



## Welcome!

Thank you for your interest in Therapeutic Riding of Tucson. Enclosed is a packet of information and the required forms, which must be filled out and returned to the Office Administrator prior to placement in the program. Please keep this first section for your future reference.

TROT is a non-profit therapeutic equine assisted activities and therapies program in a supportive and dynamic environment to enhance the quality of life for children and adults with disabilities living in Tucson and surrounding area. The TROT program strives to be therapeutically beneficial in the physical, psychological, cognitive, and behavioral aspects of each individual who participates. All programs work towards fostering independence, enhancing individual strengths, and achieving personal goals.

TROT serves people with disabilities with conditions such as cerebral palsy, autism, developmental delay, multiple sclerosis, traumatic brain injury, muscular dystrophy, paraplegia, sight and hearing deficit, Down syndrome, learning disabilities, ADD, ADHD, youth at risk and Veterans. The rider's ages range from four into their senior years.

Each rider, parent, or guardian begins by reading the attached information package, completing the attached forms and sending them into the Program Director. Please note the medical forms **must be completed** and signed by the rider's physician. New riders will require an assessment to determine the riders individual needs, suitability, class type, exercise tolerance, mounting technique, volunteer assistance, horse and adaptive equipment assignments, availability and goal setting. Riders are then placed in classes based on their individual needs, ability, age, personal goals and availability.

Through carefully designed objectives and lesson plans prepared by our PATH Intl. Certified Instructors, rider's work towards their personal goals in a therapeutically beneficial setting. The rider's Instructor records measurable outcomes and documents progress notes each week for the individual riders they serve; always working towards the goals agreed upon at the beginning of each semester.

The TROT Board of Directors, staff and volunteers continue to aggressively pursue funding to support the program and make it affordable for every rider we serve. Payments are **required** prior to the starting date of the session. TROT riders are subsidized through vigorous fund raising efforts. Although riders pay a tuition fee of \$540 per 12-week session, the actual cost to TROT is \$1,620 per semester. Scholarships may be considered on a case-by-case basis.

We look forward to making TROT an integral part of your 2018-year.

***The Therapeutic Riding of Tucson Team (TROT)***

*(Please keep pages 1, 2, and 3 for your records)*

## TROT Fact Sheet

### Enrollment

- Please completely fill out all forms and have the appropriate party sign and date them.

Once the forms have been completed, return them to the Office Administrator. When the forms have been received, you will be contacted for an assessment. The assessment will determine the rider's individual needs, such as suitability, class type, exercise tolerance, mounting technique, volunteer assistance, horse assignment, adaptive equipment, availability and goal setting. Riders are placed in classes based on their individual needs, ability, age, personal goals and your availability. If you are a returning rider you will need to fill out all paperwork at the beginning of the calendar year annually, but will not need an assessment.

### Rider tuition costs

- Our tuition fee of \$540 per 12-week session is a portion of the actual cost, which is \$1,620 per semester. We strive to keep the tuition fee as low as possible through vigorous fund raising efforts conducted throughout the year by our volunteer board of directors, our small staff and committees.
- Payment in full or split into 3 monthly payments is required at the beginning of each semester. This will secure your riding time throughout the semester. There are no per lesson rates, fees are charged at a flat tuition rate for each semester of 12 weeks. (*Annual program calendar attached*)
- Monthly billing representing 1/3 of the tuition for the term has been made available for your convenience.
- Due to the high level of program activity we are not able to offer refunds, make-ups for missed lessons, or carry a balance over from one semester to the next.
- It is our policy to keep our services affordable. Financial assistance in the form of a scholarship is available to a limited degree for those who qualify.

### General Information

- The fall, winter and spring classes are offered in 12-week semester, with the hope that riders continue to participate and benefit throughout the year.
- The riders attend their assigned class on a weekly basis to maximize the therapeutic benefits of the progressively designed classes.
- A group of 4-6 riders = 60 minute classes: Including mounting, lesson content & dismounting
- A group of 2-3 riders = 45 minute classes: Including mounting, lesson content & dismounting
- A private lesson = 30 minutes: Including mounting, lesson content & dismounting
- All assignments are made by the Program director based on the age, goals and needs of the riders.
- To help us provide maximum time available for your lesson, please arrive 15 minutes before the assigned riding time and be prepared with the rider's helmet on, adjusted and ready to mount.
- We will make every effort to accommodate each and every rider, however if you arrive late it is disruptive to the class and may result in you not being able to ride.
- Please give 24-hour notice of any cancellations so that we can re-schedule our volunteers and horses accordingly. Three "no-call, no shows" in a session might result in you being asked to forfeit your spot to someone on the waiting list.

### Attire

- All students must wear approved ASTM-SEI safety helmets while mounted. Helmets are provided by TROT. All students must wear closed toe shoes and long pants are preferred.

## Safety Rules

- Riders who are minors require a parent or caregiver to remain onsite during the lesson.
- Guests and spectators should remain in the designated viewing areas in order to minimize distractions.
- Please do not leave any children unattended.
- Please note: The barn is not open to parents, caregivers or visitors without prior permission.

## Height and Weight Policy

- Riding is not an appropriate activity for everybody. The TROT program has occasionally had to decline services to those for whom riding is contraindicated. As a PATH Intl (Professional Association of Therapeutic Horsemanship) accredited program, we must follow PATH International standards and guidelines for safety purposes. According to PATH Intl. guidelines, riding is contraindicated if:
  1. The staff is unable to safely manage the client in any situation, including an emergency dismount.
  2. The safety and comfort of the client or the horse is compromised.
- As an alternative we provide **ground lessons** for those individuals who are unable to participate in riding. Ground lessons may include grooming, tacking, leading, and general horsemanship education and other related activities. These lessons provide many therapeutic benefits, new learning experiences, and opportunities for bonding with the horse.

The chart below shows the maximum weight per height that is appropriate for riding. Applicants within the weight limit will be assessed by the program staff to determine if riding is a safe and appropriate activity for the individual.

### Height and Weight Table

<u>Women and Girls</u>		<u>Men and Boys</u>	
<u>Height</u>	<u>Maximum Weight for Riding (lbs.)</u>	<u>Height</u>	<u>Maximum Weight for Riding (lbs.)</u>
5'2" and under	150	5'2" and under	155
5'3"	155	5'3"	160
5'4" – 5'5"	160	5'4" – 5'5"	165
5'6"	165	5'6"	170
5'7"	170	5'7"	175
5'8" – 5'9"	175	5'8"	180
5'10"	180	5'9" – 5'10"	185
5'11"	200	5'11"	200
6' and above	225	6' and above	225