



Rider Handbook

Enrollment

Please mail completed forms to P.O. Box 84955, Pearland, Texas 77584. You will be contacted for an assessment once all forms have been received. The assessment will determine the participant's individual needs, such as suitability, class type, exercise tolerance, mounting technique, volunteer assistance required, horse and adaptive equipment assignments, availability and goal setting. **Participants are placed in lessons based on their individual needs, ability, age, personal goals and your availability.**

Participant Eligibility

- Participants are at least four years of age and weigh 180lbs or less.
- Participants are able to be effectively supported by Sidewalkers.
- Participants do not exhibit conditions that are contraindicated (page 10 lists some contraindications).
- Participants who will benefit physically, emotionally, socially and/or cognitively from our program.
- All current paperwork, including medical releases from their current physician are turned in.
- SoléAna Stables reserves the right to deny services to any individual based upon concerns for the participants' safety and/or the safety of the horse, volunteers, staff, or for any other reason in accordance with PATH Intl. operating guidelines.

Participant Evaluation/Assessment

- Once all forms have been turned in, an on-site evaluation/assessment will be scheduled.
- If it is determined that the participant is a good candidate for our program and a lesson start date has been agreed upon, there is a one time **Evaluation fee of \$50** due the day of their first lesson.
- If it is determined that the participant is NOT eligible to participate in our program, the Evaluation fee will be waived.

Participant Tuition and Payment

- Once all paperwork is turned in, assessment is completed, and lesson time and date are agreed upon, participant is committed to the duration of the session.
- Tuition for the Fall/Spring is \$600 (12 weeks). Summer lessons will be \$300 (6 weeks) or \$400 (8 weeks) plus \$50 evaluation fee. Sibling Camp is \$600 for two Riders and Camp for Riders only is \$300/rider plus \$50 evaluation fee (evaluation fee is for new Riders only).
- **Tuition is due at the beginning of each session in full.** Payment plans are available but need to be discussed with the Executive Director. **The participant will not be able to ride unless session is paid in full or payment arrangements have been made.**
- Please make checks payable to: SoléAna Stables and mail to P.O. Box 84955 Pearland, TX 77584. Venmo and PayPal are also accepted.
- To pay by credit card please contact the Executive Director at director@soleanastables.org.

Attendance

- Participants need to attend on a weekly basis to maximize the therapeutic benefits of the lessons.
- You can help us provide the maximum time available for riding by arriving 10 minutes before your lesson.
- For the safety of all participants, instructors and volunteers, participants arriving after the scheduled start of a lesson will not be allowed to ride. If you arrive late you can schedule up to one make-up lessons at the convenience of the instructor. **Three or more late arrivals you will not be able to schedule make-up lessons and no refund will be given.**

Leave of Absence

- Participants who anticipate not being able to attend their regular lesson time due to a medical, health & well-being, or a family hardship issue, need to request a leave of absence.
- Request must be in writing and will be reviewed and approved by SoléAna Stables team.
- Participants returning from medical leave will need a note from their doctor releasing the participant to participate in their usual riding activities.
- Participants may take a leave of absence for a maximum two month period during which time fees are waived. After that, participant may hold their lesson spot by paying all customary tuition fees or will be placed on the waiting list.

Change of Health or Medication Status

- Participants must inform their instructors, **in writing, immediately** of any changes in health or medication. This includes, but is not limited to, changes in weight, increased/decreased medication dosages, revised diagnoses, surgeries, etc.

Program Withdrawal

- If the participant will not be returning under their own accord for the next session, please contact the Executive Director as soon as possible. This allows us time to contact another participant on the waitlist and arrange for enrollment.

Lessons

- All group lessons consist of 3-4 participants who are at similar levels in reaching specific goals and/or riding skills. There are currently no private lessons.
- There are no “typical” lesson plans, but rather lessons are designed with the individual participant’s goals and needs in mind. Lessons emphasize social interaction among the participants and encouragement of their peers.
- Lessons are scheduled for 45 minutes to one hour, including mounting and dismounting.
- There will not be lessons on all major holidays, Spring Break, Winter Break and a brief Summer Break.

Attire

- All participants must wear approved ASTM-SEI safety helmets during all equine activities unless an Alternative Helmet Waiver has been filed. Helmets are provided, but we highly suggest participants purchase their own ASTM-SEI helmet with correct fit.
- To ensure safety, participants should be dressed in long durable pants and proper footwear. We strongly encourage all participants to wear boots with a heel to allow for proper fit in stirrups. **Crocs and opened-toed shoes are not permitted by participants, parents, guests or volunteers.**

Changing Lesson Time

- SoléAna Stables will make every effort to accommodate schedule changes. Please notify the Executive Director as soon as a change is anticipated.
- Changes are processed based on the order they are received and the availability of appropriate class grouping.

