND SEVERABILITY CLAUSE: This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

I HAVE CAREFULLY READ THIS DOCUMENT IN ITS ENTIRETY, UNDERSTAND ALL OF ITS TERMS AND CONDITIONS, AND KNOW IT CONTAINS AN ASSUMPTION OF RISK, RELEASE FROM AND WAIVER OF LIABILITY, AS WELL AS HOLD HARMLESS AND INDEMNIFICATION OBLIGATIONS.

BY SIGNING THIS WAIVER AND RELEASE, I UNDERSTAND I AM GIVING UP (WAIVING AND RELEASING), ANY RIGHT I MAY HAVE TO SUE OR MAKE A CLAIM WHICH I MAY HAVE, OR WHICH MAY SUBSEQUENTLY ARISE OR OCCUR, AGAINST THE VIRGINIA HORSE CENTER FOUNDATION (INCLUDING ITS OFFICERS, DIRECTORS, ASSIGNS, AGENTS, EMPLOYEES, MEMEBERS AND STAFF), AND THE RELEASED PARTIES OR EVENT ORGANIZERS AS SET FORTH HEREIN, FOR ANY INJURIES I MAY SUSTAIN WHILE HORSEBACK RIDING OR PARTICIPATING IN AN EQUINE ACTIVITY, AND THAT I AM INDEMNIFYING AND HOLDING HARMLESS THE VIRGINIA HORSE CENTER FOUNDATION (INCLUDING ITS OFFICERS, DIRECTORS, ASSIGNS, AGENTS, EMPLOYEES, MEMEBERS AND STAFF) AND THE RELEASED PARTIES OR EVENT ORGANIZERS FOR INJURING ANYONE ELSE OR ANY HORSE RIDDEN BY ANOTHER. IT IS MY INTENT TO GIVE UP THESE RIGHTS AND PROVIDE THE HOLD HARMLESS AGREEMENT, AND I DO SO KNOWINGLY AND VOLUNTARILY.

By signing below, I (as the participant or as the Parent/Legal Guardian of the minor identified below) accept and agree to the terms and conditions of this Agreement in connection with my (or the minor's) participation in any Equine Activity at VHC. If, despite this Agreement, I, or anyone on my behalf or the minor's behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities as the result of such claim.

The parties agree that this agreement may be electronically signed. The parties agree that the electronic signatures appearing on this agreement are the same as handwritten signatures for the purposes of validity, enforceability, and admissibility.

Signature (parent if under 18)

DATE

Address _____

Phone: _____ Email: _____

Appendix D



VIRGINIA HORSE CENTER FOUNDATION

Questionnaire

	YES	NO
In the past 24 hours have you had a Fever?		
In the past 24 hours have you experienced Fatigue?		
In the last 24 hours have you experienced a Cough?		
In the past 24 hours have you experienced Sneezing?		
In the past 24 hours have you experienced Aches and Pains?		
In the past 24 hours have you experienced a Runny / Stuffy Nose?		
In the last 24 hours have you experienced a Sore Throat?		
In the last 24 hours have you had Diarrhea?		
In the last 24 hours have you had a Headache?		
In the last 24 hours have you experienced Shortness of Breath?		
Have you recently been in close contact with anyone who has exhibited any of the above symptoms?		
Have you recently been in contact with anyone who has tested positive for COVID-19?		
Have you recently traveled outside the country?		

