

COVID-19 Guidelines for Fitting and Delivery of an Amtryke

Locations still under “stay-at-home”¹ orders OR to assess a rider who is “high risk”² or rider with a family member that is considered to be “high risk”:

- A. *Ask if delivery of the Amtryke is “*essential*” as in situations where it will provide necessary exercise for time-sensitive therapeutic purposes (post-operative care for example) or in situations where the rider has been given a terminal diagnosis with a limited time to ride
- a. ***If not essential, wait to schedule delivery until stay-at-home orders are lifted***
 - b. If deemed essential adhere to the following guidelines:
 - i. Schedule a “contact-free” delivery date for curbside drop-off at the rider’s home no earlier than 3 days following bagging the foam portions
 - ii. Schedule a virtual fitting using Facetime, Skype, Zoom, Google Meet-ups etc with a trained occupational or physical therapist no earlier than 24 hours after delivery
 1. Encourage use of fitting checklist (MCT can provide if wanted)
 - iii. Before you leave your home/location where Amtryke is stored:
 1. Screen yourself: Have you, the rider, or anyone you’ve been in close contact (within 6 ft for a minimum of 10 minutes) experienced flu-like symptoms, fever, cough, or shortness of breath in the last 14 days³
 2. Wash your hands with soap and water for minimum 20 secs OR use hand sanitizer to perform hand hygiene⁴
 3. Prepare your vehicle for loading (open tailgate back hatch, door etc)
 4. Put on gloves properly⁵- ensure that this is RIGHT BEFORE you load the Amtryke – touch nothing prior to putting them on other than the Amtryke
 5. Load Amtryke
 6. Dispose of gloves properly
 - iv. When you arrive at the rider’s home/location
 1. Use hand sanitizer to perform hand hygiene
 2. Don gloves properly
 3. Don face mask⁶
 4. Unload Amtryke
 5. Complete one last wipe down using approved cleaning spray/wipe⁷
 6. Remove face mask via ear loops and dispose or place in a bag so you can wash and reuse at home
 7. Dispose of gloves properly

8. Text or call family to let them know that you dropped off the Amtryke and instruct them to wait at least 24 hours before unwrapping the bagged portions

B. Remember: If in doubt, don't give it out!

For location where stay-at-home orders have been lifted and the rider is not considered "at risk" nor do they live with anyone "at risk" plan for an in-person fitting using the following guidelines

1. Complete a screening prior to scheduling
 - a. Have you, the rider, or anyone you've been in close contact (within 6 ft for a minimum of 10 minutes) experienced flu-like symptoms, fever, cough, or shortness of breath in the last 14 days³?
 - i. If yes- you must complete the evaluation virtually (see above) or wait to schedule an in-person evaluation when the answer to this question is no
 - b. Scheduling recommendations
 - i. Ensure families are informed of social distancing protocols and that if they arrive early they should remain in their cars until their scheduled time
 - ii. If you have adequate space (see below for space requirements) and have scheduled more than one family at a time, be sure you have a "door monitor" at a table set up at the entrance with 6ft social distance markers on the floor if a line forms
2. Prepare the family for what the evaluation will look like by providing them "**How to Prepare for an In-Person Amtryke Fitting**" document via email or text
3. On the morning of the evaluation, re-screen prior to the scheduled time via text or phone call
 - a. **Reschedule or complete evaluation virtually if answer to symptom check has changed to "yes"**
 - b. Screen yourself/fitting therapist and mechanic in the same way
4. Prepare yourself and other volunteers
 - a. Wash your hands with soap and water for at least 20 sec OR use hand sanitizer with at least 60% alcohol
 - b. Wear appropriate face covering⁷

- c. Best case scenario is a surgical mask* tested for droplet precautions- most likely these will not be available in large supply in the near future due to high demand for essential providers **N95 masks are not necessary if all screening has been done properly
 - i. A cloth mask* with an insert for a filter is next best
 - ii. A cloth mask* without an insert is acceptable if the above are not available

