



Be Horself

Horse Assisted Wellbeing

Be Horself Limited
Established 2019
Company Number 12358244
Director Loredana Caminiti

Date of last review: December 18th 2020

Date of next review: Ongoing

Name of Risk Assessor: Loredana Caminiti

Be Horself COVID-19 Risk Assessment Policy

Under the current legislation, The Health Protection (Coronavirus, Restrictions) (England) (No.4) Regulations 2020, we are authorised to meet with clients face to face to conduct therapeutic sessions. This is because Government guidance allows businesses providing services relating to mental health to remain open. It also permits people to leave their home to receive these services.

Be Horself is therefore open for business as usual, but with the understanding that any member of staff or client displaying symptoms of Coronavirus, such as fever, cough and difficulty breathing must not attend sessions but stay at home and self-isolate for 10 days.

Contact details for further information / advice:

World Health Organisation. Tel: 0045 4533 7000. www.who.int

Public Health England. (Bristol). Tel: 0300 303 8162. www.Gov.uk

Department for Education. DfE Helpline 0370 000 2288. www.Gov.uk

NHS Helpline. Tel:111



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Identification of Medium/High risk associated with the spread of the Coronavirus:

The virus is transmitted by sneezing, coughing and by being airborne or transferred to surfaces. The virus can remain active on surfaces for many hours. The virus can be carried asymptotically and transmitted unknowingly. People with health conditions or over 70 are classed as vulnerable to the virus with a threat to life.

The risks are far higher indoors than outdoors.

Clients that attend sessions can vary in age, and may have pre-existing health conditions and/or live with people who are classed as vulnerable.

Our Control Measures and Practices put in place to contain and reduce the spread of infection to staff, clients and visiting third parties:

1. Be Horself has created a Coronavirus NHS QR Code for its venue; any visitor must scan the QR code on arrival, using the NHS Covid-19 App. This is to help trace and stop the spread of coronavirus.
2. A Be Horself Equine Facilitated Learning practitioner (the practitioner) will complete a self-assessment form with each client on their arrival; a number of screening questions will be asked and recorded, and body temperature will be checked with a non-contact infrared thermometer. If there is any indication of exposure to Covid 19 the client will not be permitted to remain on site.
3. Client and practitioner will maintain either 2m distance or at least the advised "1m plus" social distance (the "plus" means doing something else to limit possible exposure, like wearing a face covering).



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4. Client and practitioner will be wearing a mask or other face covering, unless the person is exempt to do so. Proof of exemption must be shown.
5. Individual packs of tissues are available to blow noses and catch sneezes. Any used tissue must be disposed of, in the bin, immediately.
6. Sanitisation and hygiene are taken very seriously. Communal areas and touchable surfaces such as gates, stable doors, door handles, chairs, sofa, worktops, will be cleaned daily before 9.30 am and sprayed with a disinfectant regularly throughout the day.
7. Clients must clean hands on arrival; they are welcome to use an antibacterial hand gel or to use the washing facilities. Drying of hands will be with single use towels only.
8. The practitioner will have disinfected in advance any required horse equipment such as a set of head collar, ropes and grooming brushes to be used during the EFL session; a second clean set will be available for the next client to use.
9. Clients must park in the allocated paved area inside the yard's first entrance gate and remain in the car until the practitioner meets them for their session. This is where the client self-assessment will be carried out.
We encourage people when possible to attend the session on their own, however we recognize there may be a need for some clients to be accompanied by someone else; if that is the case, the accompanying person may wait in the car, or, go for a walk in the nearby fields, but it is not allowed to walk around the yard and its fields.
10. Clients must notify the practitioner if they wish to use the toilet to ensure that the practitioner can sanitise handles of doors/gates after use.



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11. Clients must not touch any horse other than the horse working as Equine Facilitated Learning horse.
12. Clients must not move around on the premises unattended; they must always be accompanied by the practitioner.

The impact of COVID-19 on the equine facilitated learning risk assessment.

The risks related to COVID-19 are unrelated to horse behaviour, autonomy, and the therapeutic process, but are related to contact and transmission of the virus.

Managing risk relating to horse behaviour, and therapeutic process can require contact in an intervention process required to reduce a hazard or emotional distress.

If intervention is required that includes contact, this will be carried out whilst limiting contact and practising good hygiene after care.

Re-evaluation of risk with controlled measures in place **LOW**