



Program & Orientation Package



MISSION STATEMENT

'A Horse's Friend' will improve children's quality of life, promote positive values and increase social competencies through the use of horses and horseback riding.

We will do this by providing an environment in which all riders can achieve success, support each other, and develop a special bond with animals. These skills will help children develop their full potential and become more productive citizens in their community.

VALUES

'A Horse's Friend' will work to instill positive values of self-respect, respect for others, personal responsibility and restraint, and honesty.

'A Horse's Friend' will promote in all children a sense of purpose, self-esteem and optimism for their future.

GOALS

'A Horse's Friend' will provide a positive and safe environment where children will experience nature, learn respect for animals and gain new life skills.

'A Horse's Friend' will encourage exploration of positive options for future activities and career opportunities.

'A Horse's Friend' will develop future leaders by introducing and promoting peer leadership as a model for life while building work ethic and fitness.

To ensure the success, student safety will be our number one priority. Only trained and experienced staff/volunteers familiar with horses will be utilized.

'A Horse's Friend'

P.O. Box 92213, Rochester, NY 14692

Email: ahorsesfriend@yahoo.com

Website: www.ahorsesfriend.org



PROGRAM DESCRIPTION

Current Operational Program

Phase I

- **'A Horse's Friend'** is a program for all school-age children (ages 7 and older) and will be open to Monroe and surrounding counties.
- Each program can support up to 30 children per session.
- Operations consist of 6 independent daily program schedules.
 - One Day "Encounter" opportunities available
 - Introduction To The World of Horses Part 1
 - 6 - Sessions, 1 day/week .
 - Program will operate 9:00 am to 1:00 pm with open riding.
 - Hiking, Trail Riding, Tours and Family Outing included.
 - Under-age children welcome with parental supervision required.
- Volunteer opportunities available for community services.

Program Development

Phase II

- **'A Horse's Friend'** will be adding new programs so that children and families may take part in progressive learning opportunities such as:
 - Introduction to Career Opportunities
 - Intensive training in stable management, grooming
 - Volunteer Supervisor program
 - Outdoor Exploration programs
 - Picnic / Family / Work outings

Phase III

- **'A Horse's Friend'** Working Ranch and Farm - remote location. This facility will serve the program with over 50 acres of farmland and wilderness including, riding trails, stocked pond, bunkhouse and wildlife. This location will provide extended and overnight camping opportunities for those registered in the programs.

