



## Community Rider Program

**We're glad you're considering using Ridin' High to reach your riding and horsemanship goals!** We have quiet horses, a wonderful facility, and experienced instructors—so we may be a match for you. For the health and safety of everyone (and to ensure smooth operation) we've developed the following health and safety guidelines. After reading through Pages 1-3, **please sign the Statement of Understanding** to indicate that you understand and will follow the policies and procedures outlined below.

**Registration Process:** Since Ridin' High's core mission is to work with riders with disabilities, community (able-bodied) riders are incorporated into the program only if we have availability. All students must complete the following forms when they enroll; parents or students (if not minors) should update medical information once/year. After your forms have been received, we will also review our program guidelines and services to determine if we can meet the needs of your rider.

- Statement of Understanding (Client, Parent or Guardian to sign)
- Registration and Release Form (Client, Parent or Guardian to sign)
- Authorization for Emergency Medical Treatment Form (Client, Parent or Guardian to complete)
- Medical History Form
- Authorized Driver Form (for minor children)
- Goals (optional but advisable)

Additionally, if your rider's physical condition changes (ie: they develop an allergy or other medical condition), please let the Ridin' High staff know immediately so that we can update their information and ensure that riding is still appropriate for him/her.

**Lessons:** Therapeutic riding sessions are typically scheduled once a week. Lessons are 45 minutes, including mounting and dismounting time. Lessons may include unmounted equine activities (such as grooming, caring for the horse, learning horse handling/psychology, etc.) and/or actual riding time on the horse. It is important to understand (and explain to your rider) that horse-based activities do not always include riding and that learning to care for the horse, tack up, and interact with the horse is very valuable.

**Fees:** Lessons are **\$35 per lesson (for 2-3 riders in the lesson)** or **\$60 per lesson (private)**. Two siblings riding at the same time are \$60/lesson total. Tuition must be paid for the entire month by the first lesson of each month, prior to the beginning of lessons. We accept PayPal, checks, and cash.

**Cancellations:** If lessons are cancelled by Ridin' High (which typically only happens in the case of poor weather, a staffing shortage, etc.), a credit is *always* issued toward future lessons. A credit is also issued for future lessons in the case of planned absences by the family (for vacations, etc.) if Ridin' High is informed at least 2 days in advance. However, if the rider needs cancels within 24 hours of his/her lesson for *non-*

*medical reasons* (or is a no-show), there will NOT be a credit issued so that we can cover the costs of preparing for the lesson.

**General Information:** Ridin' High is a non-profit, 501(c)(3) program. We provide equine-based services through experienced instructors and trained volunteers. Additionally, the instructors design lesson plans related to the goals of each student. Please keep in mind that there are many horse-related activities that are extremely therapeutic and helpful. In assisting each student become a more independent rider, we stress a total approach to our therapeutic program. As such, horsemanship skills, horse handling, and horse psychology will be taught as part of the lessons.

There are some situations where therapeutic horse riding is contraindicated, that is, there may be medical reasons that horseback riding may not be advisable. Ridin' High also reserves the right to refuse services if contraindications or staffing considerations exist which do not allow Ridin' High to safely service all parties involved.

**Attendance:** The safety of our riders, volunteers, and staff is of great importance to us. Each lesson potentially requires several persons and many schedules are coordinated to ensure a safe ride for our participants. We want to honor the time commitments our volunteers have made and have limited funds available to pay staff. Therefore, please call or text as soon as possible if you will be unable to attend a lesson. You may be charged for the lesson if insufficient notice is not given, so that the cost is covered. Additionally, if a student has not arrived within 10 minutes of the scheduled lesson, that lesson will be cancelled. A tardy arrival time does not extend the lesson period.

**Health and Safety:** If students have been exposed to any communicable disease (including COVID) and/or are sick, please do NOT come to Ridin' High but inform the staff as soon as possible. All students should use hand sanitizer upon arrival at the barn.

Parents/guardians must accompany students into the facility and ensure that an adult volunteer or instructor is in charge of the rider before the parent/guardian leaves the building. Parents are always welcome to watch the lessons. However, if the parents/guardians opt to wait in the car or are off facility during the lesson, they must be in back the barn and ready to receive their child at the end of each lesson. Parents/guardians should also fill out a form specifying who is authorized to pick up their child.

**Weight Restrictions:** For safety reasons, as well as for the physical well-being of our horses, we have carefully determined weight limits for each of our horses. The maximum weight limit for riders is 200 pounds. If your rider exceeds this limit, they may be offered options including groundwork/horsemanship, lunging, or long-lining lessons.

