

PARTICIPANT HANDBOOK

EMPOWERING ABILITY.



JACKSON HOLE
THERAPEUTIC
RIDING

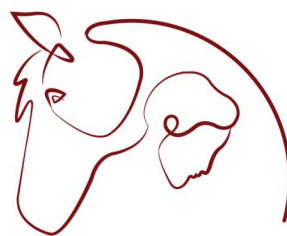


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WELCOME TO JACKSON HOLE THERAPEUTIC RIDING

OUR MISSION

To empower, inspire, and enrich lives through Equine Assisted Activities and Therapies.

OUR VISION

We envision an inclusive community in which every ability is embraced, all potentials are maximized, and together we thrive.

OUR CORE VALUES

PEOPLE FIRST

We believe that all people should be defined by their strengths, abilities and inherent values. We listen to and care for those around us and treat them with integrity, dignity and respect.

EXCELLENCE

We challenge ourselves and our participants to do great work in a safe and fun environment. We aim to meet and surpass professional standards, impacting lives and creating tangible results.

EMPOWERMENT

We strive to empower participants to achieve their highest quality of life through the power of riding. We help them build strength, skills and confidence by fostering the relationship between horse and participant.

PERSONAL GROWTH

We create an all-encompassing learning environment for participants, instructors and volunteers.

STEWARDSHIP

We are committed to responsible stewardship of all human, natural and financial resources. We carefully use the time and talents of staff, horses and volunteers and we wisely spend the funds invested in our organization.

ABOUT JHTR

HISTORY

Jackson Hole Therapeutic Riding (known as JHTR) was founded in 1993 by three women, DeDe McDonald, Physical Therapist; Elaine Infanger, parent; and Robin Lightner, horsewoman, who understood the value of equine assisted therapy and activities. By 1998 JHTR had moved into its own facility at the C-V Ranch in the Robin Lightner Arena. Starting with a few horses and a small but dedicated group of volunteers, the program has grown to serve over 140 participants annually with five PATH Certified Instructors, 13 horses and over 100 volunteers providing session assistance. JHTR offers Adaptive Riding, Occupational Therapy, and Equine Assisted Learning programs to clients of all ages.

JHTR participants and staff regularly attend community events, including Old Bill's Fun Run, the Teton County Fair, and the annual JHTR Horse Show. Widely recognized as a premier nonprofit program in the Jackson area, JHTR strives to maintain its impeccable reputation with superior service to stakeholders, and transparent and accountable business practices.

Funding for program activities is largely through donations and special events, such as Stomping the Divots. Less than 10% of funding is obtained through participant fees.

WHO WE ARE

We are an inclusive and compassionate organization. Empowerment is at the heart of everything we do. We believe that everyone deserves to reach their full potential and this belief guides our commitment to adaptable and accessible programs. Our team supports participants in their ongoing pursuit of confidence, strength, and independence.

WHAT WE DO

Our dedicated team of Instructors, volunteers, and therapists offers a variety of accessible and individualized Equine Assisted Activities and Therapies, each specifically designed to empower, inspire, and enrich. Through the powerful bond between horse and rider, we assist our participants in thriving in their daily lives.

WHO WE SERVE

We proudly serve United States Military Veterans and Active Duty Service Members, as well as individuals of all ages with a broad range of:

- Physical Disabilities
- Intellectual Disabilities
- Emotional Disabilities
- Behavioral Disabilities
- Difficult Life Circumstances

JHTR EQUINE ASSISTED ACTIVITIES AND THERAPIES

ADAPTIVE RIDING

This is a traditional riding lesson that blends skill progression with emphasis on the therapeutic needs of the individual participant. Riders work on behaviors or physical issues as they learn English or Western style horsemanship skills. For example, a non-verbal participant will be encouraged to use voice aids, such as 'Walk on' or 'Whoa' to achieve the desired result from the horse. A participant with limited range of motion will learn rein or leg aids that will encourage stretching and flexibility.

Adaptive Riding is an Equine Assisted Activity for the purpose of contributing positively to the cognitive, physical, emotional and social well-being of individuals with disabilities. Our PATH Intl. certified instructors use specialized teaching techniques and adaptive equipment to promote independence and empowerment. Additional benefits include improved balance, muscle strength, flexibility, social and communication skills, and the ability to work within a team.

Adaptive Riding is a horsemanship program offered in a private or group setting. The program operates in three to six-week sessions, providing opportunities for participants to build their skills over a series of weekly lessons.

