

PARTICIPANT HANDBOOK



Our Mission:

Assisting individuals to develop their highest potential through therapeutically based equine activities.

Welcome to Lothlorien! Thank you for joining our family of amazing participants, horses, volunteers and staff.

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2018 Session Calendar

Lothlorien Therapeutic Riding Center, Inc.

Session 1: March 26 - May 5 (6 weeks)

No lessons May 6-13

Session 2: May 14 - June 23 (6 weeks)

No lessons June 24-July 1

Session 3: July 2 - August 11 (6 weeks)

No lessons August 12-19

Session 4: August 20 - Sept. 29 (6 weeks)

No lessons Sept. 30-Oct. 7

Session 5: Oct. 8 - Nov. 17 (6 weeks)

Cancellation Hotline
Call/text Katie:
716-949-3551

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*No lessons
 Fridays & Sundays.*

Ph: 716-655-1335 • Fax: 716-655-2972 • www.lothlorientrc.org
15 Reiter Road, East Aurora, NY 14052

Schedule and lesson days/times subject to change.

2018 Group Lesson Rate Per Rider, Per Session: \$225

Lessons are 1 hour long, with 2-4 riders in a group. Sessions are 6 weeks in length.

EquiVision Lessons: (40 minute lessons, 2 rider maximum) Call for details.

2018 Lesson Times:

Lessons are held Monday-Thursday and Saturdays (no lessons on Fridays or Sundays). Lesson times are subject to change and availability varies depending on the session.

Monday-Thursday lesson times: 10:00am, 11:30am, 4:00pm, 5:30pm, 7:00pm, Saturday lesson times: 9:00am, 10:30am, 12:00pm.

GENERAL INFO

HISTORY: LTRC was established in 1983 to provide therapeutic/adapted riding and horsemanship opportunities for individuals with cognitive, physical, emotional and learning challenges. LTRC's mission is to assist individuals to develop their highest potential through therapeutically based equine activities. Since 1986, Lothlorien has owned and operated the present facility which is located just outside of the Village of East Aurora, New York. Located on ten secluded, tranquil acres, the facility consists of seven pastures, a 13-stall barn, a large outdoor sand riding arena and Angel Arena, a beautiful full size indoor riding arena erected in 2015. Additionally, there is a tack room and activity room, on-site housing for the equine manager and administrative offices.

FACILITY LOCATION: LTRC is located a few miles east of the Village of East Aurora, on Main Street/Route 20A/78. Highway access from the 400 North is at the exit for East Aurora, Main Street/20A/78. The exit is one mile from LTRC.

PROGRAM GOALS: The goal of our program is to provide a safe and enjoyable environment for individuals to experience the benefits of horseback riding and horsemanship skills. The facilities at LTRC are designed to accommodate riders with special needs. Through the use of special mounting ramps, a wide variety of adaptive equipment and the cooperation of our trusted, loyal and specially-trained horses, LTRC has been able to meet the needs of the population we serve while maintaining strict safety guidelines. Programs at LTRC are conducted by trained instructors and over 200 trained volunteers dedicated to providing the highest quality programs for individuals.

WHAT IS THERAPEUTIC/ADAPTIVE RIDING? Therapeutic/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 special needs. Therapeutic/adaptive riding provides benefits in the areas of health, education, sport, recreation and leisure. LTRC is a safe and enjoyable environment where participants experience the benefits of horseback riding, horsemanship skills and interaction with horses, while working constructively on their goals. We strive to offer our participants the opportunity to do an athletic activity which, like any sport, requires them to develop good balance, muscle strength and coordination. The accepting nature and tolerant personality of the horse encourages riders to test the limits of their abilities and learn to make good choices under the guidance of specially trained and qualified instructors and volunteers .

