



Horse Riding - Health and Safety Protocol 2021

During the COVID-19 pandemic, it's important to keep health and safety in mind. Portugal Adventures created a protocol with health and safety requirements for operation.

1. COVID-19 safety practices

1.1 Wear a mask and practice social distancing

All employees and guests must:

- Wear a mask when interacting in person
- Wash and disinfect their hands
- Maintain 2 meters of distance from each other

1.2 Leave a minimum of 12 hours between rides.

In order to ensure safety, we don't accept more than 1 horse ride per day. This gives us time to clean and disinfect the horse-riding equipment and stable before we receive the next guests.

2. Cleaning protocol's 3-step process

The 3-step cleaning process is a set of cleaning practices that are required to follow after each horse ride, in addition to the local laws and guidelines.

Step 1: Prepare

Make sure to:

- Ventilate the space before and during cleaning
- Use disinfectants (with a minimum of 70% alcohol).
- Always read the directions and warnings on your cleaning products carefully
- Wash or disinfect your hands, and wear a mask and gloves while cleaning

Step 2: Clean & Sanitize

Thoroughly follow these steps:

1. Wipe down the high touch surfaces in the stable with soap and water
2. Wipe down the horse-riding equipment (saddles, bridles, riding helmets) with soap and water.
3. Spray high-touch surfaces in the stable with disinfectant spray.
4. Spray the horse-riding equipment (saddles, bridles and riding helmets) with disinfectant spray.
5. Let the disinfectant stand for the length of time specified on the product label.
6. Allow the surfaces to air-dry.

Step 3: Reset

To help prevent cross-contamination, it's important to finish cleaning and sanitizing all equipment before the next guests arrive. Make sure to:

- Wash your hands and replace gloves before putting the equipment back in place
- Safely dispose of or wash cleaning supplies and protective gear
- Empty and/or clean your equipment (ex: microfiber cloths) between each ride.

In addition to this 3-step cleaning process after the horse rides, all horse riding equipment will again be sprayed with disinfectant before the guests will mount the horse.

3. Additional guidance during COVID-19

3.1 Stay home if you're feeling ill

To protect one another's health and safety, cancel all the reservations and stay home if you're feeling sick. If you have, or think you have, symptoms, wait at least 72 hours after symptoms disappear before accepting new reservations. If you've been in contact with someone who is infected, wait at least 14 days before accepting new reservations.

3.2 Don't interact with guests if you've recently been exposed to or have symptoms of COVID-19.

To protect the health and safety of our community, it is our policy that you should not interact with guests, and guests should not be able to make a reservation if any of the following are true:

- You are actively infected or have tested positive with COVID-19 in the past 30 days
- You suspect you are sick or have been exposed and are awaiting test results to confirm or deny a diagnosis of COVID-19
- You are showing symptoms or are concerned about possible infection of COVID-19
- You've had close, sustained contact with an individual confirmed or suspected to be infected with COVID-19, within the last 14 days

3.3 Wash your hands regularly

Be sure to wash your hands often, especially if you're in contact with people outside your reservation and are touching surfaces and utensils in a common area.

- Wash your hands properly with soap and water for at least 20 seconds
- If soap and water are not readily available, use a hand sanitizer that contains at least 70% alcohol; cover your hands and rub them together until they feel dry



Jeep Tours - Health and Safety Protocol 2021

During the COVID-19 pandemic, it's important to keep health and safety in mind. Portugal Adventures created a protocol with health and safety requirements for operation. D

3. COVID-19 safety practices

1.1 Wear a mask and practice social distancing

All employees and guests must:

- Wear a mask when interacting in person
- Wash and disinfect their hands
- Maintain 2 meters of distance from each other

3.2 Leave a minimum of 12 hours between the tours.

In order to ensure safety, we don't accept more than 1 jeep tour per day to have time to clean and disinfect the jeep after each tour and again just before we receive the next guests.

4. Cleaning protocol's 3-step process

The 3-step cleaning process is a set of cleaning practices that are required to follow after each jeep tour and ½ hour before the next guests, in addition to the local laws and guidelines. We use the open jeep BJ40.

Step 1: Prepare

Make sure to:

- Use disinfectants (with a minimum of 70% alcohol).
- Always read the directions and warnings on your cleaning products carefully
- Wash or disinfect your hands, and wear a mask and gloves while cleaning

Step 2: Clean & Sanitize

Thoroughly follow these steps:

7. Wipe down the high touch surfaces like steering wheel, doors, doorknobs seats and the upper holding rail with soap and water.
8. Wipe down the rest of interior of the jeep with soap and water.
9. Spray the high-touch surfaces with disinfectant spray.
10. Spray the rest of the interior of the jeep with disinfectant spray.
11. Let the disinfectant stand for the length of time specified on the product label.
12. Allow the surfaces to air-dry.

Step 3: Reset

To help prevent cross-contamination, it's important to finish cleaning and sanitizing all equipment before the next guests arrive. Make sure to:

- Wash your hands and replace gloves before putting the equipment back in place
- Safely dispose of or wash cleaning supplies and protective gear
- Empty and/or clean your equipment (ex: microfiber cloths) between each ride.

3. Additional guidance during COVID-19

3.1 Stay home if you're feeling ill

To protect one another's health and safety, cancel all the reservations and stay home if you're feeling sick. If you have, or think you have, symptoms, wait at least 72 hours after symptoms disappear before accepting new reservations. If you've been in contact with someone who is infected, wait at least 14 days before accepting new reservations.

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- You've had close, sustained contact with an individual confirmed or suspected to be infected with COVID-19, within the last 14 days

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Be sure to wash your hands often, especially if you're in contact with people outside your reservation and are touching surfaces and utensils in a common area.

- Wash your hands properly with soap and water for at least 20 seconds
- If soap and water are not readily available, use a hand sanitizer that contains at least 70% alcohol; cover your hands and rub them together until they feel dry