



WISH UPON A HORSE

THERAPEUTIC RIDING CENTER

190 Greenwood Drive, Hilton Head Island, SC 29928
843.671.2586 tel • 843.671.2582 fax
www.wishuponahorsehhi.org

Welcome!

Thank you for your interest in Wish Upon a Horse Therapeutic Riding Center at Lawton Stables. Attached is a packet of information and required forms which must be filled out and returned prior to an assessment. Please keep a copy of all paperwork for your future reference.

Wish Upon a Horse, Inc. (“WUAH”) is a 501 (c)(3) non-profit riding center offering a therapeutic equestrian program to enhance the quality of life for children and adults with special needs living in or visiting the Hilton Head area. Set in a beautiful, safe environment, the WUAH program strives to be therapeutically beneficial by improving muscle tone, balance, posture, coordination and motor development aimed at the physical, psychological, cognitive and behavioral well-being of each individual who participates. All programs work towards fostering independence, enhancing individual strengths and achieving personal goals.

Wish Upon a Horse serves people with special needs with disabilities such as autism, cerebral palsy, developmental delay, Down syndrome, multiple sclerosis, muscular dystrophy, paraplegia, sight and hearing deficit, traumatic brain injury and learning disabilities.

Each rider and/or his or her parent or guardian begins by reading the attached information package, completing all the attached forms, and returning them to the office. Please note the medical form must be completed and signed by the rider’s physician. An assessment will then be set up to determine the rider’s individual needs and goals, such as class type, suitability, exercise tolerance, mounting technique, horse and adaptive equipment requirements, volunteer assistance required, availability and goal setting. Riders are then assigned to classes based on their individual needs, ability, age, personal goals and availability.

Our PATH in-training instructors will then plan a carefully designed program for each rider taking into consideration his or her designated goals and objectives and needs in a therapeutically beneficial setting. The rider’s instructor will record measurable outcomes and progress notes each lesson, always working towards the goals agreed upon at the beginning of each term.

Wish Upon a Horse undertakes to provide this service at no charge to the rider; every rider is subsidized through private donations or fundraising.

We look forward to making Wish Upon a Horse an integral part of your year. If you have any questions, please feel free to call me at 843.671.2586 or email info@wishuponahorsehhi.com.

Erin Sullivan

Erin Sullivan
Head Instructor



Wish Upon a Horse Therapeutic Riding Center Enrollment Fact Sheet

Enrollment

Please completely fill out all forms and have the appropriate party sign them. Once the forms have been completed, return the originally signed forms to 190 Greenwood Drive, Hilton Head, SC 29928. When the forms have been received, you will be contacted for an assessment. Please feel free to contact us if you have not heard from us after a reasonable time to ensure we received your paperwork.

Assessment

Each rider must be assessed to determine the rider's individual needs, such as suitability for the program, class type, exercise tolerance, mounting technique, horse and adaptive equipment requirements, volunteer assistance required, availability and goal setting. Riders are placed in classes based on their individual needs, ability, age, personal goals and availability.

Rider Tuition Costs

Wish Upon a Horse provides its programs at no charge to the rider; every accepted rider to the program is subsidized through private donations or fundraising.

General Information

- The fall, winter and spring classes are offered in 8 week sessions.
- The riders need to attend their assigned class on a weekly basis to maximize the therapeutic benefits of the progressively designed classes.
- You can help us provide the maximum time available for riding by arriving 15 minutes before class and being prepared with helmet on, adjusted and ready to mount.
- We will make every effort to accommodate each and every rider; however, if you arrive late it is disruptive to the class and may result in your not being able to ride.
- Please give 24 hour notice of any cancellations so that we can schedule our volunteers and horses accordingly. In any case, please give us as much notice as possible; please do not just 'not show up' without calling. Three "no-call, no shows" in a session might result in your being asked to forfeit your spot.

Attire

- All students **MUST** wear approved ASTM-SEI safety helmets while mounted or doing ground work. Helmets are provided, but if desired, riders may purchase their own helmet with correct fit and meeting the ASTM-SEI standards as determined by WUAH staff.
- All students must wear close-toed shoes (boots are preferred) and long pants for safety and comfort.
- Students should dress for comfort and weather conditions, taking note that this is an outdoor activity.



Safety Rules

- A parent or care-giver is required to remain onsite during the lesson.
- Guests and spectators must be approved by WUAH staff and must remain in the designated viewing areas in order to minimize distractions.
- Please do not leave children unattended and do not allow children to run or play loudly.
- No dogs or other animals are permitted.
- Please note: The barn is not open to parents, caregivers or visitors without prior permission.

Height and Weight Policy

- Riding is not an appropriate activity for everybody. Wish Upon a Horse may have to, from time to time, decline services to those for whom riding is contraindicated. Our staff and horses can accommodate riders up to 220 lbs. Wish Upon a Horse follows PATH (Professional Association of Therapeutic) International guidelines. According to PATH guidelines, riding is contraindicated if:
 1. The staff is unable to safely manage the client in any situation, including an emergency dismount.
 2. The safety or comfort of the horse is compromised.
- As an alternative to riding, we provide **ground lessons** 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.

Height and Weight Guidelines (these are guidelines only, exceptions may occur)

Women and Girls Height	Maximum Weight for Riding	Men and Boys Height	Maximum Weight for Riding
5'2" and under	160 lbs	5'2" and under	165 lbs
5'3"	165	5'3"	170
5'4" – 5'5"	170	5'4" – 5'5"	175
5'6"	175	5'6"	180
5'7"	180	5'7"	185
5'8" – 5'9"	185	5'8" – 5'9"	190
5'10"	190	5'10"	195
5'11" and above	200	5'11" and above	200
		6'0"	205
		6'1" and above	210



New Rider Forms Checklist

For Parents and Riders

- Welcome Letter and Rider Information (4 pages)
Please keep for your records

Rider Program Forms (to be completed, signed and dated by rider, parent or caregiver)

- Participant's Application and Health History including Photo and Video Release (2 pages)
- Rider Information Form
- Wish Upon a Horse Liability Waiver (2 pages)
- Confidentiality Agreement (2 pages)
- Rider Authorization of Emergency Medical Treatment Form
- Rider Goals (to be completed at assessment with instructor)
- Possible Reasons for Rider Discharge (for information only)

Physicial Assessment and Release (to be completed, signed and dated by the physician).

Please keep a copy for your records; you will be asked to attach a copy of the rider's original Physician Assessment and Release annually.

- Participant's Medical History and Physician's Statement

Current Riders

- Current Rider Annual Health History