
JACKSON HOLE THERAPEUTIC RIDING ASSOCIATION



2016 PARTICIPANT HANDBOOK

WELCOME TO JACKSON HOLE THERAPEUTIC RIDING ASSOCIATION!

Jackson Hole Therapeutic Riding Association is dedicated to promoting healing with horses through equine-assisted therapeutic and educational activities for people of all ages with disabilities, regardless of economic status. The Association encourages the natural relationship between horse and rider which results in the rider's improved physical and emotional well-being.

For over twenty years, we have witnessed the profound, life enhancing benefits of equine-assisted therapeutic services. Benefits from being engaged in equine-assisted activities are not only physical but mental and social. Our participants see increased self-esteem, empowerment, and they build amazing relationships with peers, horses, volunteers, and staff.

With the commitment of our instructors and staff and the loyalty and support of our sponsors, volunteers, and friends, we can continue to fulfill a need to provide innovative, progressive, and safe equine-assisted activities and experiences. To accomplish this goal we must communicate with you as a participant or the guardian of a participant, to create a clear expectation of your experience with us. Please find in this handbook an explanation of our organization's policies as well as information to help you make the most of your experiences with us.

Warmest Regards,

Program Staff

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Healing With Horses

CONTACT US

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POLICIES AND PROCEDURES

RIDER FORM

The Rider Form is required for all participants registering for any equine-assisted activity at JHTRA. The Rider Form is a five page document that must be updated annually. Page one is the Physician Statement that must be signed by the participant's physician. Pages two through five must be filled out by a participant (of 18 years and older) or a parent/guardian. The Rider Form MUST be completed and turned in to JHTRA's Program Director at least (2) weeks prior to the start of the equine-assisted activity.

BILLING AND PAYMENT

As a 501(c) (3) nonprofit organization, no prospective rider with a disability is turned away, irrespective of their ability to pay. Established session fees cover only 10% of expenses.

Fees per Lesson:

- ❖ Making Memories: \$50
- ❖ One-Time Riders: \$50
- ❖ Hippotherapy: \$50
- ❖ Therapeutic Riding: \$25

Fees per Session:

- ❖ Spring Session: \$100 (4 weeks)
- ❖ Summer Session: \$250 (10 weeks)
- ❖ Fall Session: \$125 (5 weeks)

Participants will be expected to make payments in their entirety before the start of each session, unless prior arrangements have been made. Scholarships and discounts

are available for participants requiring financial assistance. *(Please find Scholarship Form on page 12)*

LATE POLICY

Please call JHTRA's office if the participant is expected to be late.

JHTRA office phone number: 307-733-1374

If the participant is more than 20 minutes late and JHTRA's office has not received a call indicating tardiness, the lesson will be cancelled without refund or make-up. If JHTRA office has been contacted directly and the participant will be more than 20 minutes late a lesson will be provided for the time remaining. Please note that due to a shortened lesson time, the lesson plan may be modified.

CANCELLATION POLICY

- At least 24 hours' notice - Make-up allowed
- Less than 24 hours' notice – No make-up will be allowed and no refund
- No call / no-show – No make-up will be allowed and no refund

Jackson Hole Therapeutic Riding Association reserves the right to cancel at any time if the conditions are deemed unsafe. This includes weather, highway closures, or other unforeseen circumstances. In the event that either thunder or lightening should occur, a minimum of thirty minutes must pass after the last sound/sight of thunder and/or lightning strike prior to resuming any activity. JHTRA will perform a conditions check every 30 minutes and resume activity once conditions are deemed safe.

In the rare event that we cancel a lesson, the policy is as follows:

- *Session Lessons* – JHTRA may provide a make-up lesson at no additional charge. We will do our best to work with your schedule. If the participant is unable to attend the offered make-up lesson, no credit or refund will be issued. If we are unable to offer a make-up for a session lesson, we will offer a prorated credit.

Exceptions to the cancellation policy include medical emergencies, contagious illnesses, or highway closures. In order for the exceptions to apply, a call prior to the lesson is required, otherwise the absence will be considered a no call, no-show and no make-ups will be permitted.

MAKE-UP POLICIES

- Make-ups must be completed within the same session and may not be carried to future sessions.
- If participant no call / no-shows for two (2) lessons, the remainder of the session lessons will be cancelled. No refund / make-ups will be allotted and scholarship eligibility may be re-evaluated.
- No more than two (2) make-ups can be scheduled per session.
- Make-ups will be scheduled pending program availability.

