

# **TRS Illness Policy:**

**Our goal is to help our clients, volunteers, and staff stay healthy! As a program that can work with people with compromised immune systems, we especially want to make sure we have safeguards in place to make sure they stay healthy. If you have been ill, please use the following guidelines and your best judgment before deciding to come to the barn. Thanks!**

- **Flu Symptoms: If you are showing signs please stay home.**
  - Elevated fever (must be normal for 24 hours without medication)
  - cough
  - sore throat
  - runny or stuffy nose
  - muscle or body aches
  - headaches
  - fatigue (tiredness)
- **Vomiting and Diarrhea**
  - Must be case free for 24 hours without medication

## **All volunteers and instructors should:**

1. Wash hands frequently with soap and water for 20 seconds before and after working with each client. If not able, use hand sanitizer at arena entrance.
2. Avoid touching eyes, nose, and mouth.
3. Cover coughs and sneezes with tissue or elbow. Be sure to throw away tissue in trash and wash/sanitize afterwards.
4. Assist in sanitizing helmets and other materials after each lesson.
5. Get a flu shot if possible.

If coughing, sneezing, or stuffiness is due specifically to allergies and not viral/infectious, you may still participate in TRS activities as you are able.

**If you are ill and cannot volunteer, please contact us immediately so we can fill your spot. Thanks for helping us to stay healthy at the barn!**