ADAPTIVE RIDING MINIMUM AGE: 3 years old

ADAPTIVE RIDING WEIGHT LIMIT POLICY: We maintain a 200lb weight limit dependent upon ambulatory status, range of motion, and discretion of the Program Director. This limitation ensures the wellness and optimum soundness of JHTR horses, ensures properly fitted equipment is available, and provides a safe environment for participants, volunteers, and staff. The Program Director has the discretion to make exceptions to this policy. Participants over the maximum weight are encouraged to participate in unmounted activities such as groundwork or Equine Assisted Learning.

OCCUPATIONAL THERAPY

A form of therapy for those recuperating from physical or mental illness that encourages rehabilitation through the performance of activities required in daily life. Occupational therapy practitioners have a holistic perspective, in which the focus is on adapting the environment and/or task to fit the client, and the client is an integral part of the therapy team. It is an evidence-based practice deeply rooted in science. At JHTR, the licensed Occupational Therapist utilizes the movement of the horse to achieve functional goals. Benefits include improved ambulation, balance, range of motion, communication, fine and gross motor skills.

JHTR is a member of the American Hippotherapy Association (AHA). The therapy team consists of a licensed therapist who is trained to utilize hippotherapy in their practice by the American Hippotherapy Association, a trained horse leader, volunteers and a horse chosen specifically for both its temperament and movement. Sessions consist of up to 45 minutes on the horse, dependent on the functional goals of the client. In time, the client may improve and meet their functional goals, providing the opportunity to transition into the Adaptive Riding program.

OCCUPATIONAL THERAPY MINIMUM AGE: 2 years old

OCCUPATIONAL THERAPY MOUNTED WEIGHT LIMIT POLICY: We maintain a 200lb weight limit dependent upon ambulatory status, range of motion, and discretion of the Program Director. This limitation ensures the wellness and optimum soundness of JHTR horses, ensures properly fitted equipment is available, and provides a safe environment for participants, volunteers, and staff. The Program Director has the discretion to make exceptions to this policy. Participants over the maximum weight are encouraged to participate in unmounted activities such as groundwork or Equine Assisted Learning.

EQUINE ASSISTED LEARNING

Equine Assisted Learning (EAL) is an unmounted Equine Assisted Activity (EAA) that addresses cognitive thought processing and meeting challenges appropriately, as well as developing empathy and thoughtfulness toward others. The horse-human interaction is guided by a planned learning experience to meet the identified goals or desires of the participant(s). Through EAL, participants learn critical life skills, such as trust, respect, honesty and communication. The horse is especially helpful in teaching boundaries and proper behavior in group sessions.

EAL offers a wide variety of opportunities within the program including team building, group retreats, self-development and youth programs. All of our sessions take place on the ground with no riding involved, and with staff trained in safety and horse behavior present at all times. No prior horse experience is needed to participate in any of our EAL programs or retreats.

EQUINE ASSISTED LEARNING QUALIFICATIONS: Minimum age: 4 years old; There is no weight limit.

V.E.T. (VETERAN EQUINE THERAPY)

Veteran Equine Therapy assists United States Military Veterans and Active Duty service members who have experienced physical or emotional setbacks. Our Veteran's rides provide the opportunity to bond with horses while overcoming personal obstacles. Benefits include improved balance, motor skills, morale and overall well-being.

Jackson Hole Therapeutic Riding has relationships with several Veterans organizations and works to offer group and individual opportunities for Veterans from around the country.

V.E.T. ADAPTIVE RIDING WEIGHT LIMIT POLICY: We maintain a 200lb weight limit dependent upon ambulatory status, range of motion, and discretion of the Program Director. This limitation ensures the wellness and optimum soundness of JHTR horses, ensures properly fitted equipment is available, and provides a safe environment for participants, volunteers, and staff. The Program Director has the discretion to make exceptions to this policy. Participants over the maximum weight are encouraged to participate in unmounted activities such as groundwork or Equine Assisted Learning.

MAKING MEMORIES

Making Memories is an Adaptive Riding program designed for visitors to Jackson Hole who wish to form a lasting memory. Our individualized and dynamic lessons are designed to be both meaningful and beneficial.

MAKING MEMORIES ADAPTIVE RIDING MINIMUM AGE: 3 years old

MAKING MEMORIES ADAPTIVE RIDING WEIGHT LIMIT POLICY: We maintain a 200lb weight limit dependent upon ambulatory status, range of motion, and discretion of the Program Director. This limitation ensures the wellness and optimum soundness of JHTR horses, ensures properly fitted equipment is available, and provides a safe environment for participants, volunteers, and staff. The Program Director has the discretion to make exceptions to this policy. Participants over the maximum weight are encouraged to participate in unmounted activities such as groundwork or Equine Assisted Learning.