BENEFITS OF THERAPEUTIC/ADAPTIVE RIDING & HORSEMANSHIP: By offering individualized instruction, we help our riders improve their physical, cognitive, social and emotional skills. The horse's soothing rhythm, strength, warmth, and movement patterns provide healthy exercise. The discipline associated with working with horses and the social interactions between peers during lessons benefit the mind and spirit, raising self-esteem and increasing self-sufficiency through accomplishment. The unconditional love of the horse is proven to reduce anxiety, encourage human interaction and offer a haven where riders can feel a sense of empowerment.

Therapeutic/adapted riding means much more than sitting on a horse. The goals for each student vary and the benefits are numerous. Adjusting how the reins are held can increase fine motor skills. Getting on and off the horse can improve gross motor skills. A horse has a a unique three-dimensional movement which cannot be naturally replicated. This movement causes the rider to involuntarily use

many more core muscles than they typically would when walking or sitting on their own, improving their core strength. Therapeutic/adapted riding helps with balance and coordination, social skills, sensory integration, conquering fears and boosting confidence.

We have had riders speak for the first time on their horse, interact more at home and school after riding, and progress from riding with complete support to riding independently. We have watched a rider struggle to complete a task, only to succeed with the help of their 4-legged friend, with whom they can't help but smile, laugh and fall in love. Our horses are the ultimate partner in our riders' success: companions, confidants (who always keep your secrets), reading buddies, play pals, teachers, confidence builders and best friends.

LESSON OVERVIEW: Each lesson incorporates the educational, physical, social and recreational goals of the individual student. Specially trained LTRC instructors conduct lessons, along with the help of over 200 volunteers each season. Classes take place in an environment that focuses on the rider's abilities. Our season is held March-November, and is made up of 6 week sessions. Riders attend one lesson per week for the 6 weeks of the session they are signed up for. Each group lesson is one hour in length with 3-5 riders in the group. The hour long group lesson includes mounting, warm up time, exercises/activities/ games that incorporate skill development, closing activity/game and dismounting. Many riders sign up for multiple sessions each season in order to receive maximum therapeutic benefit.

LTRC PROGRAMS

Therapeutic/Adaptive Riding: Lessons are for riders 3 years old and up with all manner of physical, cognitive, behavioral and emotional challenges to achieve a specific riding, physical, social or emotional goal. Riders are assisted during their ride by a volunteer horse leader and up to 2 sidewalkers helping them stay balanced and safe on their horse. These volunteers also help during the lesson with games and activities per the instructor to develop the rider's skills and achieve goals.

Equivision: EquiVision is a concept that combines vision enhancement training techniques with horseback riding. Individuals with visual challenges improve on a consistent basis while horseback riding in visual enhancement therapy sessions.

Way of the Warrior Veterans' Program: LTRC is proud to offer the Way of the Warrior Veterans' Program. The mission of this program is to translate time spent with a horse into a meaningful, healing relationship. Utilizing equine assisted activities and therapies, the program helps Veterans of any age and ability benefit from involvement with horses. Activities can be modified to accommodate school, community/church groups, civic organizations, families, couples and more. Currently, LTRC works with Wounded Warrior Project® and other veteran and community groups.

Community Programs: LTRC partners with the Boys & Girls Club for various camps and workshops throughout the year, with a focus on school curriculum and how it relates to horses. Students learn about topics such as caring for the horses, budgeting, emergency care, feeding, housing and overall health. Academic topics include math, reading, science, and writing. Our reading program pairs children with a horse or pony to read to in a non-judgemental, relaxed environment, bringing out their love for reading with no stress or anxiety.

POLICIES AND PROCEDURES

FEES, DEPOSITS & PAYMENTS:

Fees: Fees are necessary to help defray the expense of our program. The fees LTRC charges represent less than half of the true cost of service. Lessons are 1 hour long, with 2-4 riders in a group. Sessions are 6 weeks in length.

2018 Session Fees:

Group Lesson Rate Per Rider, Per Session: \$225

EquiVision Lessons: (40 minute lessons, 2 rider maximum) Call for details.