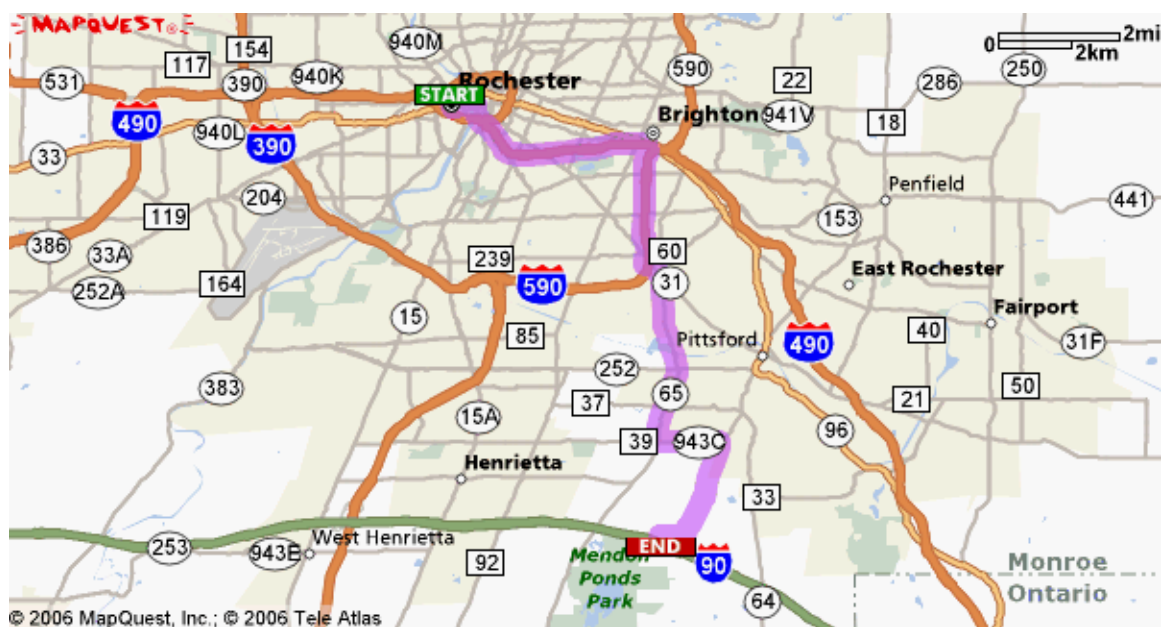


'A Horse's Friend' is located at:

High View Farms,
128 N Wilmarth Rd
Pittsford, N.Y. 14534

Driving Directions / Transportation

Those interested in participating in **'A Horse's Friend'** are required to arrange their own transportation (unless transportation is provided by their program affiliation). The facility is located at High View Farms, 128 N Wilmarth Rd., Pittsford, N.Y., near Mendon Ponds Park. It is approximately 25 minutes from downtown Rochester. Below is a map and driving directions to the facility.



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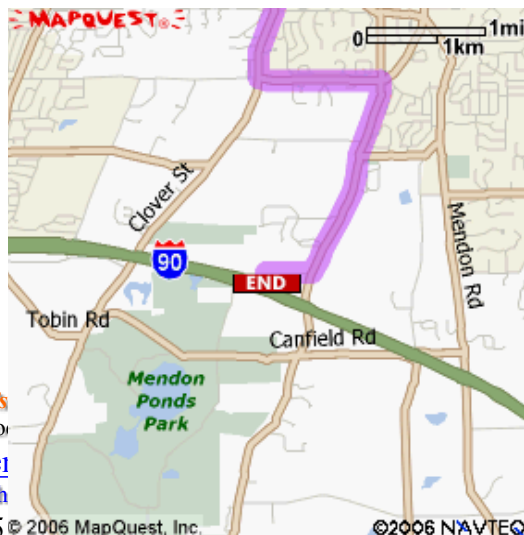
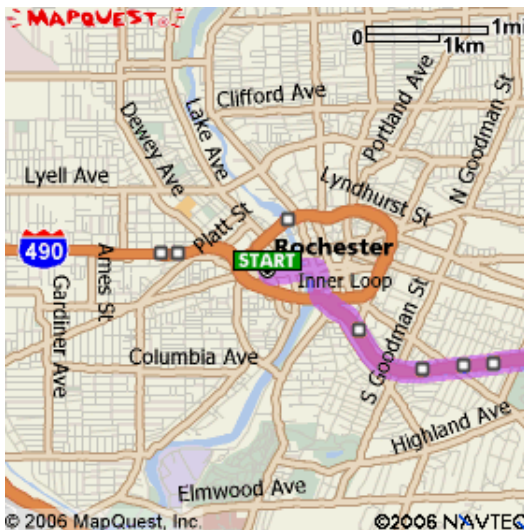
The directions below are from downtown Rochester beginning on I-490 heading east out of downtown towards Pittsford.

- 1: Take I-490 E. 3.1 miles
- 2: Merge right onto I-590 S via EXIT 21. 2.1 miles
- 3: Merge onto NY-31 / MONROE AVE via EXIT 2B toward PITTSFORD. (stay in right lane) 0.5 miles
- 4: Turn RIGHT onto NY-65 / CLOVER ST. (continue south) 3.0 miles
- 5: Turn LEFT onto CALKINS RD. 1.0 miles
- 6: Turn RIGHT onto MENDON CENTER RD / CR-64. 1.7 miles
- 7: Turn RIGHT onto N WILMARTH RD. (before Thruway underpass) 0.3 miles
- 8: End at **128 N Wilmarth Rd.** Pittsford, NY 14534-9406, US

Total Est. Time: 23 minutes

Total Est. Distance: 11.7

miles



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Clothing

Comfort and warmth are necessary to enjoy and understand how to be *'A Horse's Friend'*. Each participant is required to bring proper clothing depending on seasonal weather conditions including boots, jeans, long sleeve shirt, sweatshirt, rain or heavy coat, light gloves, and a hat. Sunscreen and insect repellent are recommend for those who prefer it. Dress for the weather outdoors.

