Great Plains Adaptive Riding Academy
17580 Cantrell Rd
Linwood, KS 66052
lessons@GreatPlainsARA.org
Admin@GreatPlainsARA.org

Dear Potential Rider,

Thank you for your interest in Great Plains Adaptive Riding Academy (Great Plains). Founded in 2012, Great Plains' mission is to teach foundational riding skills, and to improve rider's physical and emotional well-being. Through equine adaptive riding, participants will learn horsemanship skills, gain body strength, coordination, and flexibility, while improving their social and emotional skills and fostering confidence and self-esteem.

Currently our teaching schedule is Monday, Tuesday, Wednesday & Thursday evenings, and Saturday mornings. We do our best to pair each rider with students of similar ages and skill levels. Great Plains instructors are PATH certified and/or Spirit Horse International Certified. The monthly fee is $210 per month for 4 lessons. If there are 5 days in the month that you are scheduled to ride, we will take one of those days off. The program coordinator will determine the day off. We have a weight limit of 160 lbs., and this is for the safety of our horses, volunteers, and instructors. Weight may be lower for riders that are unbalanced and need more support.

Great Plains Adaptive Riding Academy is a non-profit organization whose success depends not only on financial contributions from our community partners but also on the countless hours of hard work provided by our dedicated volunteers.

Please complete the attached rider application. Once completed, please email a pdf (jpegs not accepted) of the completed forms to lessons@GreatPlainsARA.org. Our Program Coordinator will contact you to schedule your first onsite introductory meeting and facility tour. You will not be contacted until all forms are returned, including the signed physician's form.

Thank you for your interest in riding with us. We are looking forward to hearing from you soon and cannot wait for you to experience the magic at the barn!

Great Plains' Program Coordinator
Kim O'Connor
913-608-6746

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What to Expect at Great Plains Adaptive Riding Academy

At Great Plains, lessons are about SO much more than learning to ride a horse! Every lesson is an opportunity to learn, grow, build confidence, develop friendships, and make a little MAGIC along the way. Here are a few things we want our families to know about our program!

🐴 Lessons Are About More Than Riding!

We teach riding skills, but we also help our riders develop social skills, follow directions, build confidence, and learn responsibility. Riders learn how to care for their horses on the ground, too, because we believe ground lessons are just as important as riding lessons!

Did you know a horse can feel your heartbeat from about 4 feet away? Horses are incredibly sensitive animals, and there's so much we can learn from them!

🐴 What Does a Typical Lesson Look Like?

Our lessons are 35–40 minutes long, and we have A LOT of fun! The first 10–15 minutes are typically spent working on riding skills tailored to each rider's individual abilities and experience. We then usually spend 10–15 minutes playing a game that helps riders practice their skills while having fun. If the weather permits, we may finish with a ride outside on the ranch! What a perfect way to end a lesson!

🐴 Why Don't All Riders Trot?

Some riders will trot, and others will not. This decision is always at the discretion of the instructor and is based on the safety and abilities of the rider, as well as the needs of the horse. Reasons a rider may not trot include:

- The rider is still developing balance in the saddle.
- The rider is not yet able to sit independently.
- The rider's weight exceeds our trotting guidelines.
- The horse needs a break from trotting that day.

Our horses' health and well-being are a HUGE priority. We have an older herd, and just like people, our horses can experience more aches, stiffness, and fatigue as they age. We always put their comfort and safety first!

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🐴 Why Do We Use a Mounting Block or Platform?

Every rider will use a mounting block or platform to get on their horse. We will never teach riders to mount from the ground. This is an important part of protecting our horses' backs and ensuring their comfort, especially with our older herd. Taking care of our horses is just as important as taking care of our riders!

🐴 Learning to Care for Their Horse

Horsemanship goes far beyond the saddle! Riders will have opportunities to learn how to groom their horses, put away their tack, and, when appropriate, help with barn chores. These activities encourage independence, responsibility, and a special bond between horse and rider.

🐴 Ground Lessons: A Mini Vacation for Our Horses!

