



Heritage Christian Stables
Operated by Heritage Christian Services
PO Box 200
Webster, NY 14580
585-872-2540
Fax: 585-872-4847
www.heritagechristianstables.org

Dear Participant,

Welcome! Thank you for your interest in lessons at Heritage Christian Stables.

Enrollment: Participants can enroll throughout the year. Lesson time may include grooming and tacking. Once the paperwork is completed, we will contact you to schedule an evaluation. An evaluation helps us ensure that we can safely accommodate you in our program, recommend the proper class, develop goals and create good participant/horse/volunteer teams. Participants are scheduled in compatible groups according to the lesson schedule. If Heritage Christian Stables is unable to accommodate a participant that has been evaluated and accepted into the program, the participant will be placed on a waiting list until an appropriate time slot becomes available. Participants will be accommodated according to compatibility, time availability and horse usage.

Cost: The average cost to provide a lesson is \$95. Through generous donations and grants, we are able to offer lessons at a subsidized rate. Our lesson fee is \$40.00 for about a one-hour lesson with three or more participants, 45-minute lesson with two participants and one-half hour private lesson with one participant. The session fee is payable *in advance* of the lesson. If a participant needs financial assistance, please request a scholarship application.

Attendance Policy: If Heritage Christian Stables cancels a lesson, a makeup or credit will be given for the lesson. If a participant cancels or does not show up, no makeup will be provided. All lessons that will be missed for non-emergency circumstances must be communicated in writing at least one week prior to the lesson that will be missed. If you show up 15 minutes or more after your scheduled time, we will consider that a cancellation. ***If you cannot attend a lesson please contact Heritage Christian Stables as far in advance as possible, so that we can adjust volunteer schedules accordingly.*** Participants *must be accompanied* by guardian/staff while at the stables.

Clothing: All participants must wear an ASTM-SEI approved helmets while participating in lessons at Heritage Christian Stables. Heritage Christian Stables has riding helmets available, though we encourage everyone to have their own if possible. Participants must wear long pants and hard soled shoes with heels are preferred, but sneakers are acceptable for non-independent riding. Shoes that expose feet, such as crocs, flip flops, etc., are inappropriate and unsafe which may result in ineligibility to ride. If appropriate a participant may be asked to remove dangling jewelry, tie hair back or remove jackets that are too long. Participants are to have no objects in their mouth as they can pose a choking hazard (ie: gum, hard candy, etc).

Forms: All forms must be completed prior to participation and are updated annually January 1st. Please keep information pages for future reference.

Physical Address: Heritage Christian Stables is located at 1103 Salt Road, Webster, NY 14580
Mailing Address: Heritage Christian Stables, PO Box 200, Webster, NY 14580



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***** Lessons are scheduled on a first come, first serve basis *****

Name _____ Date of Birth _____
 Address _____ Best Phone _____
 City _____ State _____ Zip Code _____
 Current Weight _____ Changes in medical conditions _____
 Email Address _____

To assist in lesson cancellations at HC Stables who is the best person to contact and what is their number:

To help schedule lessons, please check **ALL** times you can participate. Please be accurate in regards to the time you can arrive. Checking all options does not mean that you would participate at all those times, but gives us more flexibility in scheduling. You will be contacted to confirm your time. Thank you.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10-11 am						
11:15-12:15						
1:30-2:30						
2:45-3:45						---
4:15-5:15						---
5:45-6:45						---
7:00-8:00						---

For Heritage Participants: Payment will be billed through Heritage Christian Services
For Community Participants: *Payment is due at time of lesson. You may prepay for lessons.*

Payment will be made by:
 Self-Pay / Parent HCS Account Self Directed (**Need Agreement filled out**)
 Scholarship (Need application filled out) Other, please explain _____

~ Signature of person completing this form _____ Date _____

Please return to Heritage Christian Stables, PO Box 200, Webster, NY 14580

Questions? Please call is at 585.872.2540



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Participant's Application and Health History

Participant _____

Disability _____ Date of Onset _____

DOB _____ Age _____ **Height** _____ **Weight** _____

M F Prefer Not to Say

* 200-pound weight limit for mounted activities variable dependent upon ambulatory status, ROM, and discretion of instructor

Address _____
Street / PO Box City State Zip

Phone _____ Alternative Phone # _____

Employer / School _____ Phone # _____

Address _____
Street / PO Box City State Zip

Email Address _____

Legal Guardian (ie: parent, self) _____ Phone# _____

Address (if different from above) _____

** If you are your own legal guardian, do you make your own medical decisions Yes No

If you answered no: Whom to contact: _____ Phone# _____

HEALTH HISTORY

Please indicate current or past problems in the following areas:

	Y	N	Comments
Vision			
Hearing			
Sensation			
Communication			
Heart			
Breathing			
Digestion			
Elimination			
Circulation			
Emotional			
Behavioral			
Pain			
Bone / Joint			
Muscular			
Thinking / Cognition			
Allergies			

Tetanus Shot Yes _____ No _____ Date _____

MANDATORY – Application incomplete unless filled in:

GOALS *(ie reasons for participation? What does the participant want to accomplish?)*

What medication(s) is participant currently taking, including over-the-counter medication?