Signature: _____

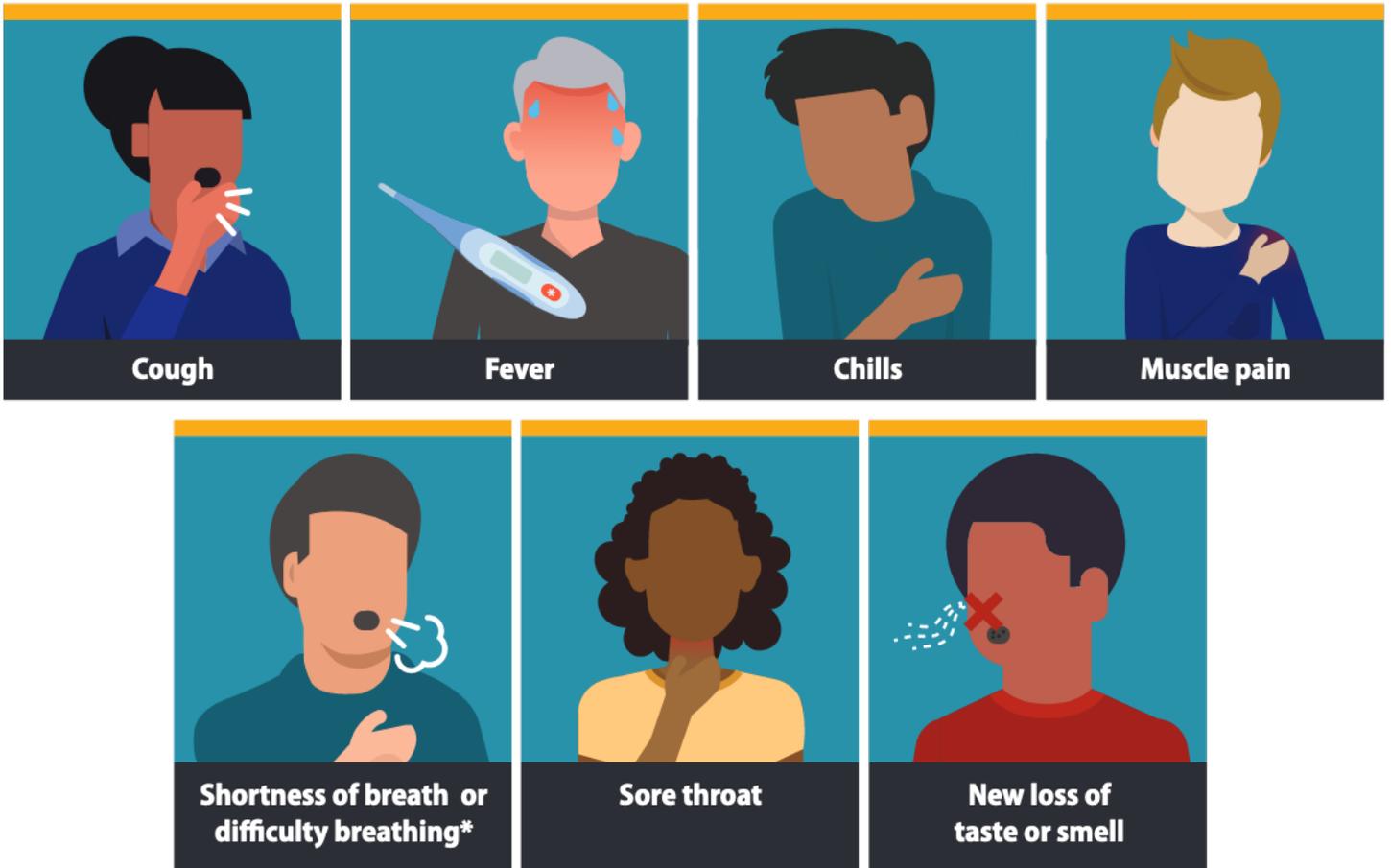
Date: _____

Print: _____

Appendix E

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



Síntomas del coronavirus (COVID-19)

Conozca los síntomas del COVID-19, que pueden incluir:



Los síntomas pueden ser de leves a graves, y aparecer de 2 a 14 días después de la exposición al virus que causa COVID-19.

***Busque atención médica de inmediato si alguien tiene signos de advertencia de emergencia del COVID-19.**

- Dificultad para respirar
- Dolor o presión persistente en el pecho
- Confusión de aparición reciente
- Dificultad para despertarse o mantenerse despierto
- Color azulado en los labios o el rostro

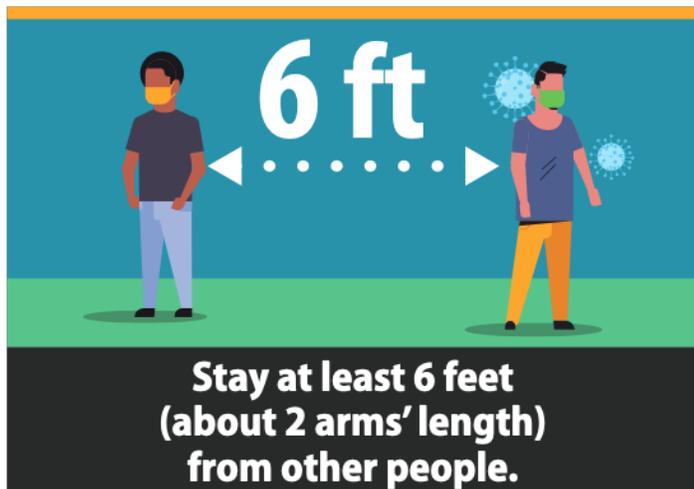
*Esta lista no incluye todos los síntomas posibles. Llame a su proveedor de servicios médicos por cualquier otro síntoma grave o que le preocupe.



cdc.gov/coronavirus-es

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



cdc.gov/coronavirus

Detenga la propagación de gérmenes

Ayude a prevenir la transmisión de enfermedades respiratorias como el COVID-19.