Please contact LTRC for fee information for other programs.

Deposits: A \$50 deposit to hold spot(s) is due as soon as possible after registering. Lesson spot(s) is at risk to be forfeited if deposit is not received.

Payments: Balance of session fee is due on or before the first day of the session. Full payment for lessons are due before services are performed. Thank you for making a payment by check (payable to Lothlorien TRC), money order or cash. Payments can be mailed to 15 Reiter Road, East Aurora, NY 14052 or left in the secure white Payments mailbox inside the green door to the office, next to the water cooler.

TUITION ASSISTANCE: LTRC offers a financial needs-based tuition assistance program and we strive to assist any rider who cannot self-pay due to their financial situation. Requests must be completed prior to the start of a session and cannot be awarded once a session starts. Because these funds are raised from outside resources to maintain the assistance program, we ask that individuals pay as much of their fee as possible. Tuition assistance applicants are responsible for submitting a minimum \$50 deposit per session requested. Assistance is available on a limited basis and awarded/renewed annually. For more information and application call 716-655-1335 or visit lothlorientrc.org.

THIRD PARTY PAYMENTS: Third party reimbursements, scholarships or awards are the responsibility of the participant to apply for and acquire. Such awards can be used toward tuition prepaid by the participant. In the event that LTRC is requested to bill a third party directly, accurate billing contact information must be submitted to LTRC and LTRC must be able to verify that payment will be made by the payer prior to the start of the session. Participants are responsible for submitting a \$50 deposit per session requested and for ensuring that payment is received in full prior to the beginning of each session. Necessary LTRC invoices or statements will be provided to the participant to assist in requesting reimbursement.

HEALTH INSURANCE & MEDICAID: LTRC does not accept health insurance, manage direct insurance billing or receive any reimbursements directly from insurance companies. Some insurance providers accept our program as a reimbursable expense (ask your provider). Check with your Medicaid service coordinator for other funding options. We will provide necessary documentation for reimbursement of tuition paid by client when requested.

REGISTRATION PROCESS:

Lessons are reserved on a first come, first serve basis. Placement in a session does not carry over to the next session.

1. Call 716-655-1335 to register for lesson(s). Reservations prior to each session is required. Participants may register for multiple sessions.
2. Complete and sign the Registration Packet and return to LTRC two weeks prior to first lesson. Registration Packet is valid for the current year only and must be updated each calendar year. ***Participation is not possible until complete and necessary forms are on file.***
3. Check the dates of the session you are interested in attending. **REFUNDS OR MAKEUPS ARE NOT PROVIDED IF A RIDER CANCELS OR IS A NO SHOW. WE DO NOT PRO-RATE LESSONS.** You are responsible for paying the full amount for reserved session dates, regardless of absence(s).
4. Full payment is due before services are performed. Payments are non-refundable except in a circumstance when LTRC cancels a lesson or session OR determines that the participant is not suited for horseback riding lessons due to safety concerns, behavior, change in health status, riding contraindication, etc.
5. If necessary, new participants may be asked to attend a screening to facilitate our staff in determining a suitable mount, volunteers or adaptive equipment. This process is free of charge.
6. **Lesson days, times, instructors and horses are subject to change.** The acceptance and/or continuation of a participant depends on the availability of instructors, volunteers, and suitable horses. LTRC reserves the right to cancel a rider's registration if unable to accommodate the rider.

ATTIRE: Dress appropriately for the weather!

- **Footwear:** Closed-toe shoes, riding boots or hiking boots are recommended to protect your feet and toes as well as keep you sure-footed and comfortable. Sneakers and steel toed boots are not recommended. **Open-toed shoes, including sandals, crocs, flip-flops or clogs are not acceptable. If you arrive with these shoes on, you cannot participate.** Please wear socks!
- **Clothing:** Outer clothing should be comfortable and weather appropriate. Please wear clothes you won't mind getting dirty or hairy! Lightweight, long pants such as jeans or khakis are recommended for lessons, regardless of the weather. Shorts, skirts, dresses are NOT recommended.
- **Sunscreen:** Apply sunscreen prior to mounting.