PETS

Pets are NOT permitted on Jackson Hole Therapeutic Riding Association's grounds. Only service animals, on leash, are allowed on the premises.

PARKING

The speed limit on roads surrounding the facility is 10 mph. Please be aware of cyclists and horses on the roads and surrounding trails. Accessible parking is available alongside the indoor arena. In the winter, please park DO NOT PARK on the side of the building, as snow slides from the roof.

EQUINE-ASSISTED ACTIVITIES & THERAPIES

Jackson Hole Therapeutic Riding Association is a Premier Accredited Center with the Professional Association of Therapeutic Horsemanship International (PATH, Intl.). We are located at the Robin Lightner arena on C-V (Boces 5) School in Wilson Wyoming, just 7 minutes outside Jackson Hole, Wyoming. Jackson Hole Therapeutic Riding Association is the only PATH, Intl. Premier Accredited Center in the state of Wyoming. Achieving and maintaining this credential demonstrates our program's commitment to providing the highest level of programming and industry standards to our participants. Lessons are provided by trained and certified instructors with extensive experience in horsemanship, teaching, and adaptive programming.

Jackson Hole Therapeutic Riding Association offers three (3) different forms of equine assisted activities or therapies (EAAT): Therapeutic Riding, Hippotherapy, Equine Facilitated Learning (EFL). Programming takes place five (5) days per week seven (7) months out of the year. All three (3) programs offer highly effective therapeutic benefits for individuals with cognitive, behavioral and/or physical disabilities, while Therapeutic Riding and Hippotherapy have been proven to be particularly effective with children.

Equine-assisted activities help all people realize benefits that reach far beyond their actual time with a horse. The horse helps to facilitate relationships between the participant and members of their team: including the instructors, volunteers, other students and themselves. And, these skills carry over into the individual's home life and personal relationships. Our instructors and staff are dedicated to helping individuals grow and develop their independent potential. We utilized specialized adaptive and traditional equipment, supportive and caring volunteers and of course, exceptional equine partners to create safe and fun programs.

Each equestrian program has specific age and weight ranges-please review the descriptions to help guide you to the program that will meet your specific needs and goals.

For questions, to discuss your goals and which of our programs might suit your needs or for more information about our Equestrian Programs, please contact our Program Director, Nealy Angell at 307-733-1374 or jhtra.programcoordinator@gmail.com

BEFORE PARTICIPATING, INDIVIDUALS MUST CONSULT WITH THEIR PHYSICIAN. PATH INTL. GUIDELINES REQUIRE EACH PROSPECTIVE RIDER TO PRESENT A COMPLETE MEDICAL HISTORY

THERAPEUTIC HORSEBACK RIDING

Therapeutic horseback riding is a horsemanship program offered in a private or group setting, taught or overseen by a specially trained and certified instructor who designs the lesson to meet specific riding skill goals through activities that develop cognitive, physical and/or social skills. The program operates in four to seven week sessions, providing opportunities for participants to build their skills over a series of weekly lessons. Single lessons are offered for those wishing to experience the joy of equine interaction on a customized schedule. Single lessons (Making Memories Program) are a popular choice for visitors to Jackson Hole during any season of the year. The duration of all Therapeutic Horseback Riding Lessons is 45 minutes.

THERAPEUTIC RIDING QUALIFICATION: Minimum Age: 3 years old; Maximum Weight: 200 lbs. Participants over this weight are invited to participate in un-mounted activities such as Equine-Facilitated Learning (EFL) or groundwork lessons.

HIPPOTHERAPY

Hippotherapy is a treatment strategy utilized by a physical, occupational or speech language pathologist using the movement of the horse as a treatment modality. At

Jackson Hole Therapeutic Riding Association we currently provide occupational therapy in our Hippotherapy program. JHTRA is a member of the American Hippotherapy Association (AHA). Hippotherapy literally means “treatment with the help of the horse” from the Greek word, “hippos,” meaning “horse.” Hippotherapy provides a fun and interactive form of treatment which brings the patient out of a traditional clinical setting and advances treatment goals in a motivating way. The therapy team consists of a licensed therapist (in any of the three practices mentioned) who is trained to utilize hippotherapy in their practice by the American Hippotherapy Association, a trained horse handler, volunteers and a specially chosen equine. Treatments consist of 35 minutes on the horse, with a pre- or post- treatment incorporated, dependent on the functional goals of the patient. In time, the patient may improve and meet their functional goals, providing the opportunity to transition into a Therapeutic riding program.