Mantenga al menos 6 pies (aproximadamente la longitud de 2 brazos) de distancia de otras personas.



Cúbrase con un pañuelo desechable la nariz y la boca al toser o estornudar, luego bótelos en la basura y lávese las manos.



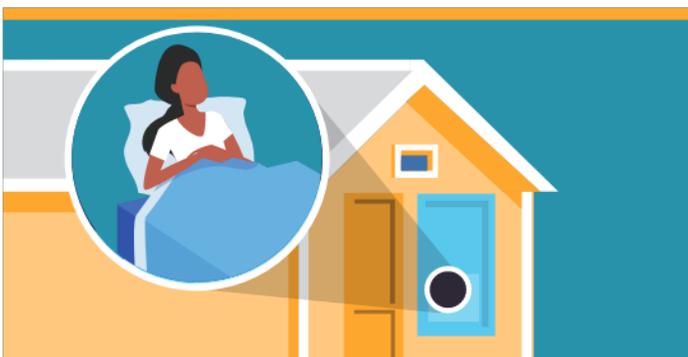
Cuando esté en un lugar público, use una cubierta de tela para la cara sobre su nariz y boca.



Evite tocarse los ojos, la nariz y la boca.



Limpie y desinfecte los objetos y superficies que se tocan con frecuencia.



Quédese en casa cuando esté enfermo, excepto para recibir atención médica.



Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.



cdc.gov/coronavirus-es

Share facts about COVID-19

Know the facts about coronavirus (COVID-19) and help stop the spread of rumors.

**FACT
1**

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

**FACT
2**

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

**FACT
3**

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

**FACT
4**

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- When in public, wear a cloth face covering that covers your mouth and nose.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**FACT
5**

You can help stop COVID-19 by knowing the signs and symptoms, which can include:

- Fever
- Cough
- Shortness of breath

Seek medical attention immediately if you or someone you love has emergency warning signs, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



cdc.gov/coronavirus

Comparta la información sobre el COVID-19

Comparta la información sobre la enfermedad del coronavirus (COVID-19) y ayude a detener los rumores.

DATO

1

Las enfermedades pueden afectar a cualquier persona, sin importar su raza o grupo étnico.

El miedo y la ansiedad relacionados con el COVID-19 pueden provocar que la gente evite o rechace a otras personas aun cuando no estén en riesgo de propagar el virus.

DATO

2

Para la mayoría de las personas, se piensa que el riesgo inmediato de enfermarse gravemente por el virus que causa el COVID-19 es bajo.

Los adultos mayores y las personas de cualquier edad que tengan afecciones graves subyacentes podrían tener un mayor riesgo de presentar complicaciones más graves a causa del COVID-19.

DATO

3

Alguien que haya completado el periodo de cuarentena o que ya salió del aislamiento no presenta un riesgo de infección para las demás personas.

Para obtener información actualizada, visite la página web de los CDC sobre la enfermedad del coronavirus 2019.

DATO

4

Hay cosas simples que puede hacer para ayudar a que usted y los demás se mantengan sanos.

- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos, especialmente después de sonarse la nariz, toser o estornudar; después de ir al baño; y antes de comer o preparar la comida.
- Cuando esté en lugares públicos, use una cubierta de tela para la cara que le cubra la boca y la nariz.
- Evite tocarse los ojos, la nariz y la boca con las manos sin lavar.
- Quédese en casa si está enfermo.
- Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar y luego bótelo a la basura.

DATO

5

Usted puede ayudar a detener el COVID-19 conociendo los signos y los síntomas, que pueden incluir:

- Fiebre
- Tos
- Dificultad para respirar

Busque atención médica de inmediato si usted o un ser querido tiene signos de advertencia que indican una emergencia, como los siguientes:

- Dificultad para respirar
- Dolor o presión persistentes en el pecho
- Confusión que no haya tenido antes o que no lo puedan despertar
- Labios o cara azulados

Esta lista no incluye todos los signos de advertencia posibles. Consulte a su proveedor de atención médica si tiene cualquier otro síntoma grave o que le preocupe.



cdc.gov/coronavirus-es



Feeling Sick?

Stay home when you are sick!

If you feel unwell or have the following symptoms
please leave the building and contact your health care provider.
Then follow-up with your supervisor.

