

# Adaptive Horsemanship

## For your information What is it and who can participate

### What is it?

- Horsemanship, mounted and unmounted, lessons adapted to individuals with disabilities.
- Therapeutic riding is an adaptive/recreational/sport activity, not therapy.
- Taught by a professional instructor in conjunction with volunteers.
- The individual is often taught riding skills in a group format.
- During riding, the emphasis is on proper riding position and rein skills, not functional therapeutic goals.
- Provides benefits in the areas of health, sport, recreation and leisure.
- Contributes positively to the individual's cognitive, physical, emotional and social well-being.

### Recreational Riding Requirements for Participants.

- Be able to independently maintain a sitting balance
- Minimum age of 6
- Maximum weight limit is 180
- Have the ability to follow simple instructions
- No behavioral outbursts
- Ability to stay in designated areas with minimal supervision (no running)
- Ability to be aware of surroundings, understand and follow safety guidelines around horses
- Some disabilities may contradict riding, such as seizures. The instructor will evaluate individual needs.

### Questions?

#### What if a participant doesn't fit the above requirements to ride?

- He or she may need more assistance than we can provide. Hippotherapy is another form of Equine Assisted Activity for more involved disabilities. This is completed by a licensed physical or occupational therapist in conjunction with riding instructor. At this time, Eagle Mount Great Falls does not have the resources to provide Hippotherapy.
- He or she may not meet the weight limit or has a disability that prevents riding but they qualify in all other areas. The instructor will evaluate each individual. Chillin' with Horses classes and Fun Days are a great way to learn about and interact with the horses from the ground.
- Safety comes first around horses. We will evaluate behavior and ability to follow instructions for all classes – both mounted and unmounted.

### Cost

**Individual Riding Class:** \$30 per hour

**Group Riding Class:** \$20 per hour

**Individual Chillin' with Horses:** \$15 per class

**Group Chillin' with Horses:** \$10 per class

**Fun Days:** \$35 per day