HELMET POLICY: All participants must wear an ASTM/SEI approved riding helmet while riding, grooming or working around horses. Helmets are provided or you can bring your own. Alternative helmets must be approved by LTRC staff and a Helmet Waiver signed and on file. Please ask LTRC staff for more information if you would like to use an alternative helmet.

MOUNTING/DISMOUNTING POLICY: Mounting/dismounting is included in the one hour lesson time. Mounting/dismounting for everyone in the group could take up to 20 minutes or more. The procedure is an activity that can carry risks to participants, volunteers and horses if not done with patience and strict safety practices. There are many factors that contribute to how long it can take to mount participants including, but not limited to, the number of participants being mounted, behaviors of participants/horses,

special mounting needs (i.e. wheelchair, walker) and tack adjustments. We ask that parents/caregivers be patient with this procedure as LTRC takes pride in maintaining high safety standards.

WEIGHT POLICY: For the safety of our instructors, volunteers and horses, LTRC maintains a weight limit of 200 pounds and accommodation is dependent on availability of appropriate horse, staff and volunteers. A weight limit policy is imperative to ensure the safety of our horses, staff and volunteers while mounting and dismounting or in the event of an emergency dismount.

SAFETY RULES:

- Smoking, alcohol, illegal substances or firearms are **STRICTLY PROHIBITED** on the premises and are grounds for immediate dismissal.
- No pets allowed, with the exception of service dogs.
- Parents/caregivers/guardians must remain on LTRC property while the participant(s) they are responsible for are on LTRC grounds. If parent/caregiver/guardian leaves the premises, the participant will be dismounted and will forfeit the lesson.
- Minors, including siblings, **MUST** be supervised at all times.
- Family and friends are welcome. Anyone under the age of 14 may enter the barn with adult supervision.
- No running, yelling, or throwing objects which can spook the horses, causing injury to our participants and/or volunteers.
- Wait until after the lessons have concluded and the horses are put away in their stalls before entering the barn aisleway.
- Do not hand feed the horses due to the inherent risk of accidentally being bitten. Please pay special attention to any signs posted on a horse's stall.
- Pasture or stall entry is prohibited unless escorted by staff.
- No abusive, threatening or violent behavior will be tolerated from **ANYONE** for **ANY REASON!**

CODE OF CONDUCT

Thoughtful conduct and self-control factor into the safety and enjoyment of all participants. All persons at LTRC will be expected to adhere to the following code of conduct:

- Respect all humans and animals - no abusive language or actions
- Respect all property
- Refrain from loud, abrupt noises, actions or behaviors that may startle the horses
- Do not engage in disruptive, unsafe or inappropriate behavior

GROUNDS FOR DISMISSAL

All persons are expected to follow LTRC's Code of Conduct. Anyone who does not adhere to the policies or Code of Conduct set forth in this handbook will be dismissed from all program activities.

Grounds for dismissal include, but are not limited to:

- Uncontrolled and inappropriate behavior(s), especially that constitutes a safety risk
- Use of threatening or inappropriate language
- Endangering the safety of people, horses or any animals on site
- Disruptive, threatening, inappropriate or abusive behavior/language towards people or animals at LTRC

- Repeated disregard for the organization's rules, policies and procedures
- Possession of a firearm, weapon, alcohol or illegal substances
- Being under the influence of alcohol or drugs
- Inaccurate, inappropriate or falsified registration information

ATTENDANCE

STUDENT ILLNESS: Students are not permitted to take part in classes if they have:

- Nausea, vomiting, diarrhea within the past 24 hours
- Cold, flu symptoms and/or severe, persistent cough
- Oral temperature of 100 degrees or higher. Temperature should be normal for 24 hours before attending lessons
- A contagious or exposed skin rash
- Red, watery, burning eyes with white or yellow discharge
- A communicable disease such as head lice, strep throat, chickenpox, etc.

