



Rider HANDBOOK

Center

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OUR MISSION

To promote the well-being of disabled individuals through the provision of therapeutic horseback riding, subject to the consent of their medical advisors or other appropriate professional counsel, and to provide proper training for instructors and volunteers for the above purposes.

OUR PURPOSE

To provide a memorable healing experience to physically disabled, emotionally challenged, or behaviorally at-risk youth and adults through physical, social and emotional interaction with horses, volunteers, and staff at a professionally staffed equestrian center.

OUR VALUES

For the riders, animals, community, and everyone touched by HOPE Equestrian, we pledge: Safety, Respect, Compassion, Excellence & Honesty

A Brief History and Vision

HOPE Equestrian Center was founded in 1988 in Wimer, Oregon and offered therapeutic horseback riding to over 40 riders per week for over 5 years. The program ran until 1993 and then realized due to the remote location they could not continue. The board however stayed active and gained community involvement in an effort to re-open what they believed to be a worthy organization. In 1994 they did just that with a pilot program of 15 riders. The program then moved to Light House Stables in Eagle Point where it ran until 2000. At this time the program had grown to serving approximately 60 riders per week and moved to Wagner Creek Farm. HOPE continued to run until 2004 when daily operations were suspended until a firm financial foundation could be established to enable resumption of services.

In the Spring of 2005, HOPE once again opened it's "doors" in Medford, Oregon. It started with only 10 riders per week for less than half the year in an outdoor arena. In 2007 the program started to grow again and was given temporary use of an indoor facility directly across the street for the winter, and was able to add another 8 weeks running a total of 32 weeks for the year. HOPE then found a covered arena off Foothill and was able to run there for a full year serving 35-50 riders per week for 40 weeks. In 2009 HOPE moved to our current location TLM Training Center. TLM has given us the opportunity to become the program we have aspired to be. We started running only 3 days a week in the winter and 4 days a week in the summer due to arena availability. TLM then allowed us to build our own 60x85 covered arena with stalls, tack room, covered seating area, and therapy room. We are proud of this accomplishment and thankful for the community's willingness to support our program and help in the building process. We moved into our arena in May of 2012 and have been running 5 days a week serving approximately 60 riders since. HOPE runs 5, 8 week sessions per year taking a break for December and half of January.

All of us at HOPE are proud of our success and excited about our future. We have seen a steady growth in the program and would like to see that continue well into the future. HOPE focuses on a therapeutic approach to riding as opposed to a primarily recreational approach. There continues to be growing interest in the Northwest to support programs that synthesize disciplines; conventional medicine, art and alternative forms of healing. It offers a very effective piece in a person's overall life growth process, joining many dynamics that are often not present in traditional therapy situations. Feasibility studies on therapeutic riding conducted by Southern Oregon University have shown that over 35% of the disabled individuals in the Rogue Valley can benefit from physical activity like therapeutic riding. It is our desire to be able to serve all special needs individuals who could benefit from a therapeutic riding program in the Rogue Valley. Our instructors are required to be PATH (Professional Association for Therapeutic Horsemanship) Certified and our volunteers all receive formal training. We see a bright future for HOPE Equestrian Center and would like to thank you for your interest in becoming part of the HOPE family.

INTRODUCTION TO THERAPEUTIC RIDING

Understanding Therapeutic Riding Therapeutic riding uses equine-oriented activities for the purpose of contributing positively to the cognitive, physical, emotional and social well-being of people with disabilities.

Why Horses? Horses are unique in their response to humans because they are prey animals, not predators, and their survival demands they be extremely sensitive to the environment. Horses are able to “read” people in terms of their feelings and intentions. Horses ignore the outward form and respond, instead, to the person’s inner substance.

What actually takes place in a lesson? One, two, or three volunteers per rider and an instructor can work with a group of riders. The rider may learn how to groom and tack a horse with the guidance of a volunteer. “Riders” may also spend whole lesson in un-mounted horse related activities. Instructors teach special riding skills. The rider may play games on horseback, perform gymnastic movements on the back of a horse, learn riding skills, or go for a trail ride. Each rider will have individual goals to work toward.

