



Rider HANDBOOK

Center

Mailing: P.O. Box 396, Eagle Point, Oregon 97524
Physical: 716 Riley Road, Eagle Point, Oregon 97524
Phone: 541-776-0878 Email: info@hopeequestrian.com
hopeequestrian.com

Executive Director

Angie Ballard
541-890-8156
glittercwgrl@aol.com

Instructors

Jenna Heath
602-391-8473
heathjenniger520@gmail.com

Tim Womack
541-778-3476
tjwomack@charter.net

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 60-80 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 over the past 18 years 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. Please drive slow on the property and park at the HOPE Arena.

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. Dress in layers that you can shed as you exercise, especially during cooler months. Bring a jacket--it’s cooler at the barn than you may think! During the summer, be sure you dress coolly. 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.

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 than the helmets and should be viewed as a last resort.

Attendance

Regular attendance is necessary for the progress and benefit of the rider. Further, there is a cost whether or not the participant takes part. We value your time; please know we also value the volunteers' and instructors' time as well. Volunteers need to be scheduled, arena preparation needs to be done, and horses need to be prepared for every individual client.

Excused Absence: Notification given to an Instructor, via call or text, at least 6 hours prior to scheduled lesson. One make-up lesson may be offered within the current session given scheduling constraints.

Unexcused Absence: Notification given within less than 6 hours of scheduled lesson. An unexcused absence does not warrant a makeup lesson.

No Show: An absence without notification prior to scheduled lesson. Two "No Shows" will result in a removal from the schedule. Any fees required remain due without refund.

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

We understand that life can be unpredictable. We ask for and expect communication. We do our best to accommodate every client's needs. Please talk to us about your schedule challenges.

HOPE Barn Rules: For safety, respect and to limit distractions, please observe the following:

- Park, drive, walk only in designated areas (see property map)
- 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. Closed toe and heel shoes required. Long pants/leggings preferred.
- No swearing/cussing
- No smoking, vaping, alcohol, weapons
- No dogs
- Please be on time (refrain from being at facility outside of scheduled time)
- Call ahead of an absence (refer to attendance policy above.)
- 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. Antelope Rd

StoneRidge
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 walk or drive into any non-HOPE designated areas.
- No smoking, alcohol or use of firearms or weapons anywhere on premises.
- If you observe any behavior or practice that concerns you, address only HOPE instructors or Hope Executive Director
- Failure to abide by the above could result in excusing rider from the program.

**TLM Stables
HOPE Equestrian Center
716 Riley Road**

Riley Road

