



Welcome to Therapeutic Riding of Tucson (TROT)

Thank you for your interest in our **Equine Assisted Learning** program here at Therapeutic Riding of Tucson. We are excited to guide you through the process of becoming a participant in our program.

Our mission is to enrich the lives of people with special needs through equine-assisted activities and therapies to improve physical, mental, social, and emotional well-being. TROT does this through nationally accredited, affordable horse-centered therapies and programs. We have been providing equine assisted activities and therapies to children, teens, adults, and Veterans in our Tucson community since 1974.

TROT is a 501(c)(3) non-profit organization and holds a Premier Accredited Center status through The Professional Association of Therapeutic Horsemanship (PATH) International, which is the highest possible accreditation standard. All TROT instructors are professionally certified by PATH International, the national nonprofit association that promotes and supports equine-facilitated activities for individuals with disabilities. PATH International sets the safety guidelines and teaching standards for our industry.

TROT provides services to a diverse population of individuals living with disabilities such as Autism Spectrum Disorder, ADHD, ADD, Developmental Delays, Anxiety, Depression, Traumatic Brain Injury, Post Traumatic Stress, Down Syndrome, Muscular Dystrophy, Multiple Sclerosis, Limb Amputations, and Learning Disabilities. Participants' ages range from four into their senior years.

Equine Assisted Learning (EAL) is an experiential learning that promotes the development of life skills applicable to educational, professional, or personal goals through equine-assisted activities.

Through carefully designed objectives prepared by credentialed PATH Intl. EAL Facilitators sessions encourage personal exploration of feelings and behaviors to help promote human growth and development. Goals may be related to self-improvement, social interaction, increased awareness and /or education.

We look forward to making TROT an integral part of your year!

The TROT EAL Team 

EQUINE ASSISTED LEARNING

PARTICIPANT GUIDELINES AND POLICIES



Equine-assisted learning (EAL) is an experiential learning approach that promotes the development of life skills applicable to educational, professional, or personal goals through equine-assisted services. Whether as private or group sessions, certified EAL Facilitators create planned learning experiences that integrate equine-human interaction to meet identified goals of the participant. EAL participants are exposed to activities that can promote the discovery of critical life skills such as healthy decision making and problem solving, creative and critical thinking, self-awareness and empathy, communication, and interpersonal skills, and coping with emotions and stress.

Participants will be focusing on personal development and critical life skills through equine interactions. As participants interact with horses, an authentic relationship develops, and it is within this context that growth and learning take place. In equine-assisted learning sessions, individuals engage in hands-on activities with horses in a structured environment. The sessions are designed to provide opportunities for reflection, learning, and growth, as participants work with the horses and observe their behaviors and responses. The feedback from the horses, who are highly perceptive and sensitive animals, can provide valuable insights into participants' thoughts, emotions, and behaviors, and can serve as metaphors for real-life situations and challenges. Participants receive feedback from the equine in real time and without human bias. By partnering with our gentle and intuitive horses, participants can gain profound insights, develop valuable skills, and experience lasting personal growth and transformation.

Equine-Assisted Learning (EAL) in Education – engages people of all ages in learning processes that are focused on leadership skills, character-building skills, and academic skills, among other relevant life skills. Specific educational strategies may also support an individual education plan and academic remediation.

Equine-Assisted Learning (EAL) in Organizations – engages members of corporations, organizations, and other workgroups in building effective teams and leaders that enhance work dynamics and performance at multiple organizational levels. To address the needs of designated clients, these programs may also integrate various approaches or strategies such as executive coaching, team building, or group retreats, among others, within their provision of services.

Equine-Assisted Learning (EAL) in Personal Development – engages individuals and groups in discovering new ways to deal with life challenges and opportunities by developing skills in effective problem-solving, decision-making, critical and creative thinking, and communication. The professionals who provide these services have extensive training or certifications in facilitation, coaching and teaching.

Is EAL Therapy?

No, EAL is not therapy. EAL sessions do not deepen into emotional psychotherapy processes such as exploring and integrating past relationships with attachment figures, past trauma, or traumatic memories. The cornerstone of EAL is to remain engaged with the present, practicing mindfulness, and use feedback from our equine partners to reach new insights and develop skills which can be implemented in day-to-day life. It is not intended to diagnose mental health issues or treat emotional wounds or trauma.

Do I Need Horse Experience?

Not at all. The programs are designed with attention to specific participant needs and strengths with a focus on participant safety. As part of the curriculum, all programs will begin with basic safety and horse handling skills. Horsemanship skills are not the focus of EAL sessions. Participants will continue through their program at a pace that is appropriate for their needs.

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Enrollment

TROT's programs are based on an individual's ability to participate safely, effectively, and in compliance with our industry standards. Enrollment is offered when the necessary resources are available including: an appropriate horse, available volunteers, and class compatibility that meet the individual's needs.

The recommended age for participation is 10 and up, however younger participants may be evaluated on a case-by-case basis.

Each participant, parent, or guardian begins by reviewing the guidelines and policies, filling out and submitting the participant application online <https://www.trotarizona.org/trot-forms/>. Please note the medical forms must be completed on paper and signed by the participant's physician prior to your participation in the program.

After submitting the participant packet, one of our EAL program staff will schedule your assessment. The assessment will be about an hour and will determine the participant's individual needs, program suitability, volunteer assistance, horse assignments, availability, and goal setting. Participants are then scheduled for private or group sessions. **A one-time \$45 Assessment Fee is due at the time of the assessment.**

Sessions are scheduled once a week and each session series consists of 8 weeks. Each session will last approximately **45- 60 minutes**. Sessions will include both active and passive interactions that focus on teaching and developing a life skill or skills.

