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## **Centaur Biomechanics - Social Distancing Measures**

### **Centaur Biomechanics - Social Distancing Measures – May 2020 in addition to those advised by the Government and British Equestrian Federation & British Horse Society.**

Centaur Biomechanics is committed to implementing ALL social distancing measures in order to limit the risk of transmission, protect the NHS and saving lives. The welfare and safety of our clients, organisers and hosts is paramount.

#### **Centaur Biomechanics - Rider Biomechanics Clinics**

For riders who are showing signs or symptom of COVID-19 we ask that they follow government guidance and withdraw from the rider biomechanics clinic. Cancellation fees relating to Centaur Biomechanics will be waived.

Social distancing zone – this will be a designated area where riders can access the resources needed to complete the clinic. In this zone, there will be hand sanitizer and gloves should riders wish to use them.

Previously riders have been asked to wear a Centaur Biomechanics Training Jacket. This is at the discretion of the rider. Owing to new software, the session can still proceed if riders choose not to wear a jacket. If riders prefer to wear a training jacket, these will be available in the social distancing zone and will be single use, washed and available in all sizes.

Markers are positioned on the horse and saddle. In order to comply with the 2m distance, rider's will be provided with a marker set allowing them to put the markers on the horse and saddle themselves – there will be guidance notes on how to apply the markers. Markers will be provided to the clinic host on the day and will be placed in our "social distancing zone".

Previously riders were asked to complete a rider questionnaire on arrival. This has been replaced, with a rider registration form which can be completed online.

Previously riders were given a written feedback form. This has now been replaced with an electronic feedback form which will be emailed to riders on the evening of the clinic.

Rider feedback videos – to reduce the transmission between Centaur and the riders we have suspended the purchasing of DVD's or the providing of USB sticks. Instead – riders can pay £5.00 for the videos to be sent via Dropbox. The videos will be available for 5 days and can be downloaded.

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On the arena, there will be a 3m zone laid out with poles. Dr. MacKechnie-Guire will stand in this zone whilst reviewing, analysing the video files. Riders will still be able to receive uncompromised feedback from a safe distance.

Only one rider will be allowed in the arena at one time. If there are two entrances then we will instigate a flow system – in one door and exit through another. If there are not two doors then the following rider will be required to wait outside until the previous rider has left the arena.

Clinic hosts will advise on venue guidelines in respect of social distancing.

END

Updated May 2020

Centaur Biomechanics