



River Valley Riders 2023 COVID Protocol

This policy applies to all participants, their families, volunteers, staff, and visitors at any RVR facility or event. *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 anyone in your household has any symptoms (see below) consistent with COVID, regardless of vaccination status or test result, 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.*

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