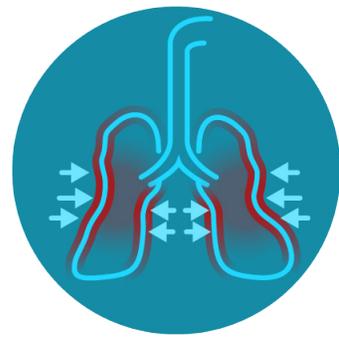
DO NOT ENTER if you have:



FEVER



COUGH



**SHORTNESS OF
BREATH**



cdc.gov/CORONAVIRUS



¿Se siente enfermo?

¡Quédese en casa si está enfermo!

Si no se siente bien o tiene alguno de estos síntomas,
por favor, salga del edificio y comuníquese con su proveedor de atención médica.
Luego, póngase en contacto con su supervisor.

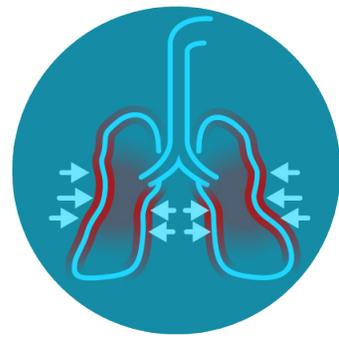
NO ENTRE si tiene:



FIEBRE



TOS

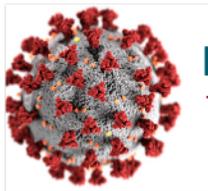


**DIFICULTAD PARA
RESPIRAR**



cdc.gov/CORONAVIRUS-ES

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.

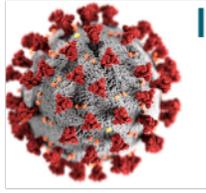


Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



Lo que usted debe saber acerca del COVID-19 para protegerse y proteger a los demás



Infórmese sobre el COVID-19

- La enfermedad del coronavirus 2019 (COVID-19) es una afección causada por un virus que se puede propagar de persona a persona.
- El virus que causa el COVID-19 es un nuevo coronavirus que se ha propagado por todo el mundo.
- El COVID-19 puede causar desde síntomas leves (o ningún síntoma) hasta casos de enfermedad grave.



Practique el distanciamiento social

- Cuando sea posible, compre comestibles y medicamentos, consulte al médico y complete actividades bancarias en línea.
- Si tiene que ir en persona, manténgase a una distancia de al menos 6 pies de los demás y desinfecte los objetos que tenga que tocar.
- Obtenga entregas a domicilio y comidas para llevar, y limite el contacto personal tanto como sea posible.



Sepa cómo se propaga el COVID-19

- Usted puede infectarse al entrar en contacto cercano (alrededor de 6 pies o la longitud de dos brazos) con una persona que tenga COVID-19. El COVID-19 se propaga principalmente de persona a persona.
- Usted puede infectarse por medio de gotitas respiratorias si una persona infectada tose, estornuda o habla.
- También podría contraer la enfermedad al tocar una superficie o un objeto en los que esté el virus, y luego tocarse la boca, la nariz o los ojos.



Si está enfermo, prevenga la propagación del COVID-19

- Quédese en casa si está enfermo, excepto para conseguir atención médica.
- Evite el servicio de transporte público, vehículos compartidos o taxis.
- Manténgase alejado de otras personas y de las mascotas en su casa.
- No hay un tratamiento específico para el COVID-19, pero puede buscar atención médica para que lo ayuden a aliviar los síntomas.
- Si necesita atención médica, llame antes de ir.



Protéjase y proteja a los demás contra el COVID-19

- En la actualidad no existe una vacuna que proteja contra el COVID-19. La mejor manera de protegerse es evitar la exposición al virus que causa el COVID-19.
- Quédese en casa tanto como sea posible y evite el contacto cercano con los demás.
- En entornos públicos, use una cubierta de tela para la cara que cubra la nariz y la boca.
- Limpie y desinfecte las superficies que se tocan con frecuencia.
- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos o use un desinfectante de manos que contenga al menos un 60 % de alcohol.



Conozca su riesgo de enfermarse gravemente

- Todos están en riesgo de contraer el COVID-19.
- Los adultos mayores y las personas de cualquier edad que tengan afecciones subyacentes graves podrían tener un mayor riesgo de enfermarse más gravemente.



Appendix F

Local Health Facilities

Carilion Stonewall Jackson Hospital
1 Health Circle
Lexington, VA 24450
540.458.3300

Velocity Care
110 Houston St. Suite D
Lexington, VA 24450
540.462.3950

Rockbridge Area Health Center
25 Northridge Ln.
Lexington, VA 24450
540.464.8700

Velocity Care
735 Steeles Tavern Rd.
Raphine, VA 24472
540.887.3100