General Information For Participants (Riders, Caregivers, Family, Drivers and Friends)

Preparing for a Class Please arrive 5-10 minutes prior to the scheduled class time. This will give rider time to find helmet, change shoes, get a drink or use the restroom etc. and be ready to ride.

What To Wear For safety as well as comfort, riders should dress in close-fitting clothing. Loose/floppy clothing can get caught and tangled with equipment. Keep in mind that, while there is cover and wind break, there is no heat or air conditioning. For the rider, sturdy shoes or boots are preferable. Tennis shoes are acceptable. Closed toed & heeled shoes are required. Riders wearing slippers, flip-flops, clogs, sandals etc. will not be allowed to ride. While spectators will not likely come into close contact with the horses, this is a barn and training facility. Appropriate footwear is expected for spectators as well as riders. While not required, for the rider's comfort, long pants are suggested.

Helmets and footwear

All riders are required to wear appropriately fitting approved horseback riding helmets. HOPE provides a wide range of helmets that riders may borrow. Most riders do borrow HOPE helmets. However, if we do not have a helmet that fits, or if you wish to have your own helmet, please consult with an Instructor or the Executive director prior to purchase.

HOPE also has a range of boot sizes available for riders to borrow. These are much more limited and should be viewed as a last resort.

Concerns, suggestions, complaints

We want all participants to have a safe, productive and fun experience. We welcome your input. If you as a rider or a parent or caregiver have suggestions, please contact us outside of the lesson time.

Attendance

Regular attendance is necessary for the progress and benefit of the rider. Unfortunately, we are unable to offer make-up lessons. Additionally, each rider and lesson requires considerable planning and preparation. If you are unable to attend a lesson please contact Angie at 541-890-8156. If your awareness of a need to be absent is last minute (within 2 hours of your lesson,) please also contact one of the instructors as soon as you are able.

If a rider is a “no-show” (absent without a call) more than one time in one session or more than three times in one year, that rider will be dropped from the schedule.

If a rider is going to be late for a lesson, please call one of the instructors. Riders who are more than 15 minutes late may not be able to ride that day.

HOPE Barn Rules: For safety, respect and to limit distractions, all riders, drivers, caregivers, family, and guests must observe the following:

- Park, drive, walk only in designated areas (see property map)
- Children and dependents must be accompanied by responsible adult from parking area to HOPE arena.
- When arriving at HOPE arena, go directly to the HOPE viewing area/bleachers (not to the tack room or stalls.)
- Do not approach, pet, or feed any horses on property without permission and supervision of HOPE personnel.
- All paper work in the Rider Packet must be completed and turned into HOPE prior to beginning lessons and must be resubmitted annually or following any significant medical incident.
- Dress appropriately (for everyone closed toed & heeled shoes required: boots preferred)
- No swearing/cussing or inappropriate discussions (we are a G rated outfit.)
- No smoking, alcohol, weapons
- No dogs
- Please be on time (refrain from being at facility more than 10min. outside of scheduled time)
- Call ahead of an absence
- Spectators please refrain from talking to riders during class
- Keep quiet in spectator area
- No climbing on or reaching through gates or fencing

Failure to abide by the above could result in excusing rider from the program.



← To Crater Lake

HWY 140

E. Astorlope Rd

Stone Ridge
Golf Course

HOPE Equestrian Center is a tenant of TLM Training Stables. For everyone's safety and out of courtesy, it is very important that HOPE clients, their families, friends, drivers and caregivers observe the following:

- Do not drive walk or drive into any areas not designated by shading on site map.
- All children and dependants must be accompanied by responsible adult when walking between parking areas and HOPE Arena.
- Do not approach, pet or feed any horses on the property without HOPE personnel permission and supervision.
- No smoking, alcohol or use of firearms or weapons anywhere on the premises.
- If you observe any behavior or practice that concerns you, address HOPE instructors or the Executive Director.
- Failure to abide by all printed and/or posted rules and notices could result in excusing rider from the HOPE program.

TLM Stables
HOPE Equestrian Center
716 Riley Rd.
Eagle Point Oregon

