

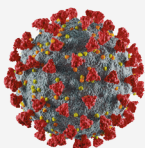
COVID-19 POLICIES FOR MARYLAND HORSEMEN



MARYLAND
JOCKEY
CLUB



MedStar Health



COVID-19 POLICIES FOR HORSEMEN

Implement Basic Infection Prevention Measures

- Promote frequent handwashing.
 - » Provide workers with handwashing facilities and hand sanitizer that is at least 60% alcohol.
- Encourage workers to stay home if they are sick.
 - » Report any sick employees to security for follow up.
- Provide extra waste containers.
- Discourage workers from using other workers' tools/equipment.
- Increase housekeeping standards, including cleaning and disinfection of tools, and equipment.
- Ensure that everyone always wears masks covering their nose and mouth.
- Do not allow employees to congregate in your barn after the conclusion of the workday.
- Do not visit other barns unless absolutely necessary.

Procedures For Prompt Identification And Isolation Of Sick People

- Encourage employees to self-monitor for signs and symptoms of COVID-19.
- Establish who your employees should contact if they are feeling sick.
- Implement daily health screening/temperature checks (in addition to the stable gate screening).
 - » Immediately isolate anyone who does not clear a health screening/temperature check.
 - » Symptomatic employees must be sent home.
 - » Encourage any employee showing symptoms of COVID to get a test immediately.



If an employee is sent home with symptoms, they are to quarantine in their home.

- > If an employee gets a test and the results are positive, they are to continue their isolation for at least ten days from the day they were sent home (or symptoms first started).
- > If an employee gets a test and the results are negative AND they are no longer feeling sick they may return to work.
- » Identify any contacts a symptomatic individual may have had.
- Consider liberal sick leave policies.

Return To Work Procedures

- If an employee tests positive for COVID, they are to isolate for ten days after their symptoms began. They may only return to work if they do not have a fever for at least 72 hours without medication AND their symptoms are subsiding.
- If an employee has been in close contact (within six-feet of someone for a total of 15 minutes over a 24-hour period) with someone who has tested positive for COVID, the employee must quarantine for 14 days after their exposure, regardless of a negative test.



**A more complete
set of CDC guidelines
is available upon request.**

IMPORTANT COVID-19 INFORMATION

*If you are feeling sick, **DO NOT** go to work!*

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*If you have been in close contact
with someone who has
COVID-19, **DO NOT** go to work!*

Call the Stable Gate
Laurel 301-470-5488
Pimlico 410-542-9400

Call MedStar
Horsemen's Health Clinic
410-902-6844

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SIGNS AND SYMPTOMS OF COVID-19

*If you are experiencing any of these
symptoms **DO NOT** go to work.*

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
RUNNY NOSE
NAUSEA
VOMITING
DIARRHEA



We Are Here To Keep The Backstretch Healthy And Offer Assistance In These Unprecedented Times.



If An Employee is Sick

- Immediately alert security at the stable gate as well as the MedStar clinic at 410-902-6844.

Domestic Travel

- If you travel outside of Maryland for ANY reason, you are to quarantine for at least five days upon your return. (This includes attending to horses at other tracks or sales.) On or after the 5th day of quarantine, you are to get a PCR COVID test. Only after you receive a negative result, and have submitted your test results, are you allowed to return.

International Travel

- If you travel internationally, you must quarantine for seven days. On or after the 7th day of quarantine you must get a PCR COVID test. Only after you receive a negative test, and have submitted your test results, are you allowed to return to MJC properties.
- All employees returning from a country outside of the USA must adhere to quarantine protocols.
- Trainers must report all employees returning to work from outside of the USA.

Travel After A Positive Test

- If you travel within 90 days of positive test, you must provide documentation of test and quarantine five days after travel. You will not need to repeat test unless you develop symptoms.

Who Do I Contact?

Submit all test results and international travel to Ryan Allen (ryan.allen@marylandracing.com) and Dr. Kelly Ryan (Kelly.d.ryan@medstar.net).



HORSEMEN'S

HEALTH SYSTEM

WEAR A
MASK!



WASH
YOUR
HANDS!

