



River Valley Riders 2022 COVID Protocol Document

This policy applies to all participants, their families, volunteers, staff, and visitors at any RVR facility or event. RVR is using information from the Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health as guidelines to determine this protocol. *This policy is subject to change.*

If you have been in close contact (see below) with someone with COVID, you must refrain from coming to RVR for 7 days. After 7 days you can return to RVR if you have no symptoms or your symptoms are resolved. *If you have a fever, continue to stay home until your fever resolves.*

If you or your child has any symptoms (see below) consistent with COVID, regardless of vaccination status, please do not come to RVR. You must refrain from coming to RVR for 7 days. After 7 days you can return to RVR if you have no symptoms or your symptoms are resolved. *If you have a fever, continue to stay home until your fever resolves.*

If you have traveled internationally, you must refrain from coming to RVR for 7 days (day zero being the day you returned to the USA). *CDC recommendation - take a COVID test 3-5 days after travel.* If you have symptoms, follow directions above.

When inside the indoor arena, mask wearing is suggested for observers who cannot maintain spacing of 6 feet from others not in your family.

Definition of Close Contact:

- Indoors: within 6 feet for more than 15 minutes, with or without a mask
- Outdoors: within 6 feet for more than 15 minutes, without a mask

COVID Symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea