

Rise Up Therapeutic Horsemanship

Welcome to Rise Up Therapeutic Horsemanship!

We look forward to working with each participant on their personal goals through our riding and horsemanship programming.

We strive to provide a safe and meaningful lesson for each participant, with our staff of PATH certified instructors, our calm and gentle lesson horses, and our wonderful volunteers.

Our lesson schedule for 2019 will be offered in sessions of 6-8 weeks. Payment will be required on a designated due date for each session, prior to the first lesson of that session, in order for the participant to ride.

Please find enclosed the 2019 registration packet. The packet includes:

- Welcome letter, including program expectations, lesson rates, cancellation/refund policy
- Program Application and Session Sign-Up forms
- Annual Medical History and Physician's Form
- Medical and Liability Release Form
- Photo Release and Permission to Share Form

A rider assessment will need to be done prior to the rider joining the program. This assessment will evaluate the physical, cognitive, and emotional level of the rider, and determine if horseback riding is an appropriate activity for the applicant. It will also include determining what the desired goals and outcomes are for the applicant if they participate in the program. There will be a fee of \$20 for this assessment.

Weight Policy

To protect our lesson horses, so they can remain sound and safe, and help our volunteers to be able to safely support our riders, we have established a weight limit for our participants of 215 lbs., maximum. Riders will be weighed during the assessment.

For those who wish to participate, but exceed this limit, we will be providing a groundwork program, in which the participants will work with horses in a non-riding capacity. These lessons will focus on grooming, in-hand work such as haltering, leading the horses, learning to work on obstacle courses with their horses, natural horsemanship techniques, ground driving, care and cleaning of tack, anatomy and horse behavior. Rates for these lessons will be the same as for the mounted riding lessons.

Helmets and Attire

Riders should come to lessons dressed in appropriate attire, i.e. long pants made of non-slippery materials (jeans work well, as do traditional riding breeches). Solid shoes and boots, with a heel, protect feet best and won't slide through stirrups. Helmets are available for use, although riders may wear their own riding helmet, which must be ASTM/SEI certified, and less than 5 years old (Instructor must approve before use). Helmets must be worn anytime riders are in direct contact with the horses.

Lessons

Rates

We offer a 45-55 min. group lesson (2 or more riders) at \$35 per participant.

A 30 min. private lesson is \$30 per participant.

These fees will be the same whether the participant is in the riding program, or the on-the-ground horsemanship program.

Lessons will be offered in sessions, with payment due before the session begins. Sessions will generally be 6-8 weeks in length, with some possible variations due to holidays, vacations, or other events.

Sessions will be listed with the application pages, and each session will have its own application and payment schedule. Each rider will need to submit an application and appropriate payment by the session due date of each session that they wish to participate in.

Cancellation Policy

Please call your instructor as soon as you know you will be unable to make your lesson; if possible, 24 hour notice is preferred. This is important in order to notify our volunteers, so that they do not come to the barn unnecessarily. *We cannot provide make-ups, or credit lessons, unless absence is due to a major medical event, weather cancellation, or instructor cancellation.*

Tardiness

We strive to begin our lessons on time. There are often several lessons in a row, so timeliness in beginning and ending lessons is important, and volunteer time is limited and precious. Please be considerate of the team and arrive 10-15 minutes previous to your lesson start time.

Horsemanship vs. Riding Lessons

Horsemanship lessons are non-riding, on-the-ground lessons, learning to work with horses by interacting with them through a “ hands-on” approach: relationship building through grooming, watching horse body language and learning how they communicate with each other, which in turn will help one learn to communicate and interact with them. Learning skills such as haltering, leading, working on obstacle courses, and possibly progressing toward higher level skills such as longeing and ground-driving, depending on the individual, will be part of the curriculum. Working with horses on the ground is a fun and valuable way to work with horses, which helps individuals work on communication skills, leadership skills, empathy for another, and prepares the individual for riding with a better understanding of how to communicate with and care for the horse. This class is ideal for those who exceed the riding weight limit, but still want to learn about and work with horses, and prepare for riding while working on losing weight in order to be able to meet the weight requirement. Also ideal for individuals who are unable to, or fearful of, sitting on the horse, but still want to interact with them.

Riding Lessons focus on riding skills, but still include horsemanship elements (learning to groom, saddle and bridle the horse, for instance). The therapeutic benefits of the motion and warmth of the horse, along with learning skills of effectively communicating while learning to guide the horse provides wonderful opportunities for physical, intellectual, and emotional growth and connections, as well as problem solving opportunities and relationship building. *Please note: A riding lesson may become a Horsemanship lesson due to weather related issues, horse unavailability, or other extenuating circumstances that prevent riding.*

Contact Info

Rise Up cell phone # - (585) 362-5667. Email: riseuphorsemanship@gmail.com

Mailing address: Rise Up Therapeutic Horsemanship, PO Box 95, Canandaigua, NY 14424

Barn Address: 3532 Depew Rd., Canandaigua, NY 14424- please do not mail correspondence to the barn address