Meals

'A Horse's Friend' does not provide lunch during the program session, which is from 9:00 am to 1:00 pm on Saturday. Students are .strongly encouraged to bring a lunch and beverages. Fresh water is available at the farm so a sports bottle is helpful.

Medical

Each participant is required to be in generally good health and able to participate in the program. Individual medical concerns need to be identified and addressed prior to the start of each session. First aid is available on the premises; however there is no trained medical staff immediately available. Should an emergency arise (as determined by the staff), 911 would be called immediately.

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“Intro to the World of Horses, Part 1”

Overview

Through assigned responsibilities, horse etiquette and horseback riding, *'A Horse's Friend'* provides growth and an alternative opportunity for all of the participants, both children and adults. With the combination of the program director, trained staff and volunteers, new and successful opportunities are the only outcome.

'A Horse's Friend' operates its program every 6 weeks, rain or shine, sun or snow. During the school year, open enrollment will run on six consecutive Saturdays, from 9:00 a.m. to 1:00 p.m. Lunch can be provided for each participant in the program for an additional fee. During the summer and based upon enrollment, the open enrollment and sponsored private programs will run daily, Monday through Friday.

Session 1

Welcome students and parents
Tour the facility, grounds, and pond
Discuss safety and the procedures
Introduce the students to the horses

Session 2

Learn to feed horses
Learn to clean stalls
Handle horses / Take horses outside
Learn stall cleaning
Learn proper grooming
Introduce the different tack
Teach mounting
Introductory ride

Sessions 3-5

Repeat Session 2
Practice tacking the horses
Students groom & ride
Bathe their horses

Session 6

Repeat Session 2-5
Introduce trail riding
Program closure
Students discuss / write about their
experience and accomplishments
Students display their skills to their
parents and friends
End of program Celebration - Families
are encouraged to come.

After the closure of the six session program **the students may be asked to return to assist in the next six session program with the new students, creating leadership training within the program.** There will be no additional cost for the returning students, but they must follow the same guidelines as the new students.

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'A Horse's Friend' Program Operation

Daily Activities

'A Horse's Friend' will focus on horseback riding, horse etiquette, and the different career choices that go along with caring for horses. The program will educate the students and ensure complete satisfaction and enjoyment. The main vision of the program is to provide urban youth with the opportunity to see a brighter side of life through their relationship with horses. The goal is to bring the youth out of an unsafe environment and provide them with the opportunity to feel secure and free to be kids.

'A Horse's Friend' introduces each participant to the basic knowledge required to work with and around horses, the barn and with other riders. Throughout the program each participant will progress at his/her own speed learning new techniques as they progress. Outlined below are many of the areas that every member will be introduced to. At the end of the six-session program, every member should be able to identify and accomplish any of these tasks independently and **successfully**.

1. Tour of Area:
 - a. Barn
 - b. Stalls
 - c. Paddock
 - d. Corral
 - e. Horse Feed
 - f. Stroll the Fields
 - g. Pond
2. Horse Introduction:
 - a. Instruct children how to care for and communicate with the horses
 - b. Interact with the horses
3. Horse Etiquette:
 - a. Grooming
 - b. Bathing
 - c. Walking
 - d. Feeding
4. Horse Tack Introduction:
 - a. Saddles
 - b. Bridles
 - c. Saddle Blankets
 - d. Halters
 - e. Ropes
 - f. Boots
 - g. Spurs
 - h. Saddle Bags
 - i. Crops
5. Horse Riding:
 - a. Introduce horse preparation
 - b. Groom
 - c. Saddle and Bridle preparation
 - d. Horse Mounting
 - e. Horse Walk or Ride
 - f. Horse Ride or Walk closing procedures

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Personnel

'A Horse's Friend' personnel will be qualified staff/volunteers in the areas of outdoor activities and safety procedures. In addition to these skills, the employees, both trained staff and apprentice volunteers have knowledge of horse care and training.

Each participant may share a single horse with up to 2 other people (total 3 people per horse). Each horse is assigned to an apprentice volunteer. These volunteers will assist the trainers in the learning process. The trained staff will spend their time working directly with all the participants and volunteers giving everyone an equal opportunity to learn and enjoy their horse.

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