



COVID-19 Participant Code of Conduct & Risk Assessment

Who is at higher risk of COVID-19?

COVID-19 is a new disease and information is changing on who is more likely to get COVID and who will have more complications. Based on currently available information and clinical expertise, people with intellectual, developmental and physical disabilities may be at higher risk of severe illness resulting in death from COVID-19

Current clinical guidance and information from the U.S. CDC lists those at high risk for severe illness from COVID19 as:

- People 65 years and older
- People who live in a nursing home or long term care facility (like a congregate or group home)

Regardless of age, individuals with underlying conditions, such as the following, are or maybe at increased risk of severe illness from COVID-19:

- People with chronic lung disease, chronic obstructive pulmonary disease or moderate to severe asthma
- People who have serious heart conditions (including heart failure, coronary artery disease, congenital heart disease, cardiomyopathy, hypertension)
- People who are immunocompromised: Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with obesity (body mass index [BMI] of 30 or higher). To calculate BMI, refer to:https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html
- People with diabetes (Type 1 and 2)
- People with chronic kidney disease
- People with liver disease
- People with dementia

The list may change as evidence is learned. Please review the latest list of conditions that put individuals at increased risk available at the CDC website (<https://bit.ly/2VEJcSK>)

If you are at a high risk, you may be putting yourself at risk when you return to activities at Turning Point. But, you may also put your family at risk. If you have these conditions, you should not return to Turning Point until there is little to no COVID-19 in your community.

If you have been diagnosed with COVID-19, you should consult with a healthcare professional for written medical clearance before returning to Turning Point Ranch as serious cardiac, respiratory, and neurological issues may develop as a result of COVID-19.

You MUST read and then check each statement after

- I understand I could get Coronavirus through participating in therapeutic horseback riding at Turning Point. I am choosing to participate at my own risk.



During the time these precautions are needed, I agree to the following to help keep me and my fellow participants safe

- If I have COVID-19 symptoms, I will stay at home and NOT go to any activities until 7 days after all of my symptoms are over. If I am exposed to COVID-19 and have no symptoms, I can return 14 days after exposure.
- Turning Point Ranch gave me rules for COVID-19 and who is at high-risk.
- I know that if I have a high-risk condition, I have more risk that I could get sick or die from COVID-19. If I have a high-risk condition, I should not go to Turning Point until there is little or no Coronavirus in my community,
- I know that before or when I get to Turning Point, they will ask me some questions about symptoms and exposure to COVID-19. They may also take my temperature. I will answer truthfully and participate fully.
- I will keep at least 6 ft/2m from all participants at all times.
- I will wear a mask at all times while at Turning Point. I may not have to wear it during active exercise.
- I will wash my hands for 20 seconds or use hand sanitizer before any activities. I will wash my hands any time I sneeze, cough, go to the bathroom or get my hands dirty.
- I will avoid touching my face. I will cover my mouth when I cough or sneeze and immediately wash my hands after.
- I will not share drinking bottles or towels with other people.
- I will only share equipment when instructed to. If equipment must be shared, I will only touch the equipment if it is disinfected first.
- If I get or have had COVID, I will not go to Turning Point until 7days after my symptoms end. I will go to my doctor and get written clearance before returning to any sport or fitness activities.
- I understand that if I do not follow all of these rules, I may not be allowed to participate at Turning Point during this time.
- I HAVE READ ALL OF THIS AGREEMENT OR HAVE HAD IT READ TO ME AND AGREE TO FOLLOW THESE ACTIONS.**

Signature of Client or Guardian

Date