RIDER CANCELLATION: We understand there are times when students cannot attend their lesson. If you are unable to attend a lesson, please contact:

RIDER CANCELLATION HOTLINE:

PHONE: Katie - 716-949-3551 (call or text)

PLEASE BE CONSIDERATE TO OUR VOLUNTEERS: As a 100% volunteer based non-profit, we schedule hundreds of volunteers to help in lessons each season. They give hours of their valuable time to the program and we ask for the courtesy of notification if a lesson cannot be attended so volunteers can then plan for other events in their daily routine.

LTRC CANCELLATION: If a class is cancelled by LTRC, reasonable attempts will be made to notify participants at least 2 hours prior, however there are instances when a lesson will be cancelled after riders have arrived on premises due to weather or unforeseen circumstances. An alternative/split lesson will be offered in this instance (see Alternative/Split Lesson Policy below).

MAKE-UP LESSON/REFUND POLICY:

Make-up, credit or refund ARE provided for:

- Lesson cancelled by LTRC for any reason, including due to weather conditions. Weather is a factor beyond our control. LTRC reserves the right to cancel mounted lessons due to inclement/extreme weather, including thunder and lightning,

Make-up, credit or refund ARE NOT provided for:

- Rider Cancellation: If a participant cancels for any reason, including illness, vacation, schedule conflict etc. the missed lesson(s) is not subject to refund or make up lesson(s). REFUNDS OR MAKEUPS ARE NOT PROVIDED IF A RIDER CANCELS OR IS A NO SHOW. WE DO NOT PRO-RATE LESSONS.
- Alternative/Split Lesson (see below)
- Multiple Missed Classes: If a participant misses 2 classes in a session and does not notify, or make an attempt to notify, LTRC of their absence, the participant will forfeit the remaining lessons of the session and no refund will be given.

LATE ARRIVAL: Participants who arrive 15 minutes after lesson starts WILL NOT be allowed to participate in their scheduled class. No make up or refund will be provided. The 15 minutes is based on the instructor's time device and is at their discretion.

ALTERNATIVE AND SPLIT LESSON POLICY: We try to maximize riding time when the weather is good, but there are times the weather doesn't cooperate or other circumstances arise where mounted lessons are not possible.

a. Alternative Lesson: When excessive heat, cold or other weather conditions such as thunder, lightning, high winds etc. are factors, it is at the instructor's discretion to provide an alternative ground lesson in the barn or indoor arena in lieu of mounted lessons. The alternative lesson will expand on horsemanship skills such as grooming, horse handling and learning about the horses. A 30 minute alternative lesson is considered the lesson for the day and NO mounted make-up lesson or refund will be provided, even if a participant chooses not to participate in the offered alternative lesson.

b. Abbreviated Mounted Lesson: If riders are mounted and a decision is made to dismount due to adverse conditions, 20 minutes or more of mounted time is considered a full lesson.

c. Split Lesson: If an alternative ground lesson (no riding) is offered after dismounting, this is considered a split lesson (partial riding and partial groundwork) and is the lesson for the day.

We know some of our riders thrive on keeping to a set structured activity and coming to LTRC and finding out they are not riding may be difficult for them. If you are concerned about this possibility, please contact Katie at 716-655-1335 to come up with a plan.