At least once per quarter or during extreme temperatures riders will participate in ground lessons. Our ground program teaches valuable horsemanship skills, including grooming, tacking, learning horse parts and proper horse care.

Ground lessons are also a great opportunity for riders to learn in a different way while giving our horses a well-deserved break from carrying riders. Think of it as a mini vacation for our four-legged partners!

🐴 Rider Weight Guidelines and Horse Safety

Great Plains Adaptive Riding Academy reserves the right to transition riders from mounted lessons to unmounted sessions at any time if a suitable horse is not available to carry the rider safely and comfortably.

Due to the size of our program horses and for the safety of our instructors and volunteers, we are unable to accommodate mounted sessions for able body riders weighing more than **160 pounds**. For riders that need more assistance the weight limit could be lower.

Families agree to provide and maintain accurate rider weight information and participate in weigh-ins as needed. These guidelines help us make responsible decisions and protect the health, comfort, and safety of our riders, horses, instructors, and volunteers.

💙 **At Great Plains, the magic happens both in and out of the saddle!** Every rider is unique, every horse matters, and every lesson is an opportunity to learn, grow, and create memories that last a lifetime.

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Adaptive Riding Center Riding Agreement

Date: _____

Participant Name: _____ Male or Female
Date of Birth: _____
Mailing Address: _____
City: _____State: _____ Zip: _____
Mobile Phone: _____

Primary Contact *(who should be contacted for timely information & class cancellations)*
Name:_____
Email:_____Phone:_____

Mother/Legal Guardian Full Name: _____
Mailing Address (if different from participant): _____
City: _____State: _____ Zip: _____
Mobile Phone: _____

Father/Legal Guardian Full Name: _____
Mailing Address (if different from participant): _____
City: _____State: _____ Zip: _____
Mobile Phone: _____

PHOTO RELEASE

- ☐ I DO
- ☐ I DO NOT

Consent to and authorize Great Plains Adaptive Riding Academy (Great Plains) the use and reproduction of all photographs, other audio/visual materials taken of me for promotional material, education activities, exhibitions or for any other use for the benefit of the program.

Signature: _____
(Participant/Parent/Legal Guardian)

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RELEASE OF LIABILITY
Assumption of Risk of Domestic Animal Activity Warning

Under Kansas law, there is no liability for an injury to or the death of a participant in domestic animal activities resulting from the inherent risks of domestic animal activities, pursuant to K.S.A. 60-4001 through 60-4004. You are assuming the risk of participating in this domestic activity. Inherent risks of domestic animal activities include, but shall not be limited to:

1. **The propensity of a domestic animal to behave in ways, i.e., running, bucking, biting, kicking, shying, rearing, falling or stepping on, that may result in an injury, harm or death to a person on or around them.**
2. **The unpredictability of a domestic animal's reaction to such things such as sounds, sudden movement and unfamiliar objects, persons or other animals.**
3. **Certain hazards such as surface and subsurface conditions.**
4. **Collisions with other domestic animals or objections; and**
5. **The potential of a participant to act in a negligent manner that may contribute to injury to the participant or others, such as failing to maintain control over the domestic animal or not acting within such participant's ability.**
6. **"Participant" means any person who engages in a domestic animal activity.**

I acknowledge the potential for risk of horseback riding and working with horses. However, I feel that the possible benefits for myself, son, daughter, and/or ward are greater than the risk assumed. I hereby, intending to be legally bound, for myself legally heirs and their assigns, executors or administrators, waive and forever release all claims for damages or otherwise against Great Plains Adaptive Riding Academy, its Board of Directors, Officers, Instructors, Therapists, Aides, Volunteers, Contractors of any and all injuries and/or losses I/my son/my daughter/my ward may sustain while participating at Great Plains Adaptive Riding Academy.

Yes, I would like the above person named to participate in an equestrian program at Great Plains Adaptive Riding Academy. All activities will be under supervision, and reasonable effort will be made to avoid any accident, Great Plains Adaptive Riding Academy will have no Liability if an accident may occur.

