

## **TRS Client Health 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.

<p><b>Flu Symptoms: If you are showing signs please stay home.</b></p> <ul style="list-style-type: none"><li>○ elevated fever (must be normal for 24 hours without medication)</li><li>○ cough</li><li>○ sore throat</li><li>○ runny or stuffy nose</li><li>○ muscle or body aches</li><li>○ headaches</li><li>○ fatigue (tiredness)</li></ul> <p>● <b>Vomiting and Diarrhea</b></p> <ul style="list-style-type: none"><li>○ Must be case free for 24 hours without medication</li></ul>	<p><b>All clients should:</b></p> <ol style="list-style-type: none"><li>1. Wash hands with soap and water for 20 seconds before and after each lesson. If not able, use hand sanitizer at arena entrance.</li><li>2. Avoid touching eyes, nose, and mouth.</li><li>3. Cover coughs and sneezes with tissue or elbow. Be sure to throw away tissue in trash and wash/sanitize afterwards.</li><li>4. Get a flu shot if possible.</li></ol>
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If the client has experienced any of the following changes to their health, please consult with the program director prior to the next lesson:

1. Change in seizure activity
2. Changes in medication
3. Suspected or confirmed pregnancy
4. Recent brain or spinal injury
5. Recent hospitalization

❖ 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 attend your lesson, please contact us immediately so we can inform our staff and volunteers of your absence. Thanks for helping us to stay healthy!**