Tuition & Fees

TROT's Equine Assisted Learning program is \$480 per 8-week session series (**\$60 per session**).

Because of our low tuition fees, high level of program activity throughout the week, continual need to organize volunteer support, equine work hours, and plan for additional staff time, **we are not able to offer refunds or carry a balance over for participant absences.**

Payment Options:

- The initial commitment is 8 sessions
- After that sessions can be purchased in packages of 4

*Payment is due before services are provided. Please arrange a payment option **before** your first session. There are no per session rates, fees are charged at a flat tuition rate for each session series.

Please Note: Non-payment of fees will result in suspension from the program until payments are up to date.

Payment Methods:

- Credit card in-person, over the phone
- Check by mail or in person.

TROT does not accept any insurance plan currently.

Partial scholarships are available on a limited basis for those who qualify and must be requested annually along with proof of income.

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Attendance:

To gain maximum benefit from the EAL program, participants must attend all sessions. A participant's enrollment in the TROT program reserves a place for him/her which otherwise could serve another participant. We do understand that illnesses, work, traffic, and other situations arise and ask that if you or you must miss class, please contact your facilitator, or TROT's front office so we can avoid having the horse and staff prepare for the session unnecessarily.

- **Arrive 10 minutes before** your session time.
- Please **give 24-hour notice of any cancellations** so that we can reschedule our volunteers and horses accordingly.
- We will try to accommodate each participant. Late arrivals will result in a shorter session.
- Having **two "no-call, no shows"** occurrences within a session series can result in being dropped from the program and placed back on the waitlist for the next available and suitable opening.
- **Please email your facilitator about any absences or late arrivals.**
Ellen Coleman ecoleman@trotarizona.org

If you are not able to email, call the front office at (520) 749-2360 or leave a voice mail at (520) 749-2360 ext. 615.

Session Cancellation Due to Weather

Since we have a covered area, weather cancellations are not very likely. However, severe weather can cause cancellations. Severe weather may include excessive heat, rain, wind, or other conditions that may affect the benefits of the session. If road conditions are unsafe TROT will make the determination to cancel a session and notify you.

Attire

- Closed toed shoes are **mandatory**.
- Please dress appropriately for the weather.
- No dangling jewelry or floppy hats.

Safety Rules

- Participants who are minors require a parent or caregiver to remain onsite during the session.
- Guests should remain in the designated visiting areas.
- No mistreatment, abuse, or verbal suggestions of abuse of any animal or person will be tolerated.
- Please do not leave any children unattended.
- No running, pushing, yelling, or climbing.
- The barn is not open to parents, caregivers, or visitors without prior permission.
- Off-limit areas are posted and must be avoided.
- The driveway speed limit is posted at 5 mph. This speed limit is strictly enforced.
- No pets allowed on the premises. Service animals must always be leashed and accompany their owner.
- Taking pictures must be cleared with the facilitator and participant. (Some may not have a photo release)
- No weapons allowed on the property.

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- No alcohol or illegal substances allowed on the property. No Smoking anywhere on the property.
- We reserve the right to ask anyone to leave the premises.
- Failure to abide by TROT staff directions or any other behavior that is deemed disrespectful, hostile, disruptive, or unsafe will result in being asked to leave the premises.

Precautions and Contraindications

To safely provide this service, our center requests that you complete/update the attached Medical History and Physician's Statement Form. Please note that the following conditions may suggest precautions and contraindications to equine activities. Therefore, when completing this form, please note whether these conditions are present and to what degree.

Orthopedic

Atlantoaxial Instability - include neurologic symptoms
Coxarthrosis
Cranial Defects
Heterotopic Ossification/Myositis Ossificans
Joint subluxation/dislocation
Osteoporosis
Pathologic Fractures
Spinal Joint Fusion/Fixation
Spinal Joint Instability/Abnormalities

Neurologic

Hydrocephalus/Shunt
Seizure
Spina Bifida/Chiari II Malformation/
Tethered Cord/Hydromyelia

Other

Age - under 4 years
Indwelling Catheters/Medical Equipment
Medications - e.g., Photosensitivity
Poor Endurance
Skin Breakdown

Medical/Psychological

Allergies
Animal Abuse
Cardiac Condition
Physical/Sexual/Emotional Abuse
Blood Pressure Control
Dangerous to Self or Others
Exacerbations of Medical Conditions (e.g., RA, MS)
Fire Setting
Hemophilia
Medical Instability
Migraines
PVD
Respiratory Compromise
Recent Surgeries
Substance Abuse
Thought Control Disorders
Weight Control Disorder

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Possible Reasons for Participant Discharge

(Please be advised of the following reasons that may lead to discharge from the Equine Assisted Learning program)

1. While at TROT, participant completed assigned sessions or reached initial goals.
2. Participant is unable to follow directions which is interfering with progress toward goals.
3. Parent or guardian behavior that is deemed disrespectful, hostile, disruptive or unsafe.
4. Participant exhibits uncontrolled and/or inappropriate behavior that constitutes a safety risk to the participant, volunteers, staff and/or horse.
5. Any change in the participant's medical, physical, cognitive, or emotional condition that deems Equine Assisted Learning to be unsafe or becomes a contraindication.
6. Participant misses two scheduled sessions without prior cancelation, in any given series.
7. Non-payment of agreed upon fees.

Our primary goal is for everyone at TROT to have fun, safe, successful, and productive experience.

Thank you for joining us!