Annual Review

These forms must be reviewed and updated by participants annually:

- Annual Participant Update Form
- Participant Release Forms
- Participant Authorization for Emergency Medical Treatment Form
- Physician Release Annual Update Form (**To be completed, signed and dated by the participants current physician**)
- Goals Review

Safety Rules

- A parent or caregiver is required to remain on the premises at all times during the lesson.
- Guests and spectators are expected to follow guidelines and may not engage in disruptive, unsafe or inappropriate behavior.
- No running, screaming or boisterous behavior is allowed on the premises.
- All participants (except during their lesson time) and guests are to remain in spectator area. There is a private home on the property and cannot be accessed.
- Please supervise participant when he/she is not under the direction of their instructor.
- Please do not distract the participants by speaking to them or attracting their attention once the lesson has begun.
- Personal pets are not allowed on the property, with the exception of service dogs.
- Please park your vehicle in designated parking area.
- Please do not sit, stand or climb on the fences.
- **Smoking is not permitted on the premises.**
- Please do not feed horses treats or reach through the fence to pet them, even if they are tied up, unless directed to do so by an instructor or staff member.

Possible Reasons for Participant Discharge

Please be advised of the following reasons that may lead to discharge from the program:

- The participant has reached all of his/her goals and is ready to graduate.
- The participant's inability to follow directions is interfering with progress toward goals.
- The participant is uncontrolled and/or exhibits inappropriate behavior that constitutes a safety risk to him/herself, staff, volunteers, other participants, and/or horse.
- The participant exceeds weight that can safely be managed by staff, volunteers, and/or horses.
- Change in the participant's medical, physical, cognitive, or emotional condition or a change in participant's status is listed under "Contraindications for Therapeutic Riding," as prepared by the medical committee of PATH Intl., makes therapeutic riding inappropriate.
- Fees are not paid as originally agreed.
- See Cancellation and Make-Up Guidelines for other discharge reasons.

Cancellation & Make-Up Guidelines

- As a nonprofit, SoléAna Stables relies on its volunteers to help with the many tasks involved in lessons. In order to respect our volunteers' time, please contact the Executive Director as soon as you are aware of a planned or unplanned cancellation.
- **Please give 24 hour notice of any cancellations by calling or texting 208-841-9265 AND 281-414-3351** so that we can schedule our volunteers and horses accordingly.
- If you cancel more than 24 hours in advance your tuition credit will be carried over to the next session or you can schedule up to one make-up lessons based on the instructor's availability.
- **All cancellations made less than 24 hours prior to a lesson will result in a \$25 cancellation fee due at the time of the participant's next lesson.** Your tuition credit will be carried over to the next session or you can schedule up to one make-up lessons based on the instructor's availability.
- *If your child becomes sick within the 24 hours prior to the lesson please contact us immediately at 208-841-9265 AND 281-414-3351.*
- Three cancellations in a row OR 5 cancellations in a session may result in you being asked to forfeit your spot to someone on the waiting list. Please contact us ahead of time if you need medical leave for a period of time.
- **We do not offer refunds, make-ups or carry balances over for "No Call/No Show" occurrences.**
- If you "No Call/No Show" two lessons in a row or three times within a session, we will assume that you are no longer participating in the program.
- In the event that it is unsafe to ride (due to weather, power outage etc.) we may provide, as an alternative to riding, a ground lesson. 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 horses.
Assume that lessons are NOT canceled unless you hear from an instructor. Please make sure that SoléAna Stables has a current phone number and/or email address for notification purposes.
- Lessons cancelled by SoléAna Stables will be rescheduled or credit will be carried over to the next session.

Contact Information

Sasha L. Camacho, Executive Director (h)713-436-6625 or (c)208-841-9265

director@soleanastables.org

Dea Martin, Instructor (c)281-414-3351

bigwishfarm@gmail.com

Contraindications for Riding

Riding is not an appropriate activity for everyone. The SoléAna Stables program follows PATH International guidelines. According to PATH International guidelines, riding is contraindicated if:

1. The staff is unable to safely manage the participant in any situation, including an emergency dismount.
2. The safety or comfort of the horse is compromised.
3. The participant meets the criteria listed on the list of precautions/contraindications.

The following conditions may present precautions or contraindications to therapeutic horseback riding. Therefore, when completing the application, please have physician note whether these conditions are present and to what degree.

Orthopedic:

- Atlantoaxial Instability-include neurologic symptoms
- Contractures
- Coxa Arthrosis
- Heterotopic Ossification/Myositis Ossificans
- Joint subluxation/dislocation
- Osteoporosis
- Pathologic Fractures
- Spinal Instability/Abnormalities
- Spinal Fusion/Fixation
- Scoliosis 30 degrees or greater

Neurologic:

- Hydrocephalus/Shunt
- Neuromuscular Disorders (if pain or fatigue increases with the activity)
- Uncontrolled Seizures
- Tethered Cord Symptoms Chiari II Malformations, Hydromyelia Symptoms (all are associated with Spina Bifida)
- Spinal Cord Injury (contraindication if injury is above T-6)

Medical/ Psychological:

- Allergies
- Animal Abuse
- Physical/Sexual/Emotional Abuse
- Blood Pressure Control
- Dangerous to self or others
- Exacerbations of medical conditions
- Hemophilia
- Medical instability
- PVD
- Respiratory Compromise

Other:

- Age: under 4 years
- Indwelling Catheters
- Medications – i.e., photosensitivity
- Skin Breakdown