MISCELLANEOUS INFORMATION

ELIGIBILITY REQUIREMENTS: Safety and maximizing the therapeutic benefits of equine activities are primary concerns of a successful program. Due to the capacities of staff, volunteer leaders and sidewalkers, program horses, insurance requirements and industry standards, LTRC is limited to instructing students who:

- Weigh 200 pounds or less
- Are 3 years or older and approved by medical doctor and LTRC staff to ride. There is no age maximum if medically approved.
- Are able to be effectively supported by sidewalkers
- Do not exhibit conditions that are contraindicated (as determined by LTRC staff)
- Have current signed and dated paperwork on file
- Benefit physically, emotionally, socially and/or cognitively from LTRC program
- Do not threaten the health or well-being of participants, horses, volunteers or staff
- Are up to date on payments

RIDER RECORDS & CHANGE IN HEALTH STATUS: LTRC requires current information on file about all elements of a participant's condition in order to be able to provide the most effective instruction and ensure the safety of all participants. The Medical History Form and Physician's Release/Statement is required to be updated each calendar year. LTRC must be informed of any changes in health status and retains the right, at any time, to refuse any participant that cannot be safely accommodated. A rider's session can be cancelled due to:

- change in client's weight or health status that cannot be safely managed by staff, volunteers and/or therapy horses.
- change in client's medical, physical, cognitive or emotional condition that is a contraindication to therapeutic riding

CONFIDENTIALITY: Student medical histories, diagnoses and related information are used by the program director and instructors to develop goal-oriented lessons. General information, as it relates to the success of the riding experience, is shared with the volunteers on a need-to-know basis.

EMERGENCY PROCEDURES: The lesson emergency word is “HALT”. When used, everyone stops and waits for instructions from the instructor. Anyone involved in the lesson - instructor, volunteer, rider or observer - can say ‘HALT’ to stop the class if they see something that they feel is an impending danger. The instructor cannot see the entire ring at all times and is counting on the eyes and ears of all observers.

- The lesson instructor is the primary contact while on site and is in charge during all emergencies.
- LTRC staff or someone appointed by the instructor may be asked to supervise the rest of the class while the instructor is attending to the emergency.
- Emergency evacuation maps are posted in the barn and the indoor arena.
- The First Aid Kits are located in the front of the barn, activity room, outdoor and indoor arena and in the LTRC office restroom.
- We practice universal precautions for all wounds, treating bodily fluids as if infectious. Latex gloves are available in all First Aid Kits.
- The barn phone is located in the white box in the front of the barn. Please use the barn phone, office phone or your cell phone in an emergency, whichever is faster.
- Fire extinguishers are located throughout all facility buildings.

EMERGENCY EVACUATIONS: Emergency evacuation maps are located in the barn and indoor arena. In the event of a fire or an emergency that necessitates the evacuation of the barn or indoor arena, go to the outdoor arena or the driveway in front of the indoor arena. Listen for directions from LTRC staff.

LTRC HORSES: Our horses are selected for soundness, temperament, willingness and attitude. We use a calm, respectful approach when working with them, and all of our horses are trained to accommodate youth and adults of all ability levels to both ride and work with on the ground. When possible, horses and students are matched based on personality and ability. This enables us to keep riders paired with the same horse throughout their many years of participation in the program, enabling the horse to essentially become the rider’s partner.

HORSE SAFETY

Think of the horse as having a 6-foot personal space zone surrounding them. When you enter into their personal space, do so with respect.

- Don’t yell, run or make sudden movements near a horse. Be slow and gentle with them.
- Speak softly as you approach a horse to let them know that you are coming. Like people, horses do not like being surprised by loud noises or unexpected encounters.
- Approach a horse from the side, **never** from the rear or directly in front. A horse cannot see what is directly in front or behind them.
- Never walk under a horse's neck or directly under a horse.
- Be aware of where your feet are in relation to the horse’s hooves to avoid being stepped on.
- Hand feeding is an invitation to have your fingers bitten. Please keep your hands away from the horse’s mouth. We do not want to encourage nibbling.

EQUINE LIABILITY: LTRC is not liable for any damages suffered during an equine activity on these premises. A horse is a large animal and may be unpredictable and dangerous at times. Extreme caution should be taken in their presence. Participants assume the inherent risk of equine activities.

