

# VAULTING PRACTICE

## PHASED PLAN TO RESUME PRACTICE

FUTURE PLAN FOR PRACTICE STARTING MAY 4, 2020 SUBJECT TO STATE OR COUNTY ORDERS

### PHASE 1

Individual Horse practice will commence in household groups (siblings can come to same practice) and privates for individuals.

This way we can limit the equipment used and disinfect thoroughly before the next use.

Practices will be 1 hour in length and give vaulters the opportunity to get some horse practice in. We will continue with online coaching and zoom fitness, to limited the number of times practice takes place at the barn.

Coaches will be assigned on availability other coaches will continue with video coaching medium.

All healthy protocols are to be followed (see attached).

A schedule will be available is available, if you have changes contact your coach.

Phase 1 will get everyone back on a horse as soon as we can.



### PHASE 2

Gatherings of under 4 people - so small classes can resume once the State and County have less restrictions.

In this phase we will still keep practices to approximately 1 hour, as the online video coaching will continue as well as zoom fitness.

Depending on when competitions roll out, we may increase horse practices for vaulters wanting to get o competitions in the future months.

Here is a clip from USEF president about opening up competitions. [https://www.usef.org/video/1\\_pvfjwky6?](https://www.usef.org/video/1_pvfjwky6?)

### PHASE 3

Full return to practice and competitions. High Performance camps and Summer camps will be scheduled.

*Life will not return to business as usual, but we will have a few months of a new normal which keeps our athletes and families safe and healthy while being socially responsible in helping to keep COVID-19 away.*

Protocols for returning to practices:

1. Stay home if you or your family has any flu type symptoms or anyone including yourself in your household is sick.
2. Barrels and mats will be assigned to an individual during practice and thoroughly disinfected after use.
3. Parking to be by the 4 horse trailer next to the arena (furthest away from the house).
4. No-one is allowed in the gyms, or near the house (Sydney is 87years old and priority must be given for her safety).
5. Practice social distancing, we are fortunate that the lunge is 20 meters away, but please stay 6 feet away from your coaches.
6. Rubber gloves will be provided to wear while grooming the horses, that way none of the brushes have the possibility to be contaminated.
7. EVERY TIME you touch anything, immediately use hand sanitizer (we have a supply but it won't last forever, so bring some from home if you can).
8. Parents please stay in cars, the least interaction we have in Phase 1 the better.
9. All horse equipment will be washed with soap after use, and pad covers and foam covers machine washed after every use.
10. DO NOT come to the barn if you are NOT practicing social distancing at home and work.
11. Refer to the [CDC.org](https://www.cdc.org) website for preventions, symptoms and protocols for resuming activities.
12. If you have traveled please self quarantine for 14 days before returning to practice.

WASH YOUR HANDS, WASH YOUR HANDS, AND WHEN IN DOUBT WASH YOUR HANDS!