BEFORE PARTICIPATING, INDIVIDUALS MUST CONSULT WITH THEIR PHYSICIAN. PATH INTL. GUIDELINES REQUIRE EACH PROSPECTIVE RIDER TO PRESENT A COMPLETE MEDICAL HISTORY AND A SIGNED PHYSICIAN'S STATEMENT PRIOR TO PARTICIPATION.

FOR QUESTIONS, TO DISCUSS YOUR GOALS AND WHICH OF OUR PROGRAMS MIGHT SUIT YOUR NEEDS, OR FOR MORE INFORMATION ABOUT OUR EAAT PROGRAMS, PLEASE CONTACT OUR PROGRAM DIRECTOR, SAMANTHA MELTON, AT 307.733.1374 OR PROGRAM@JHTR.ORG.

BENEFITS OF EQUINE ASSISTED ACTIVITIES & THERAPIES (EAAT)

PHYSICAL

The horse's movement has a dynamic effect on the participant's body. The horse moves the participant's pelvis and trunk in a manner that closely resembles the normal gait of a human. This movement can be used to produce specific physical changes in the participant including normalization of muscle tone and improvements in posture, balance, coordination, and increased endurance.

SENSORY

The horse and the riding environment offer a wide variety of input to the participant. Movement exploration on the horse combined with many other sights, sounds and smells contribute to the overall sensory experience.

"There is something
about the outside of a
horse that is good for the
inside of a man."

- Winston Churchill

EMOTIONAL

The success of overcoming fear and anxiety help individuals realize self-worth and increased self-esteem. For those involved with the various activities of a therapeutic riding program, the companion animal bonding and development of new skills are critical components to the success of the experience. The relationships that develop between participants, volunteers, horses, and staff are an integral part of a positive, emotional experience.

COGNITIVE

The horse provides a strong motivator for participants. Riding lessons incorporate activities and games on horseback designed to help achieve specific goals such as following multi-step directions, staying on task, color and number recognition, and reinforcing existing skills as well as learning new skills.

SOCIAL

Therapeutic riding programs and their associated activities provide an excellent opportunity for participants to interact with their peers, program volunteers, and staff in a positive and enjoyable environment.

THE PROFESSIONAL ASSOCIATION OF THERAPEUTIC HORSEMANSHIP INTERNATIONAL (PATH INTL.)

Professional Association of Therapeutic Horsemanship International (PATH Intl.), a federally-registered 501(c3) nonprofit, was formed in 1969 as the North American Riding for the Handicapped Association to promote Equine Assisted Activities and Therapies (EAAT) for individuals with special needs. With nearly 4,800 certified Instructors and equine specialists and 873 member centers, nearly 8,000 PATH Intl. members around the globe help almost 69,000 children and adults—including more than 6,700 veterans and active-duty military personnel—with physical, cognitive and emotional challenges find strength and independence through the power of the horse each year. In addition to therapeutic riding, PATH Intl. centers offer a number of therapeutic equine-related activities, including hippotherapy, equine-facilitated mental health, driving, interactive vaulting, competition, ground work and stable management. More recently, programs offer services in human growth and development to serve wide-ranging audiences for such educational purposes as leadership training, team building and other human capacity enhancement skills for the workplace and for daily use.

PATH Intl. is the credentialing organization for accrediting centers and certifying Instructors and equine specialists. Through their certification and accreditation programs, plus a wide variety of educational resources that includes an annual international conference, the association helps members start and maintain successful EAAT programs. There are more than 61,500 volunteers, 4,776 credentialed professionals, 7,900 equines and thousands of contributors from all over the world at PATH Intl. Member Centers inspiring and enriching the human spirit.

JHTR PREMIER ACCREDITATION STATUS

JHTR is a PATH Premier Accredited Center (PAC), the highest level of excellence certified by PATH. In order to be recognized as a PAC, the program undergoes a rigorous evaluation process that focuses on a number of areas to achieve this prestigious recognition:

Safety

- ☐ Quality of service (including certification of Instructors)
- ☐ Stable management
- ☐ Human resource management
- ☐ Equine management
- ☐ Adherence to PATH standards and guidelines

JHTR must re-apply for PAC certification every five years.