GENERAL BEHAVIOR CHARACTERISTICS:

Describe the participant's abilities / difficulties in the following areas (include assistance required or equipment needed.)

FUNCTION *(ie mobility skills such as transfers, walking, wheelchair use, driving / bus riding)*

SOCIAL *(ie work/school including grade completed, leisure interests, companion animals, fears/ concerns, etc.)*

PREVIOUS EXPERIENCE *(does the participant have any previous experience with horseback riding? If yes, please describe.)*

ADDITIONAL INFORMATION:

Signature _____ Date _____
(legal guardian)

Print Name and Relationship _____



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Participant's Team Collaboration Form

Participant's Name _____

Name of Service Coordinator _____ Phone _____ Email _____

Address _____ City _____ State _____ Zip _____

Name of Doctor _____ Phone _____ Email _____

Address _____ City _____ State _____ Zip _____

Name of Nurse _____ Phone _____ Email _____

Address _____ City _____ State _____ Zip _____

Participant receives the following collaborative services:

_____ Physical Therapist _____ Recreational Therapist

_____ Occupational Therapist _____ Music Therapist

_____ Speech and Language Therapist _____ Art Therapist

_____ Psycho-therapist or Counselor _____ Other _____

For all services checked above, please complete contact information: (use reverse if needed)

Service: _____ Name of provider _____ Phone _____ Email _____

Address _____ City _____ State _____ Zip _____

Service: _____ Name of provider _____ Phone _____ Email _____

Address _____ City _____ State _____ Zip _____

Service: _____ Name of provider _____ Phone _____ Email _____

Address _____ City _____ State _____ Zip _____

Service: _____ Name of provider _____ Phone _____ Email _____

Address _____ City _____ State _____ Zip _____

Service: _____ Name of provider _____ Phone _____ Email _____

Address _____ City _____ State _____ Zip _____

I give Heritage Christian Stables permission to contact the collaborative service providers listed above to obtain information that could assist the therapeutic riding instructors in providing quality services to the participant. This includes obtaining a copy of the participant's IEP or ISP. Heritage Christian Stables will keep this information confidential.

Signature of Legal Guardian: _____ Date _____



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Liability Release and Photo Release Form

Liability Release

I/ my child would like to participate in the inclusive horsemanship program at Heritage Christian Stables. I acknowledge the risks and potential for risks of engaging in horseback riding activities as well as activities in the close proximity to horses, however, I feel that the possible benefits to me/my child are greater than the risks assumed. I hereby, intending to be legally bound, my heirs and assigns, executors and/or administrators, waive and release forever all claims for damages against Heritage Christian Stables, a program of Heritage Christian Services, its instructors, volunteers, and/or employees for all injuries and/or losses that I/my child may sustain while participating in activities at Heritage Christian Stables. In addition, I recognize that communicable disease is an inherent risk and do not hold Heritage Christian Stables liable in the event of exposure or contraction of such.

Consent Signature _____ Date _____
(legal guardian)

Print Name and Relationship _____

PHOTO RELEASE

- I DO
 DO NOT

Consent to and authorize the use and reproduction by Heritage Christian Services, Heritage Christian Stables, and its representatives of any and all photographs and any other audiovisual materials taken of me/ my child for promotional material, educational activities, exhibitions or for any other use for the benefit of Heritage Christian Stables and Heritage Christian Services, including use on the Heritage Christian Stables Facebook page.

I understand that I may revoke this authorization at any time by a signed, dated notice to Heritage Christian Stables. I further understand that any such revocation does not apply to the extent that persons authorized to use my information may have already acted in reliance on this authorization.

Signature _____ Date _____
(legal guardian)

Print Name and Relationship _____

****Medical History & Physician's Statement (To be completed by Physician)****

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Participant _____ DOB _____ Height _____ Weight _____
 Street _____ City _____ State _____ Zip _____
 Diagnosis _____ Date of Onset _____
 Past / Prospective Surgeries _____
 Medications _____
 Seizure Type _____ Controlled Y N Date of Last Seizure _____
 Shunt present Y N Date of last revision _____
 Special Precautions / Needs _____
 Mobility: Independent Ambulation Y N Assisted Ambulation Y N Wheelchair Y N
 Braces / Assistive devices: _____

**** For those with Down syndrome:** Neurologic Symptoms of Atlantoaxial Instability: Present Absent
 Date of last Xray _____

Please indicate current or past special needs in the following systems/areas, including surgeries. These conditions may suggest precautions and contraindications to equine activities:

	Y	N	Comments
Auditory			
Visual			
Tactile Sensation			
Speech			
Cardiac			
Circulatory			
Integumentary / Skin			
Immunity			
Pulmonary			
Neurological			
Muscular			
Balance			
Orthopedic			
Allergies			
Learning Disability			
Cognitive			
Emotional/psychological			
Pain			
Other			

To my knowledge, there is no reason why this person cannot participate in supervised equine activities. However, I understand that the center will weigh the medical information above against the existing precautions and contraindications.

