

RMSJ RAPID RESPONSE PLAN

The purpose of the Rapid Response Plan is to mitigate against a case or an outbreak of COVID-19 at Rocky Mountain Show Jumping's facility or during any of its activities or events.

It works by the Team at **Rocky Mountain Show Jumping (RMSJ)** working closely with **Alberta Health Services (AHS)** and an individual that may have been exposed to COVID-19 while at the RMSJ facility.

RMSJ team members communicate with affected individuals to gather information; they look at any necessary infection control actions; and they work with AHS on contact tracing or any other requirements AHS may identify.

The Rapid Response Plan is activated when RMSJ becomes aware that an **employee or equestrian community participant (boarder, exhibitor, trainer, parent, groom, veterinarian, farrier, etc.)** has based on specific symptoms or history, has been to RMSJ in the past 14 days, is legally required to self-isolate, or has a confirmed case of COVID-19.

1. Rocky Mountain Show Jumping employees and equestrian community participants are strongly encouraged to record the areas they visit while on the property. In the event of confirmed cases of COVID-19, RMSJ will be able to work with Alberta Health Services to notify members of the RMSJ community who may have been in a location shared by an infected person.
2. RMSJ has rapid response plan to handle a COVID-19 case. This plan includes:
 - a. Immediately isolating the symptomatic individual from others.
 - b. Requiring hand hygiene and masking of the symptomatic individual.
 - c. Safe transport of the symptomatic individual to their home for isolation.
3. Individuals directed by AHS to legally self-isolate or with a positive COVID-19 test result must contact RMSJ management immediately (403-256-8652 ext 102 or caroline@rmsj.ca).

A note about privacy

In Alberta, privacy laws protect the locations of individual cases of COVID-19. Please respect the rights, health and safety of fellow equestrian community participants, and follow RMSJ COVID-19 reporting protocols.

Notifications to Individuals Who May Have Been Exposed to COVID-19

If you are identified as having been exposed to COVID-19, you will be notified as soon as possible via your email address provided on your signed waiver.

General Notifications to the RMSJ Community

If AHS or RMSJ determines there is a risk of exposure to any group or our greater equestrian community, RMSJ will issue community-specific and public notifications as appropriate through direct communication (phone and email where possible).

Confirmed cases in our province and health region are regularly reported by the [Government of Alberta](#). In the event of an **outbreak of 10 or more** related positive cases of COVID-19 in a particular location or at a specific event, the Government of Alberta also issues public notifications through their [Outbreaks in Alberta webpage and bi-weekly updates](#). In some instances of outbreaks in public communal settings, such as restaurants, salons, or gyms, an outbreak is publicly listed when there are 5 or more cases.

In compliance with Chief Medical Officer of Health recommendations, RMSJ will not issue general public notifications about individual exposures or cases unless Alberta Health Services determines there is a community risk.

RMSJ COVID-19 PROCEDURE FOR EMPLOYEES OR EQUESTRIAN COMMUNITY PARTICIPENTS

RMSJ is to conduct ongoing daily monitoring for possible symptoms of COVID-19 in employees and equestrian community participants in order to promptly identify cases and outbreaks.

Ensure employees and equestrian community participants conduct daily self-check for symptoms of COVID-19 before arriving at RMSJ. All symptomatic employees and equestrian community participants that have any symptoms listed should be tested and contact RMSJ management immediately.

The most effective way for employee or equestrian community participants to prevent spread of COVID-19 is through consistent hand hygiene practices, respiratory etiquette, continuous masking, physical distancing and environmental cleaning/disinfection measures.

In support of the COVID-19 Rapid Response Plan at RMSJ, this is guidance to individual on steps they should follow when feeling unwell to assist in preventing the spread of COVID-19.

General Procedure

1. A contact tracing form must be submitted for all groups and/or a completed signed waiver from all individuals at the RMSJ facility for each week of an activity or event.
2. If an employee or equestrian community participant has had **any of the following symptoms** during the past ten days, stay home and do not go to RMSJ facility.

If an employee or equestrian community participant **develops any of the above symptoms** while at the RMSJ facility, go to your home right away (travel safely: avoid public transit; wear your mask; wash your hands; practice proper distancing):

- Fever over 38.9°C (102°F)
 - New onset of cough or worsening of chronic cough
 - New or worsening shortness of breath
 - New or worsening difficulty breathing
 - Sore throat
 - Runny nose
 - Chills
 - Painful swallowing
 - Stuffy nose
 - Headache
 - Muscle or joint ache
 - Feeling unwell, fatigue or severe exhaustion
 - Nausea, vomiting, diarrhea or unexplained loss of appetite
 - Loss of sense of smell or taste
 - Conjunctivitis (pink eye)
3. As soon as possible, do the [COVID-19 Self-Assessment for Albertans](#).
 4. Contact RMSJ management immediately (403-256-8652 ext. 102 or caroline@rmsj.ca):
If, as a result of completing the self-assessment, the employee or equestrian community participant receives the following message in response to their input:
“You are legally required to immediately self-isolate. You are recommended to be tested for COVID-19,”
OR

If they have been at the RMSJ facility in the past 14 days, please advise RMSJ management that you are legally required to self-isolate and that you have been on at the facility in the past 14 days.

Ensure that RMSJ has a phone number where you can be reached. The email and phone number on the waiver and/or the contact tracing form will be used for contacting individuals. Someone will contact you privately to ask you a few questions about contact tracing. This process will be conducted in accordance with privacy laws, and your identity will not be disclosed except to members of the management team at RMSJ and AHS. [AHS Contact Tracing Notification Process](#)

If you have concerns about your symptoms or questions about your online COVID-19 self-assessment, contact Alberta Health Link by dialing 811 on your phone.

5. The RMSJ management will contact AHS.
6. The RMSJ management will stay in contact with the affected individual and AHS as necessary until the case is resolved.