Name of participant (rider) and family members who will be on site:

_____

_____ **Date:** _____
Participant/Parent/Legal Guardian

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RIDER PAYMENT AND CANCELLATION POLICY

Payment for the entire month is due by the 8th of the month. A $25 late fee will automatically be assessed on Day 8. A separate invoice will be generated, and the fee will be charged within one week. The entire balance must be paid before the Rider will be allowed to participate in lessons the following month.

Riders will receive credit for lessons that are canceled by Great Plains Adaptive Riding Academy. Riders will ***not*** receive credit for lessons that are missed due to illness, vacations, etc. even if advance notice is given.

We require a 30-day notice if you wish to stop riding with us. This way it gives us time to fill the slot with a new rider!

If a rider is a "no show" three times within a one-year period, the Rider will be dismissed from the program. A minimum of 1 hour notice is required, otherwise it is considered a "no call-no show." A $50 no show fee will be applied the following month if you are a no-show. We appreciate your consideration for our volunteer's time, horses, and instructors as this affects everyone.

Payments are accepted electronically via ACH or Credit Card through our invoicing system. Check payments can be mailed to GPARA 17580 Cantrell Road, Linwood, KS 66052 or placed in the locked drop box in the barn. Do NOT give payments to instructors or volunteers. Please try to use ACH or check to help us keep our costs down, credit card fees are extremely high. Email billing@GreatPlainsARA.org with any questions. We require a credit card to be held on file

☐ ACH or Check Payment
☐ Credit Card Payment (least preferred method due to high fees)

Signature_____ **Date:** _____
Participant/Parent/Legal Guardian

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Participant Profile

Participant's Special Needs (describe briefly) _____

_____

Any specific sensitivities/fears? _____

How does rider express:

Happiness_____

Fear _____

Frustration _____

Anger _____

Pain _____

Previous Riding Experience _____

Other activities participant is involved in _____

Cognitive Skills:

Knows Left and Right _____

Reads (what level) _____

Counts (how high) _____

Knows colors _____

Knows shapes _____

Verbal_____

Makes eye contact _____

What goals do you have for your rider? What goals does your rider have?

_____

_____

_____

_____

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Rider and Spectator Rules and Expectations

- No smoking on premises.
- No pets of any kind on property.
- No feeding or petting any horses. Our horses are service animals, and we try to protect their space as much as possible.
- Riders must always wear a helmet when entering the barn area, working with horses and while in the arena. Great Plains will provide helmets for all riders. All riders must wear closed toed shoes (boots with heels preferred) and weather appropriate clothing. No slick athletic wear allowed at any time (shorts/pants).
- Our parents and family are encouraged to watch sessions and be their biggest cheerleader, but please do not participate or instruct the rider without approval from the instructor. Let the instructors do their job while you get to enjoy seeing your child ride. If you have questions or concerns, please feel free to discuss with the ED or Program Coordinator.
- When texting instructors, please limit messages to **work and lesson hours only**. Early morning or late-night messages can be disruptive to their personal time off.
- We try to host two horse shows or a skills challenge per year, one in the spring and one in the fall. We encourage all riders to participate and bring your family to see all the progress that has been made.
- We ask that our riders use the restroom before the lesson starts.

Contact information:

Kim O'Connor - program coordinator/instructor
913-226-5906
lessons@GreatPlainsARA.org

PATH INTERNATIONAL
Professional Association of Therapeutic Horsemanship International

Participant's Medical History & Physician's Statement

Participant: _____ DOB: _____ Height: _____ Weight: _____

Address: _____

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

Physician's Signature:_____

Please indicate current or past special needs in the following systems/areas, including surgeries.

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

Given the above diagnosis and medical information, this person is not medically precluded from participation in equine-assisted services. I understand that the PATH Intl. Center will weigh the medical information given against the existing precautions and contraindications. Therefore, I refer this person to the PATH Intl. Center for ongoing evaluation to determine eligibility for participation.

Name/Title: _____ MD DO NP PA

Physician Signature: _____ Date: _____

Address: _____

Phone: (_____)_____ License/UPIN Number: _____