Name / Title _____ MD DO NP PA Other _____
 Signature _____ Date _____
 Address _____
 Phone _____ License/UPIN number _____



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Information Concerning the Therapeutic Horsemanship Program

Therapeutic Horsemanship describes equine activities organized and taught by knowledgeable and skilled instructors to people with disabilities or diverse needs. Students progress in equestrian skills while improving their cognitive, physical, emotional, social, and behavioral skills.

What are the Benefits: Physically, therapeutic riding can improve coordination and help normalize muscle tone? It can help improve posture and increase the functional range of motion, muscular strength, and flexibility. Perceptual and sensory motor skills may also improve. Psychological benefits include improved motivation, self-esteem and confidence. Therapeutic riding enhances the development of cognitive skills and allows the participant to improve socialization skills and learn team work.

How do you qualify to participate in the therapeutic horsemanship program?

- Participants over the age of four
- Meets the current horse weight requirements (200 pounds for balanced participants). Participant weight is determined at the start of each session and HC Stables reserves the right to weigh participants to determine accurate horse usage.
- Participants have appropriate behavior to maintain safety

The following conditions ARE contraindicated for therapeutic riding:

- Structural scoliosis greater than 30 degrees
- Uncontrolled seizures
- Evidence for Atlantoaxial Instability (see additional information)
- Tethered Cord or Chiari II Malformation
- Indwelling catheter
- Spinal Cord Injury above a T-6
- Hemophilia

The following conditions MAY BE contraindicated:

- Hip subluxation, dislocation, or degeneration
- Osteoporosis
- Osteogenesis Imperfecta, lordosis, or kyphosis
- Recent surgeries
- Recurrent pathological fractures
- Spina Bifida
- Spinal fusions / spinal instability / spinal stabilization devices
- Varicose veins
- Diabetes

Heritage Christian Stables may be unable to accommodate a potential participant due to resources available and program capabilities (ie: horses, equipment, instructors, volunteers and capabilities). Participants accepted into the program are re-evaluated on a regular basis and may become ineligible. The therapeutic riding program follows PATH's Precautions and Contraindications Guidelines.

If you have a question as to whether you qualify for the Therapeutic Horsemanship Program, contact: Heritage Christian Stables at 585-872-2540 or www.HeritageChristianStables.org.



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Information Concerning Participants with Down Syndrome and Atlantoaxial Instability

Atlantoaxial Instability (AAI) in Down Syndrome

Atlantoaxial instability (AAI) has been described as instability, subluxation or dislocation of the joint between the first and second cervical vertebrae (atlantoaxial joint). Instability of the joint is generally due to poor muscle tone and ligament laxity that is common with **Down syndrome**, less common with other disorders. The problems that may arise with a lax joint is that there can begin to be pressure on the spinal cord, resulting in neurologic changes (see listing below). This is symptomatic AAI and will always require evaluation by an MD and restriction of high-risk activities such as riding or driving. This is a potentially paralyzing or life-threatening condition. Incidence of non-symptomatic AAI among persons with Down syndrome is reported to be 10 to 20 percent. Symptomatic AAI is much less frequently seen. For the child from two to four years, please refer to the section on Age-Related Considerations, and always consult with the participant's pediatrician. A group of individuals with Down syndrome have been reported to demonstrate neurologic abnormalities with no visual AAI. The cause of these abnormal neurologic signs are unclear. **Neurologic signs always supercede radiographs and the presence of the neurologic disorder must be evaluated by a physician and is a contraindication for mounted equine activities.**

- Note that it is not just a fall that is a potential for injury. For a participant with low muscle tone and laxity in the joints of the neck, the repeated movement of the equine or a sudden quick movement of the equine as with a spook or a misstep could be enough to cause problems. Please also see the section on Head/Neck Control.

Professional Association of Therapeutic Horsemanship International requires that all participants with Down syndrome have:

Prior to starting mounted activities:

- A. A yearly medical examination including a complete neurologic exam that shows no evidence of AAI.
- B. Certification by a physician that an examination did not reveal atlantoaxial instability or focal neurologic disorder.

Atlantoaxial Instability/Neurologic Symptoms

- Change of head control
 - Torticollis/wry neck
 - Head tilt
 - Stiff neck
- Change in gait
 - Progressive clumsiness
 - Toe walking or scissoring
 - Falling
 - Posturing
- * Change of hand control
 - Progressive weakness
 - Fisting
 - Change of dominant hand
 - Increasing tremor
- * Change of bladder function
- * Change of bowel function

Precaution:

- Monitor for neurologic symptoms. Report changes to the family/physician and discontinue until cleared by the physician.

Contraindication:

- Children under the age of two
- Neurologic symptoms of atlantoaxial instability (see listing above)
- Positive neurologic clinical signs as noted by the physician
- Significant AAI measurement as determined by the physician
- Excessive head/neck instability with or without a helmet