



4705 Winkler Road*Philpot, KY 42366
(270) 613-0079

Welcome to Dream Riders of Kentucky Inc - Participant Information 2021

Thank you for your interest in ***Dream Riders of Kentucky Inc.*** Enclosed is a packet of information and the required forms, which must be filled out and returned to the Program Director prior to placement in the program. Please keep this first section for your future reference.

Dream Riders of Kentucky Inc. is a non-profit that offers equine assisted activities and therapies. We provide safe and professional equine-based activities for children, teens and adults living in Daviess County and the surrounding area. ***Dreams Riders of Kentucky Inc.*** strives to benefit all participants physically, cognitively, emotionally and/or socially as a result of their participation in our unique environment. All our programs work towards fostering independence, enhancing individual strengths, and achieving personal goals.

Dream Riders of Kentucky Inc. has certified instructors and special horses to serve people 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, Autism Spectrum Disorder, youth at risk, behavioral issues and Veterans. However, we also have the expertise and horses to teach upper-level equestrian skills to typical participants. Participants are accepted from age four and can participate well into their senior years providing they are benefiting.

Each participant, 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 participant physician**. All Participants will require an assessment to determine the participants individual needs, suitability, class type, exercise tolerance, mounting technique, volunteer assistance, horse and equipment, availability and goal setting. Participants are then placed in classes based on their individual needs, riding/horsemanship ability, age, personal goals and availability by the Program Director.

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

The ***Dream Riders of Kentucky Inc.*** Board of Directors, staff and volunteers continue to assertively 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. ***Dream Riders of Kentucky Inc.*** Participants are subsidized through vigorous fund-raising efforts. Although Participants pay a tuition fee of \$150 per semester, the actual cost for ***Dream Riders of Kentucky Inc.*** is over \$750 for each participant per semester. Scholarships may be considered on a case-by-case basis.

We look forward to making ***Dream Riders of Kentucky Inc.*** an integral part of your coming year.



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Participant 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 ***Dream Riders of Kentucky Inc.*** via email or mail. When the forms have been received, you will be contacted for an assessment meeting. The assessment will determine the participants individual needs, such as suitability, class type, exercise tolerance, mounting technique, volunteer assistance, horse assignment, adaptive equipment, availability and goal setting. Participants are placed in classes based on their individual needs, ability, age, personal goals and your availability. ***If you are a returning participant, new paperwork for 2021 will need to be submitted.***

Rider tuition costs

- Our tuition fee of \$150 per semester is only a small portion of the true lesson cost, which is over \$750 per semester. We strive to keep the tuition fee as affordable as possible through vigorous fund-raising efforts conducted throughout the year by our volunteer board of directors, our staff and volunteers.
- Payment in full is required at the beginning of each semester. This will secure your participation time throughout the semester. There are no per lesson rates, fees are charged at a flat tuition rate for each semester. *(Annual program calendar to follow with new opportunities)*
- Due to the high level of program activity and the logistics involved we are not able to offer refunds or make-ups for missed lessons.
- 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 winter, spring, summer, and fall classes are offered in semesters, with the hope that participants continue to participate and benefit throughout the entire year.
- The participants attend their assigned class on a weekly basis to maximize the therapeutic benefits of the progressively designed classes.
- A group of 3-4 Participants = 60-minute classes: Including mounting, lesson content & dismounting
- A group of 2-3 Participants = 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 Participants.
- To help us provide maximum time available for your lesson, please arrive 15 minutes before the assigned participation time. Be prepared with helmet on, adjusted and ready for your activity.
- We will make every effort to accommodate each and every participant, however if you arrive late it is disruptive to the class and may result in you not being able to participate on that day.
- 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. Helmets are provided by ***Dream Riders of Kentucky Inc.*** However, participants are welcome to bring and wear their own helmet provided it meets current ASTM-SEI standards for horseback riding. All students must wear closed toe shoes. Long pants are preferred for the participant's comfort.

Safety Rules

- Participants 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 necessarily an appropriate activity for everybody. ***Dream Riders of Kentucky Inc.*** reserves the right to decline services to those for whom participation 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, participation is contraindicated if:
 1. The staff are 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.
 3. All Participants must wear an ASTM-SEI helmet during all mounted EAAT programs.
 4. Due to the risk to the participants, volunteers and horses back-riding will not be permitted.
- As an alternative we may provide **other equine activities** 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 are provided.

The chart below recommends the maximum weight per height of participant 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.

<u>Height and Weight Table</u>			
<u>Women and Girls</u>		<u>Men and Boys</u>	
Height	Maximum Weight for Riding (lbs.)	Height	Maximum Weight for Riding (lbs.)
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