HORSE TREATS: Although it is very tempting to give your favorite horse a treat, please refrain from giving them anything. Our horses are on a monitored diet and some can become ill if given treats (i.e. sugar cubes, apples, carrots, etc.). It is essential that this policy is followed to ensure that our horses are not put in a life threatening situation.

PARKING: The speed limit on LTRC grounds is **5 mph**. Parking is available in the parking lot or in front of the indoor arena. Please do not park by the barn, in front of the office door or in posted areas.

VOLUNTEER PROGRAM: LTRC cannot operate without the dedication of our trained volunteers. Lessons can require up to 12 volunteers to ensure the safety of our riders. Volunteers are dedicated people with the interest and time to help others. They each bring individual expertise and unique experiences that are invaluable to our clients and the program. Everyone working together gives those with special needs the opportunity to experience riding and being with horses, which often makes a profound difference in their lives.

Volunteers must be 14 years or older and meet the volunteer requirements to work in the lesson program. All applicants are subject to a background check. LTRC reserves the right to reject applicants who have been convicted of crimes we feel pose a possible risk to our students, staff, volunteers and/or horses.

Are you interested in sidewalking with your child or another rider? Want to be involved in lessons, meet new people, enjoy the outdoors and get some exercise? **BECOME A SIDEWALKER!** As a non-profit, we rely on volunteers to walk with riders, but there are times that scheduled sidewalkers cannot attend lessons. In an attempt to accommodate all riders and to ensure that clients ride on a consistent basis, we are looking for caregivers who are interested in sidewalking during a session with their rider or with another rider in the lessons they attend. You can be a sidewalker for an entire session or sidewalk as needed as a substitute. Sidewalkers are asked to walk for most of the lesson and at times jog or walk briskly, while assuring their rider is safely seated on their horse. No experience necessary. Training provided. Please let us know when you register if you are interested.

LIABILITY RELEASE AND HOLD HARMLESS AGREEMENT
SERIOUS INJURY MAY RESULT FROM YOUR PARTICIPATION IN THIS ACTIVITY.

A. **DEFINITIONS:** The term "THIS STABLE" shall herein refer to Lothlorien Therapeutic Riding Center, Inc. (LTRC), its Board of Directors, instructors, volunteers and employees. The term "HORSEBACK RIDING" or "RIDING" shall herein refer to riding or otherwise handling of horses whether from the ground or mounted. The term "HORSE" shall herein refer to all equine species. The terms "PARTICIPANT" and/or "RIDER" shall herein refer to a person who rides a horse mounted or otherwise handles or comes near a horse from the ground. The terms "I", "Me", "My", "Participant", and "Rider" shall herein refer to the registered rider and the parents or legal guardians thereof if a minor.

B. **REGISTRATION OF PARTICIPANT AND AGREEMENT PURPOSE AND CONSIDERATION:** In consideration of my enrollment in the riding program at THIS STABLE and the signing of the Liability Release in the Participant Registration Packet, I, herein referred to as PARTICIPANT, the listed individual or the parents/legal guardians thereof, if a minor, do hereby voluntarily request and agree to participate in activities and events at THIS STABLE. PARTICIPANT shall ride a school horse provided by THIS STABLE for lesson purposes for today and on all future dates. This agreement shall be legally binding upon the PARTICIPANT and the parents or legal guardians thereof if a minor, my heirs, estate, assigns, including minor children and personal representatives. It shall be interpreted according to the laws of the state and county of THIS STABLE'S physical location. Any disputes by the participant shall be litigated in the county in which THIS STABLE is located.

