

COVID-19 (Coronavirus)

8 September 2021

We would like to reassure clients that your health and wellbeing is our primary concern. All services will be continuing observing up to date HSE guidelines in line with restrictions: The latest advice and guidance is available on the HSE website: <https://www2.hse.ie/conditions/coronavirus/protect-yourself.html>.

Additional Procedures:

We ask everyone to follow relevant government advice and guidelines:

Coronavirus COVID-19

If you have fever and/or cough you should stay at home regardless of your travel or contact history.

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on www.dfa.ie

How to Prevent

- Wash**: your hands well and often to avoid contamination
- Cover**: your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue
- Avoid**: touching eyes, nose, or mouth with unwashed hands
- Clean**: and disinfect frequently touched objects and surfaces
- Stop**: shaking hands or hugging when saying hello or greeting other people
- Distance**: yourself at least 2 metres (6 feet) away from other people especially those who might be unwell

All people are advised to:

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

If you have symptoms visit hse.ie OR phone HSE Live **1850 24 1850**

Symptoms

> Fever (High Temperature) > A Cough > Shortness of Breath > Breathing Difficulties

For daily updates visit

www.gov.ie/health-covid-19
www.hse.ie

Ireland is operating a containment strategy in line with WHO and ECDC advice

Rialtas na hÉireann
Government of Ireland

- **All clients:**

- Payments should be made using our online payment system as much as possible. It will not be possible to make card payments onsite.
- Communication should be made by email (info@berginequine.com) as much as possible to minimise face to face interactions.
- Parents are responsible for ensuring social distancing before and after lessons and camps.
- The barn will remain a staff only area please do not enter unless told to do so.

- **All riders:**
 - Training is permitted in pods of up to 15.
 - Bring all their own equipment -
 - We are not in a position to lend helmets or boots (or any other equipment) at present (please see **Helmet standards** below if you are purchasing a helmet)
 - Use the mounting block for mounting.
 - Avoid congregating/socialising (Social distancing of 2m minimum).
 - Please use the queuing system provided:
 - Please ensure your child waits in the car until five minutes before their lesson or camp time.
 - Once ready please stand beside one of the number stations beside the barn.
 - Your horse will then be brought out to you.

- **All non-riders (essential only):**
 - Avoid congregating/socialising (Social distancing of 2m minimum).
 - The coffee dock area is open however:
 - Masks must be worn
 - Social distance must be maintained (if it looks crowded please wait)



Helmet standards

If you are purchasing a helmet please ensure that it conforms with the standards detailed below. Helmets which do not conform to this standard will not be permitted for use in riding activities for safety reasons.



BHS Approved Centres Hat Rules 2020 v1

Hats must meet ALL of the requirements of one of the following rows:

	Standard and Date	Quality Assurance Mark	Examples		
1	PAS 015 (1998 or 2011)	<p>AND MUST HAVE</p> <p>BSI Kitemark</p>  <p>Or Inspec IC Mark</p> 			
2	VG1 01.040 (2014-12)	<p>AND MUST HAVE</p> <p>BSI Kitemark</p>  <p>Or Inspec IC Mark</p> 			
3	ASTM F1163 (2004a or 04a onwards)	<p>AND MUST HAVE</p> <p>SEI mark</p> 			
4	SNELL E2001 or E2016	<p>AND MUST HAVE</p> <p>Official SNELL label and number</p> 			
5	AS/NZS 3838 (2006 onwards)	<p>AND MUST HAVE</p> <p>SAI Global mark</p> 			

IMPORTANT INFO FOR CROSS COUNTRY ACTIVITIES: Only a "Jockey Skull" of an even round or elliptical shape with a smooth or slightly abrasive surface, having no peak or peak type extensions may be worn for any XC activity. Noticeable protuberances above the eyes or to the front, not greater than 5mm, smooth and rounded in nature are permitted. A removable hat cover with a light flexible peak may be used.

HEAD CAMS: When hats are tested against the requirements of a standard, they are done so with no extra additions on the hat i.e. with no head cam attached. Therefore, it is currently not known how the addition of a protuberance such as a head cam, effects how the hat would respond during an impact. Therefore, the use of HEAD CAMS are not recommended at any Approved Centre activity. This includes use on the head, chest, bridle or any other part of the horse or rider.