HIPPOTHERAPY QUALIFICATIONS: Minimum age: 2 years old; Maximum weight: 130 lbs.

EQUINE FACILITATED LEARNING (EFL)

Equine-facilitated learning (EFL) is an educational approach that incorporates equine-facilitated activities and equine/human interaction in an environment of learning and self-discovery. Horses are non-judgmental beings that facilitate learning in a positive and immediate manner. Our experienced, trained staff has the training necessary to help participants gain understanding of the equine experience and how to apply that experience to everyday life.

EFL offers a wide variety of opportunities within the program including team building, group retreats, self-development and youth programs. All of our sessions take place on the ground with no riding involved, and with staff trained in safety and horse behavior present at all times. No prior horse experience is needed to participate in any of our EFL programs or retreats.

EQUINE-FACILITATED LEARNING QUALIFICATIONS: Minimum age: 4 years old;
There is no weight limit.

V.E.T. (VETERAN EQUINE THERAPY)

Veteran Equine Therapy assists United States Military Veterans and Active Duty service members who have experienced physical or emotional setbacks. Both Jackson Hole residents and visitors are welcome! Our weekly Veteran's rides provide the opportunity to heal with horses while overcoming personal obstacles. Benefits include improved balance, motor skills, morale and overall well-being.

Jackson Hole Therapeutic Riding has a long-standing relationship with both another local non-profit, Honoring Our Veterans. Injured service members participate bi-annually in trail rides and barbeque.

MAKING MEMORIES

Making Memories is a therapeutic riding program designed for visitors to Jackson Hole who wish to form a lasting memory. Individuals with a disability may choose to ride individually, or with their loved ones. Our individualized and dynamic service plans are designed to be both meaningful and productive.

SUMMARY OF POLICIES:

- Two (2) no-shows will result in ineligibility for future scholarships and/or removal from the program
- Participants over the weight limits for Hippotherapy and Therapeutic Riding are invited to participate in un-mounted activities such as Equine Facilitated Learning.
- All people on horseback must wear properly fitted and secured ASTM-SEI approved helmets that JHTRA can provide.
- Properly fitted and secured helmets must be worn by participants at all times when in the arena, and working with or around the horses.
- Appropriate riding attire must be worn when working with the horses:
 - Long pants (no holes)
 - Boots or hard soled shoes (JHTRA does have boots of varying sizes)
 - Proper headgear (JHTRA will provide if the participant does not own)
 - Modest, functional clothing please
- Respect instructors and cooperate with directions.
- All participants (including siblings) must be supervised by an adult when on the premises.
- Only authorized personnel are allowed in the stalls, teaching arenas, pastures or on the mounting ramp/block.
- Horses may not be hand fed treats or grass.
- No running in the barn or arena (that includes the mounting ramp).
- No loud noises or sudden movements when around the horses.
- Please refrain from using your cell phone when in or around the arena.
- Please refrain from using flash photography unless you have received special permission from staff.
- No glass in the barn or arena.
- Smoking is not allowed on JHTRA premises.

- No pets are allowed on JHTRA grounds. Dogs may not be kept in your car. Working and leashed service animals are permitted at JHTRA, but not within the arenas.

JHTRA SCHOLARSHIP APPLICATION

TO BE ELIGIBLE PLEASE RETURN THE FORM AS SOON AS POSSIBLE

Name of Participant: _____

Phone: _____ Email: _____

Mailing Address: _____

What session(s) will the rider be participating in: (Mark even if tentative)

SPRING SESSION (\$100)

SUMMER SESSION (\$250)

FALL SESSION (\$125)

Do you require financial assistance for all sessions? Yes_____No_____

What are you able to pay (per session)?

1. \$10.00 _____

2. \$25.00 _____

3. \$50.00 _____

4. \$100.00 _____

Ways that we ask you to help offset the cost. Which are you interested in?

Rider/or family to participate in fundraiser to help cover the cost of the sessions

Rider/or family can help volunteer either during class time, at special events, or in another capacity at the center

PLEASE CONTACT US SHOULD YOU HAVE ANY QUESTIONS OR NEED FURTHER INFORMATION

307-733-1374
