



Special Equestrians, Inc.

PO Box 61528 • Fort Myers, FL 33906-1528

239-226-1221 (O) • 239-226-1279 (F)

www.specialequestrians.net • se@specialequestrians.net



What You Need to Know About Special Equestrians

Welcome to Special Equestrians, Inc. Equine Therapeutic Riding Program!

Therapy With The Aid Of A Horse: Therapeutic riding is designed to improve both mental and physical disabilities. This is accomplished with exercises that improve the riders automatic balance, stimulates and stretches muscles, flexes joints, and strengthens postural responses. Eye and hand coordination is improved in learning to guide the horse, while the natural movement of the horse replicates human walking. The program also offers riders social, educational and recreational experiences.

Program Information: Special Equestrians is a tax exempt charity that has provided therapeutic riding to children and adults with disabilities in the Lee, Hendry, Charlotte and Glades counties since 1987. An all volunteer self-administrative organization, the program is affiliated with the North American Riding for the Handicapped Association. The association's therapeutic teaching techniques and safety standards are adhered to in every aspect of the program. Instructors have extensive backgrounds in horsemanship and are certified by NARHA.

Special Equestrians Horses: Horses are selected for their condition, gentleness, and suitability for the program. Each horse receives training and conditioning by the volunteer staff and instructors.

Volunteers: Volunteers participate in every aspect of the program. They lead horses, support riders as side-walkers during the lessons, care and feed the horses, maintain the barn, serve on the board of directors and assist in fund raising activities. The program is always in need of new volunteers.

Fees: The program is conducted year round and is divided into six-week sessions. There are eight consecutive sessions with a month off in the summer. A fee of seventy-two dollars (\$72.00) a session is charged per rider. Fees are payable at the beginning of each session.

Scholarships: Scholarships are available to qualified applicants.

Completion of Forms: Upon completion of these forms, please return them to the office. You will be notified as to riding time and starting date.



Special Equestrians Rider and Visitor Policies

1. Horses will be groomed, tacked up and ready 15 minutes before the class. Please be early and ready to mount your horse 15 minutes before class time.
2. For safety and continuity of class work, gate is closed 5 minutes after class time. There will be no entry for riders after that time. There will be no exceptions. This is for the benefit of those who did arrive and prepare on time.
3. Riders must wear helmets when near the horses while grooming, riding or feeding. This is for insurance, safety, and liability reasons.
4. The stall is the horse's "safe space". Riders and visitors do not go into stalls.
5. No feeding horses over stall door. Treats may be handed to the volunteers to drop into the feed box. With clearance from the instructor, a volunteer will take a participant into the stable area to feed the horse a treat. A participant must wear a helmet to enter the stable area.
6. Three strikes and you're out policy--- three (no shows without calling and the rider is out of the program to make room for waiting list riders.
7. Please remember that the instructor is in complete control inside the riding arena.



Special Equestrians Safety Rules and Regulations For Participants, Parents, Caregivers, Visitors, Volunteers and Staff

In order for Special Equestrians to protect its participants and visitors, as well as for insurance purposes, we request that you follow this set of rules. These rules are designed to ensure the safety of our participants, parents, caregivers, visitors, volunteers and staff. Thank you for your cooperation.

1. The instructor requires your complete attention at all times.
2. **DO NOT WALK BEHIND THE HORSES.**
3. Riders and parents may not enter the stable area unless they are accompanied and assisted by a volunteer or staff member.
4. Riders must wear safety helmets, long pants and closed-toe hard-soled shoes or boots. Helmets must be worn when riding, in the stable, and around the horses.
5. Do not feed the horses grass, carrots, apples, etc. unless you have permission from the instructor.
6. Only the Instructors and trained Staff will handle the mounting and dismounting of riders.
7. Only the Instructors and trained Staff will bridle and unbridle the horses.
8. In case of emergency, everyone will follow the directions given by the Instructor.
9. Children are not allowed to play on the ramp, mounting blocks, gates or fences.
10. Parents, Caregivers and Guests must stay in the viewing area, unless they are going to the bathroom.
11. Riders will stay in the viewing area until it is their time to ride. They will be taken up the ramp for mounting by the Instructor or trained Staff.
12. All riders are to be supervised by their caregivers or parents until handed over to the Staff.
13. Running, shouting and/or horseplay are not allowed.
14. Any bleeding or open sores must be covered with a bandage.
15. No chewing of gum when riding horses.
16. **Smoking is permitted only in the privacy of your car. Please do not drop butts on the ground.**
17. No pets are allowed on the property.
18. **Please obey all signs. They are there for your safety.**



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MOUNTED ACTIVITY EMERGENCY PLAN

The instructor will call “HEADS UP.”

1. All Horses will be halted.
2. All Leaders will position themselves in front of the horses.
3. All Sidewalkers will stabilize their riders.
4. The Instructor will supervise dismounting procedures verbally or personally.
5. If circumstances call for the arena to be evacuated, the riders will be escorted out first by their volunteers and the horses will be removed by their leaders to an appropriate place, after the riders are out of danger.
6. The Instructor will determine if medical personnel are required and will request assistance in contacting specific personnel.