*Masks like these protect others from you in the case that you happen to be an asymptomatic carrier or have been unknowingly exposed and you have not yet become symptomatic
 - d. Wash your hands BEFORE the evaluation and any time AFTER you've touched your face, and then again AFTER the evaluation
 - i. Soap and water for at least 20 sec OR hand sanitizer that is at least 60% alcohol
5. Prepare the Fitting Area
- a. Recommend working outside (provide shade if able) or in a well ventilated indoor area to allow for adequate air circulation
 - b. Gather: pen, fitting checklist and clipboard, tools for adjustments, hand sanitizer, cleaning reagents (sprays and paper towels, wipes etc), garbage can with a lid, trash bags
 - c. Set-up fitting space: Ensure that you have adequate space to maintain social distancing from the caregiver and rider as much as possible. This will require a minimum of 6 ft on beyond the "working space" around the Amtryke (working space = ~3 ft beyond the width and length of the Amtryke)
 - i. Recommended space allocation is a minimum of 8.5' wide x 14' long given that the 1420xl with a rear start (Amtryke with the largest footprint) is approximately 29"x96" or 2.5' x8' - if you have adequate space (like a gym or parking lot) recommend marking off each space with tape or cones as needed
 - d. Provide two chairs (metal or plastic with no cloth covering recommended) one that can be used for measurement purposes and one for the caregiver
6. Prepare the Amtryke(s) that are going to be presented
- a. Wash hands with soap and water for 20 sec or use hand sanitizer
 - b. Disinfect all metal, plastic and vinyl surfaces of the Amtyke, chairs, measuring tape, pen, clipboard and tools with an approved cleaning reagent spray or wipe

and allow to air dry for appropriate length of time based on specific reagent label List of cleaning chemicals, dispose of any used paper towels and cleaning wipes into a trash with lid

- c. Use lysol spray on seat belt, chest straps, H-harness and pedal straps - allow to air dry

*Wait to remove paper bag covering loop handle bar and/or rear steer handle and helmet (in bag or plastic) until rider is present

*If more than one child is going to be fit at a time, recommend one to two volunteers maintain “tryke corral” and bring disinfected tryke to fitting area at scheduled fitting time- a clear communication system should be used to denote which trykes/accessories are clean, dry and ready for fitting

7. During the Fitting

- a. Recommend only the fitting therapist move within 6 ft of the rider and caregiver during times of “essential” proximity including:
 - i. Transferring the rider, making adjustments to the straps, laterals, handlebars, seat back etc, and assistance with the test ride
- b. When/if the mechanic is needed for adjustments requiring tools the rider and caregiver should be moved outside of the work zone and at a social distance of at least 6 ft
- c. When possible, the therapist and mechanic should maintain a social distance of at least 6 ft
- d. When it is time for the rider to “test ride” ensure that there are no other volunteers or family members within 6 ft of the riding path

8. After the Fitting

- a. Place the fitting check-list form into a sheet protector and wipe the sheet protector
- b. Wash hands with soap and water for 20 sec OR use hand sanitizer
- c. Disinfect chairs, pen, clipboard and tools with an approved cleaning reagent spray or wipe and allow to air dry for appropriate length of time based on specific reagent label List of cleaning chemicals, dispose of any used paper towels and cleaning wipes into a trash with lid
- d. After final fitting: Tie up and remove trash bag and take to final destination

References

1. State-by-state chart of stay-at-home orders: <https://www.littler.com/publication-press/publication/stay-top-stay-home-list-statewide>
2. High Risk definition per CDC: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html> (Note: people with disabilities are considered to be at “high risk” <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-disabilities.html>)
3. Screening <https://www.cdc.gov/coronavirus/2019-ncov/hcp/dialysis/screening.html>
4. Hand Washing Info:
 - a. CDC: <https://www.cdc.gov/handwashing/when-how-handwashing.html>
 - b. WHO: https://www.who.int/gpsc/clean_hands_protection/en/
5. Donning and doffing gloves: <https://www.globus.co.uk/how-to-safely-remove-disposable-gloves>
6. Face Coverings/Mask Recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>
7. Approved cleaning reagents
 - a. EPA List N (comprehensive list) <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
 - b. Shorter list of common products: <https://www.cnn.com/2020/03/05/health/epa-disinfectants-coronavirus-trnd/index.html>