C. **ACTIVITY RISK CLASSIFICATION, INHERENT RISKS AND NATURE OF THE HORSE WARNING:** Horseback riding is classified as a RUGGED ADVENTURE RECREATIONAL SPORT ACTIVITY. There are numerous obvious and non-obvious inherent risks always present in such activity despite all safety precautions. According to NEISS (National Electronic Injury Surveillance Systems of United States Consumer Products) horse activities rank approximately 64th among the activities of people relative to injuries that result in a stay at U.S. hospitals. Related injuries can be severe requiring more days in the hospital and resulting in more lasting residual effects than injuries in other activities. NO HORSE IS A COMPLETELY SAFE HORSE. Horses are 5 to 15 times larger, 20 to 40 times more powerful and 3 to 4 times faster than a human. If a rider falls from a horse to the ground it will generally be at a distance of from 3 1/2 to 5 1/2 feet and the impact may result in injury or death to the rider. Horseback riding is the only sport where one much smaller, weaker predator animal, the human, tries to control and become one unit of movement with another much larger, stronger prey animal, the horse, with each having a limited understanding of the other. If a horse is frightened or provoked it may divert from its training and act according to its natural survival instincts which may include but are not limited to: stopping short; changing directions or speed at will; shifting its weight from side to side, bucking, rearing, biting, kicking or running from perceived danger.

D. **PARTICIPANT ACCEPTANCE OF RESPONSIBILITY:** PARTICIPANT agrees that the condition of the premises and the facilities will provide an adequate and reasonable level of safety for PARTICIPANT. THIS STABLE is not responsible for any property damage, injury or loss of life incurred by or as a result of any horse(s) on this premises to PARTICIPANT. PARTICIPANT IS AWARE OF THE RISKS AND DANGERS OF THIS ACTIVITY AND AGREES TO ACCEPT RESPONSIBILITY FOR ANY AND ALL INCIDENTS OCCURRING DURING THIS ACTIVITY.

E. **CONDITIONS OF NATURE:** THIS STABLE is not responsible for total or partial acts, occurrences, or elements of nature that can scare a horse, cause it to fall or react in some other unsafe way. Examples include thunder, lightning, rain, wind; wild/domestic animals/insects/reptiles which may walk, run, fly near, bite or sting a horse or person; irregular footing on indoor and outdoor groomed or wild land which is subject to constant change in condition according to weather, temperature and natural or man-made changes in landscape.

F. **RIDING HELMET WARNING:** PARTICIPANT is hereby warned and informed by THIS STABLE that all participants should wear a properly fitted and secured protective EQUESTRIAN riding helmet that meets ASTM standards. Such helmets are available at THIS STABLE; however, THIS STABLE recommends the PARTICIPANT purchase their own helmet to receive the benefit of a custom fit. Wearing such headgear while mounting, riding, dismounting, and being around horses may prevent death or may reduce the severity of head injuries resulting from a fall or other incident involving a horse. THIS STABLE abides by the NYS Helmet Statute and requires children under the age of 14 to wear an ASTM approved EQUESTRIAN helmet when mounted at all times. Alternative helmets, approved by Stable, may be worn.

G. **BREACH OF CONTRACT-** Should either party breach this contract, the breaching party shall pay for the other's court costs and attorney fees related to such breach.

**PLEASE LET US KNOW YOUR COMMENTS, SUGGESTIONS, AND IDEAS
YOU HAVE ABOUT OUR PROGRAM! YOUR FEEDBACK IS IMPORTANT.**

**RIDER CANCELLATION HOTLINE:
PHONE: Katie - 716-949-3551 (call or text)**

Lothlorien Therapeutic Riding Center
15 Reiter Road, East Aurora, NY 14052

Phone: 716-655-1335

Fax: 716-655-2972

Website: www.lothlorientrc.org

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Staff:

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Katie Macre, Program Director/Volunteer Coordinator, LTRC Instructor

716-949-3551, program.ltrc@gmail.com

Instructors:

Heather Goode, PATH, Intl. Certified Riding Instructor

Suzanne Guido, PATH, Intl. Certified Riding Instructor

Barb Huber

Bobbie Kerr

Lori Kubik

Catherine McCooley

Rachel Spector

Sandy Whistler