**Behavior:** Unsafe, disrespectful, or dangerous behavior will not be tolerated and is likely to result in dismissal from the program. Dismissal policies are posted on Ridin' High's website ([www.ridinhigh.org](http://www.ridinhigh.org)).

**Clothing:** Students are required to come each lesson with the following:

- ASTM/SEI approved horseback riding helmet. Please check with your instructor before purchasing a helmet for a rider.
- For protection of the rider's legs and so they can more easily learn riding skills, we encourage riders to wear long pants. They should be loose enough for the rider to feel comfortable stretching, mounting, and dismounting.
- Closed-toed shoes with a heel (Note: Footwear, including boots, may not have any zippers or buckles on the inside of the foot or calf as these can cause irreparable damage to saddles).

**Incllement Weather:**

- Lessons will be held unless you are notified by text or call; we typically also post weather-related cancellations on Ridin’ High’s Facebook page. If you do not receive a call or text, lessons will be held as usual. Ridin’ High also reserves the right to cancel lessons if weather conditions degrade during the lesson itself (i.e., A thunderstorm arises) to ensure safety of the horses and riders.

**Arrival Time:**

- Please adhere to a maximum speed limit of 10 MPH on the driveway.
- Please plan to arrive for your rider’s lesson **at least 5 minutes** before your assigned time.
- If a student has not arrived within 10 minutes of the scheduled lesson, we will cancel their lesson

**Lesson Visitors:**

- An adult must monitor all siblings and friends/family of our students at all times. This is to protect them from the inherent hazards in and around equine facilities. All family members/friends must also sign a waiver the first time they are at the facility. We also reserve the right to perform background checks on riders, visitors, volunteers, staff, and others at the facility. **No visitors are allowed in the barn aisle way, fields, or mounting ramp area unless otherwise specified.** However, families are welcome to use the gazebo during lessons (especially if they have young children as this provides a safe, enclosed area.) If the siblings or friends of students are not monitored and they cause distractions or problems, they will be asked to leave. If the problem persists, the student will be asked to leave the program. **For the safety of our riders and horses, there is to be no running or loud noise in the barn.**

**Absent Rider Notification – 3 Strikes:**

- Because a number of volunteers commit their time to ensure a safe ride, we ask for notification at least 24 hours in advance when a rider knows they will be absent. For last minute emergencies or sickness/exposure to illness, we ask to be notified as soon as possible.
- If you miss three lessons without notifying Ridin’ High (or miss three lessons in a two-month period of time), we will assign your lesson time to another rider. You may be able to participate in the program on a week-by-week basis if other riders cancel in advance.

**Statement of Understanding – Participant Guidelines**

I have read and understand the basic rules under which the Ridin’ High, Inc. Program operates and by my signature, indicate my willingness to abide by these rules.

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Students Name (Please Print)

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Client Signature (or Parent/Guardian if student is under 18 years old)

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Date

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Parent/Guardian Name (Please Print)



5722 Long Creek Road,  
Morristown, TN 37813  
(423) 585-0331

### REGISTRATION AND RELEASE FORM

Participant's Name: \_\_\_\_\_

DOB \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_

Disability (if any): \_\_\_\_\_

Parent/Guardian's Name; \_\_\_\_\_

School Presently Attending \_\_\_\_\_

#### CONTACT INFORMATION:

Emergency Contact Person: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

#### Primary Contact (information, billing, text reminders, etc.)

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Business Name: \_\_\_\_\_ Business Phone; \_\_\_\_\_

Please Complete Page 2 of the Registration/Release Form

PHOTO RELEASE

\_\_\_\_\_ I hereby consent to and authorize

\_\_\_\_\_ I do not consent to, nor do I authorize

the use and reproduction of any and all photographs and other audiovisual materials taken of me/participant by Ridin' High, Inc. for promotional printed material, educational activities, exhibitions, or for any other use for the benefit of the program.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_  
(Client, Parent or Guardian)

LIABILITY RELEASE

\_\_\_\_\_ (Name) would like to participate in the Therapeutic Riding Program at Ridin' High. I acknowledge the risks and potential for risks of horseback riding and related equine activities, including grievous bodily harm; however, I feel that the possible benefits to myself /my child /my ward are greater than the risk assumed. I hereby, intending to be legally bound for myself, my heirs and assigns, executors, and administrators, waive and release forever all claims for damages against Ridin' High, Inc., located at 5722 Long Creek Road, Morristown, TN, its Board of Directors, Instructors, Therapists, Volunteers, Employees, and its owner for any and all injuries and/or losses that my child/my ward may sustain while participating in the Program or any other related activities from whatever cause including but not limited to the negligence of these released parties.