For more information about PATH, please refer to their website, www.pathintl.org

POLICIES AND PROCEDURES

PARTICIPANT APPLICATION

The Participant Application is required for all participants registering for any Equine Assisted Activities and Therapies at JHTR. The Participant Application is a ten-page document that must be updated annually. Page one is the Physician Statement that must be completed and signed by the participant's physician. Pages two through eight must be filled out by a participant (of 18 years and older) or a parent/guardian. Pages nine and ten are to be completed if the participant wishes to apply for financial aid. The Participant Application **MUST** be completed and turned in to JHTR prior to the start of the equine assisted activity.

BILLING AND PAYMENT

As a 501(c)3 nonprofit organization, no prospective participant is turned away, regardless of their ability to pay. Established session fees cover only 10% of expenses.

Participants will be expected to make payments in their entirety before the start of each session, unless prior arrangements have been made. Financial aid is available for participants requiring assistance.

LATE POLICY

Please call JHTR's office if the participant is expected to be late.

JHTR office phone number: 307.733.1374

If the participant is more than 20 minutes late and the JHTR office has not received a call indicating tardiness, the lesson will be cancelled without refund or make-up. If the JHTR office has been contacted directly and the participant will be more than 20 minutes late, a lesson will be provided for the time remaining. Please note that due to a shortened lesson time, the lesson plan may be modified.

CANCELLATION POLICY

If a participant cancels a lesson, no refunds will be issued. Makeup lessons may be offered based on schedule availability and must be used within the same session.

JHTR reserves the right to cancel a lesson for any reason, including but not limited to inclement weather, illness, or road closures. In the event that JHTR cancels a lesson, participants will be offered a makeup lesson or receive a refund/credit for that lesson.

If a participant is a no call/no show for a lesson, no makeup lesson will be offered. Participants with more than two no call/no shows in a season will have their scholarship eligibility reevaluated and will no longer be prioritized in the scheduling process.

LIGHTNING POLICY

If lightning is detected within a two-mile radius of the arena, or if an instructor deems mounted activities to be unsafe due to weather for any other reason, all participants will be dismounted for a minimum of 20 minutes from the time of the last recorded strike. JHTR staff will monitor lightning activity, and mounted activities will resume only when conditions are deemed safe.

PARKING

The speed limit on roads surrounding the facility is **10 mph**. Please be aware of cyclists and horses on the roads and surrounding trails. Accessible parking is available alongside the indoor arena. In the winter, please park **DO NOT PARK** on the side of the building, as snow slides from the roof.

PETS

Pets are **NOT** permitted on Jackson Hole Therapeutic Riding grounds. Only service animals, on leash, are allowed on the premises.

WEIGHT LIMIT POLICY

We maintain a 200lb weight limit dependent upon ambulatory status, range of motion, and discretion of the Program Director. This limitation ensures the wellness and optimum soundness of JHTR horses, ensures properly fitted equipment is available, and provides a safe environment for participants, volunteers, and staff. The Program Director has the discretion to make exceptions to this policy. Participants over the maximum weight are encouraged to participate in unmounted activities such as groundwork or Equine Assisted Learning.

SUMMARY OF POLICIES

- Two no-shows will result in ineligibility for future scholarships and/or removal from the program.
- Participants over the weight limits for Occupational Therapy and Adaptive Riding are invited to participate in unmounted activities such as Equine Assisted Learning.
- All individuals on horseback must wear properly fitted and secured ASTM-SEI approved helmets which can be provided by JHTR.
- Properly fitted and secured helmets must be worn by participants at all times when in the arena, and working with or around the horses.
- Appropriate riding attire must be worn when working with the horses:
 - Long pants
 - Boots or hard soled shoes (JHTR does have boots for borrow of varying sizes)
 - Proper headgear (JHTR will provide)
 - Modest and functional clothing
- Respect instructors and cooperate with directions.
- All participants (including siblings) must be supervised by an adult when on the premises.
- Only authorized personnel are allowed in the stalls, arenas, pastures or on the mounting ramp/block.
- Horses may not be hand fed treats or grass.
- No running in the barn or arena (that includes the mounting ramp).
- No loud noises or sudden movements when around the horses.
- Please refrain from using your cell phone when in or around the arena.
- Please refrain from using flash photography unless you have received special permission from staff.
- No glass in the barn or arena.
- Smoking is not allowed on JHTR premises.
- **No pets are allowed on the JHTR grounds.** Dogs may NOT be kept in your car. Working and leashed service animals are permitted at JHTR, but not within the arenas.