

# BE COVID-19 SECURE

## How to reduce the risk of Covid-19 transmission on your yard



### Hands

Wash / sanitise your hands when you arrive and before you leave.

Regularly wash / sanitise your hands when on the yard.



### Face

Wear a face mask in shared and social areas e.g. tack room, American Barn stable blocks, hay barn, feed room and yard offices.

Wear a mask when you are working with others.



### Space

Wherever possible keep 2 metres apart, if not possible keep 1 metre apart and ideally wear a mask.

Limit movement around the yard: provide work stations; extra tools and stagger or allocate visiting times to prevent busy periods.



### Ventilate

Open doors and windows to ensure good air flow in barns, stables and social areas.

Identify poorly ventilated areas (as these will feel stuffy or smell bad) and avoid / reduce how many people can enter these areas at any one time



### Be aware what you share

Disinfect shared areas between use e.g. taps, brushes, wheelbarrows. Limit the number of surfaces and equipment you touch / use.

Avoid doing other people's horses, donkeys or mules unless absolutely necessary.



### Plan / avoid

Try to agree with others time slots to try to minimise contact or visit at times when you know the yard will be quieter.



### Working with others

Work alone if you can, if you can't wear a mask.

If you need to pass others, pass back to back or side by side, not face to face.

Avoid shouting and singing as you work as these increase air flow and the risk of transmission.



### Keep it clean

Keeping your stable and the yard clean can reduce the risk of transmission of the virus from surfaces to you.

## Be prepared

### Keep in regular contact with each other and the yard owner / manager

**COVID plan** – have a Covid plan in place with a buddy or your yard, in case you have to self-isolate or become ill and cannot care for your horse, donkey or mule.

**Buddy up** – nominate and agree a buddy to care for your horse, donkey or mule in case you are not able to. Your buddy could be a member of staff on your yard or a friend, but they should be an adult and have sufficient equestrian experience to be capable of handling and caring for your horse, donkey or mule without putting them, or themselves, in any danger.

**Stock up** – ensure you have sufficient feed and bedding for your horse, donkey or mule to cover a 2 week period in case you have to self-isolate. Limiting the number of trips you need to make to feed stores, etc and the number of deliveries onto your yard will also reduce contacts and risk.

**Communication** - ideally give a copy of your Covid plan to your yard owner / manager so they know what arrangements you have put in place for your horse's, donkey's or mule's care. As a minimum, make sure you have told your yard owner / manager who your Covid buddy is and what they will be responsible for in your absence. You should also inform your vet and farrier as soon as possible if you have to use your Covid plan, so they are aware who your Covid buddy is, in case they need to contact them in your absence.

**Key contacts** – ensure your yard / Covid buddy knows the contact details for your vet, farrier and YOU!

**Vets** – find out about any special arrangements your vet requires to be able to come onto your yard, so you can be prepared in case of an emergency.

Feeling worried about Covid-19, additional help and support is available at:

[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

Further guidance can be found at

[www.mdpi.com/2076-2615/10/10/1862](http://www.mdpi.com/2076-2615/10/10/1862)



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