The undersigned acknowledges that he/she has read this Registration and Release Form in its entirety, that he/she understands the terms of this release, and has signed this voluntarily and with full knowledge of the effects thereof.

Date: \_\_\_\_\_ Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_  
(Client, Parent or Guardian)



**AUTHORIZATION FOR EMERGENCY MEDICAL TREATMENT**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Phone: \_\_\_\_\_

Physician's Name: \_\_\_\_\_ Facility: \_\_\_\_\_ Phone: \_\_\_\_\_

Health Insurance Company \_\_\_\_\_ Policy \_\_\_\_\_

Allergies (Medication/Other) \_\_\_\_\_

Current Medications: \_\_\_\_\_

Current Health Concerns: \_\_\_\_\_

In the event of an emergency:

Primary Contact:

Name: \_\_\_\_\_ Relation: \_\_\_\_\_ Phone: \_\_\_\_\_

Secondary Contact:

Name: \_\_\_\_\_ Relation: \_\_\_\_\_ Phone: \_\_\_\_\_

In the event emergency medical aid/treatment is required due to illness or injury while being on the property of the agency, I authorize Ridin' High, Inc. to:

1. Secure and retain medical treatment and transportation, if needed.
2. Release records upon request to the authorized individual or agency involved in the medical emergency treatment.

**CONSENT PLAN** I give consent for emergency medical treatment/aid (including x-ray, surgery, hospitalization, medication, and or any treatment procedure deemed "lifesaving" by the physician) in the event of illness or injury while on the property of the agency. **This provision will only be Invoked If the person(s) listed cannot be reached**

Date: \_\_\_\_\_ Consent Signature: \_\_\_\_\_

(Client, Parent or Legal Guardian)

**NON-CONSENT PLAN** I do NOT give consent for emergency medical treatment/aid in the event of illness or injury while on the property of the agency. In the event emergency medical treatment is required, I wish the following procedures to take place:

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Date: \_\_\_\_\_ Non-Consent Signature: \_\_\_\_\_



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## MEDICAL HISTORY FORM

To safely provide riding lessons, our center requests that you complete/update the following Medical History Form. To do this, please circle all conditions that your rider has and explain in the space provided. (Note: since this list is not comprehensive, please add any additional medical, psychological, or emotional conditions that pertain.)

- Allergies (specify cause of allergy)
- Special precautions, diet/needs
- Orthopedic issues (arthritis, joints, muscles, such as hypermobility)
- Previous surgeries
- Poor endurance/stamina
- Low muscle tone
- Balance issues
- Migraines
- Respiratory compromise/issues
- Anxiety
- Depression
- Skin issues
- Sensory issues
- Learning disabilities
- Cardiac/blood pressure issues
- Immune issues
- Dizziness/Seizures

Explanation of above conditions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This client is up to date on the following immunizations, including a current tetanus vaccine:

	Y	N	Date
Measles			
Rubella			
Tetanus			
Pertussis			
Polio			
Diphtheria			
COVID			
Other			

**Note: A current Tetanus vaccination is required for participation in the program.**

Please initial one of the following (to be initialed by Client, Parent or Guardian):

\_\_\_\_\_ May participate in all activities \_\_\_\_\_ May participate except for: \_\_\_\_\_

To my knowledge, there is no reason why this person cannot participate in supervised equestrian activities. However, I understand that the therapeutic riding center will weigh the medical information above against the existing precautions and contraindications to implement an effective and safe equestrian program.

Client/Parent/Guardian (Printed): \_\_\_\_\_

Client/Parent/Guardian (Signature): \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_





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### AUTHORIZED DRIVER FORM

As legal guardian for \_\_\_\_\_, a minor child, I authorize the following persons to pick up my child at Ridin' High:

Name of Driver	Relationship to Child	Cell Phone	Vehicle Description (Color, Make and Model)

Date: \_\_\_\_\_ Signature: \_\_\_\_\_



**RIDING/HORSEMANSHIP GOALS**

**Student** \_\_\_\_\_

Physical Goals:

Cognitive Goals:

Social Goals:

Emotional Goals:

Date: \_\_\_\_\_ Signature: \_\_\_\_\_