



### ***Interested in Riding with Ridin' High?***

If you or someone you know would like to participate in our program, there are a few helpful steps in determining if the program would be a good fit for the individual and there is a process to go through to be accepted as a riding student.

There are some situations where therapeutic riding is contraindicated; that is, there may be medical reasons that horseback riding may not be advisable. Please discuss these with your medical professional. You may also read about precautions and contraindications on the web at: <http://www.ridinghigh.org/Participants/Participants.asp>. This list is helpful in determining whether horseback riding would be safe and helpful for individuals with certain disabilities. Ridin' High reserves the right to refuse services if contraindications or staffing considerations exist which do not allow Ridin' High to safely serve all parties involved. For the health and safety of our horses, we do have a 200 pound weight limit.

**Registration Process:** All riders must submit a completed rider registration form, including a medical release signed by a physician. Please try to be as thorough as possible when completing forms because the information provided helps us establish goals for riders and lets us know what you would like us to do in the event of an emergency. Ridin' High must have the completed forms before making a decision about whether a rider will be accepted. After your forms have been received, you will be scheduled for a short assessment. At that time, we will also review our program guidelines and services to determine if we can meet the needs of your rider and if our program services meet your expectations. There will be no riding the first visit in order to evaluate the student to provide the best horse/rider combination.

**Information about lessons:** Therapeutic Riding sessions are scheduled once a week. Lessons are 45 minutes, including mounting and dismounting time. Lessons may include grooming activities, unmounted lesson time, and/or actual riding time on the horse. It is important to understand and explain to your rider that therapeutic activities do not always include riding.

**Lesson Fees:** Riding students reserve a slot – that is, a student reserves a riding spot each session. Currently, we charge \$20 tuition. Tuition must be paid in advance.

**Insurance:** Some insurance companies may reimburse you for therapeutic riding tuition fees; however, Ridin' High does not do the insurance billing. You must submit your information directly to your insurance company.

**General Guidelines:** Ridin' High is a non-profit program. We provide services to our riders through trained volunteers. You should know that:

- Most riders require at least FOUR people to assist them during lessons – an instructor, two sidewalkers, and a horse leader. With limited paid staff, we rely very heavily on our volunteers.
- While we would like each student to participate in riding, not all students are capable of riding and it will be up to the individual instructor to create an appropriate lesson plan related to the special needs of each student. There are MANY horse-related activities that are extremely therapeutic and we will attempt to address all of those with each student.
- In helping each student become an “independent rider”, we stress a total approach to our therapeutic program. Because the horse is part of this team, horsemanship skills will be taught as part of the riding skills.

**Behavior and Attendance:** We do have certain expectations with regard to the behavior and attendance of riders. The safety of our riders and staff (primarily volunteers) is of great importance to us. Many schedules are coordinated to ensure a safe ride for our participants. Further, our volunteers' time is important to us. Unsafe or dangerous behavior will not be tolerated. Please call as soon as possible if you will be unable to attend a lesson. If a student has not arrived within 10 minutes of the scheduled lesson, that lesson will be cancelled. A tardy arrival time does not extend the lesson period.

**Clothing:** Riders must wear closed-toed shoes. Ridin' High does have helmets that can be used by riders who do not have their own helmet. Check with your instructor before purchasing a helmet for a rider. Helmets used for lessons must be ASTM and SEI approved for horseback riding activities. We strongly suggest that riders wear long pants (fitted at the waist) and boots with a heel.

Enclosed is the Ridin' High student application packet. All students must complete this packet when they enroll and then again once a year (no later than February 28<sup>th</sup>). Each year enrolled. Since we require that all paperwork be completed before being considered for enrollment in our program, it is important to complete this information and have it on file with us even if we do not have current openings. Please return these forms to us by mail.

We have the opportunity to meet you and your rider. In the meantime, please return the following:

- Registration and Release Form (Parent/Guardian to Complete)
- Physician Letter (attach to the Participant Medical History & give to Physician)
- Participant Medical History and Physician Statement (Physician's Office to Complete)
- Authorization for Emergency Medical Treatment Form (Parent/Guardian to Complete)

Thank you for your interest and support.  
Respectfully,

Naiomi Coletta  
Program Director