



## NSEF President's Message

### Covid-19 Update – June 12, 2020

#### There's a role for Everyone.....

It has been two weeks since the government of NS announced the return to “sport training” and it was music to our collective ears! Since then, we have heard from many of you with questions and concerns regarding Covid-19 and what can be done to ensure that best possible practices are in place to mitigate the spread of this virus.

What we know for sure is that the virus has not gone away, that we all must do our part by:

- Adhering to Provincial gathering limits (currently limited to 10)
- Ensuring physical distancing when outside of the home
- Practicing good hygiene (hand hygiene, avoid touching face, respiratory etiquette, disinfect frequently touched surfaces)
- Staying informed, being prepared and following public health advice
- Limiting non-essential travel
- Increasing environmental cleaning & ventilation of public space
- Staying at home and away from others when symptomatic
- Considering the use of non-medical masks or face-coverings in situation where physical distancing cannot be maintained

In addition to the above, we can all play a specific role when we are participating in our sport. Relaxing our efforts may set us back.

**Facility Owners and Coaches** – ensure all Covid-19 compliance is in place; create a physical environment whereby physical distancing is ensured; sign-in/sign-out schedule; screen your clients – everyone every time; ensure all clients sign an “Assumption of Risk” form; ensure safe sport guidelines are in place.

**Athletes** – perform a Covid-19 Self-assessment prior to heading to the barn; bring your own grooming kit; follow all Covid-19 rules; respect physical distancing; stay home if you are experiencing any Covid-19 symptoms; sign the “Assumption of Risk” form.

**Parents** – perform a Covid-19 assessment with your child prior to leaving home for the barn; only if necessary, assist your child with their needs upon arrival, otherwise, drop off and pick up; ensure safe sport guidelines are in place; if your child is under the age of majority, sign the “Assumption of Risk” form on your child’s behalf.

**EVERYONE** - must comply with the Nova Scotia Health Protection Act Order and Public Health directives; ensure that your Insurance coverage is not impacted by following all directives; stay informed and up to date on any Covid-19 changes. Resources are updated on our [website](#) and on the [Province of NS website](#). Please refer to them often.

#### What's Next?.....

Although we are unsure of when we will be permitted to compete, we are developing our Return to Equestrian Competitions plan that can be used to prepare organizers for the day that we can gather as a community at a show. It can be frustrating to hear about other provinces holding competitions but we can't compare ourselves as we are in a different state of readiness.

Trail riding establishments are now offering guided tours in contained groups of ten or less. Recreational riding is certainly one of the least restricted activities so enjoy that with your friends and family (adhering to Covid-19 restrictions, of course). Some clubs have trails available to their members as well. Check with our [member clubs](#) for more information on their membership benefits.

#### In the Meantime.....

**Thank you** for continuing to be the example of how to positively and respectfully return to a recreational or sport activity. **Thank you** for using social media in a meaningful manner. **Thank you** for [renewing your membership](#) and enjoying the benefits it has to offer. **Thank you** for your patience and support as we navigate our way through this challenging time.

As always, our staff is available to assist you with your equestrian needs. Contact Meredith at [nsefservices@sportnovascotia.ca](mailto:nsefservices@sportnovascotia.ca) for membership; Sheila at [nsefprograms@sportnovascotia.ca](mailto:nsefprograms@sportnovascotia.ca) for coaching and athlete programs; Heather at [nsef@sportnovascotia.ca](mailto:nsef@sportnovascotia.ca) with any concerns/questions, governance support needs, Covid-19 advice.

Hope to see you soon and take good care.

Val McDermott, President  
NSEF